



RLSS UK LIFEGUARD TRAINING - First Aid

VERSION 2.3 - January 2005

Name _____ Qual. exp. date _____ RLSS No. 3 0 _____

Trainer to date and sign the appropriate skills when tested.

It is the lifeguard's responsibility to ensure personal logbooks are completed and signed.

Skill 1 - Demonstrate an ability to recognise and manage the following conditions:

CONDITION	SIGNED	DATE	DURATION	CONDITION	SIGNED	DATE	DURATION
Shock				Cramp			
Hypothermia				Epilepsy			
Head injuries				Anaphylactic shock			
Burns and scalds				Bleeding			
Heat effects				Poisons			
Cardiac conditions				CVA (Stroke)			
Asthma				Diabetes			
Strains / Sprains				Fractures / Dislocations			
Fainting				Recognition of spinal injuries			
Bites / Stings				Spinal injury immobilisation			
Crush injuries				Drowning			
Eye injuries				Electric shock			

Skill 2 - Demonstrate an understanding of the principles of casualty management:

Principles of performing a secondary 'top to toe' examination of a casualty			
Principles of casualty communication			
General questions that should be asked when dealing with a casualty			
Assessing responsiveness and use of observation charts			
The basics of kinetics in relation to moving and handling			
The basic principles involved with moving and handling casualties			

Skill 3 - Carry out a practical demonstration of the following:

Apply a dressing to a scalp wound			
Apply a dressing to a wound to the palm of the hand			
Apply a dressing to a wound with an embedded object			
Apply an arm support sling			
Apply an elevated sling			
Apply a cervical neck collar (with assistance)			

Skill 4 - Demonstrate an ability to deal with unknown first aid incidents, including at least one suspected spinal injury and acting as lifeguard in charge for at least one incident:

Incidents dealt with:	Recognition of condition	Casualty communication	Teamwork	Correct treatment	Lifeguard in charge? (Y/N)				

Competence notes:

APPROVED TRAINING CENTRES

ATC No. _____ Manager Endorsement _____

Course Reg. No. _____ *Training records to be kept at ATC for verification.*

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