



RLSS UK LIFEGUARD TRAINING – Basic Life Support

VERSION 2.3 - JANUARY 2005 (Complies with ERC and Resuscitation Council UK Guidelines at time of revision)

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

Trainer to date and sign first column on successful completion of a full test. Skills tests may be signed off each time tested. It is the lifeguard's responsibility to ensure personal logbooks are completed and signed.

Skill 1. ADULT CPR		FULL LIFE SUPPORT TEST	DATE:	DATE SKILL N ^o S DURATION T/A SIGNATURE			
1 - Check it is safe before proceeding							
2 - Check responsiveness – <i>gently shake shoulders and ask "Are you all right?"</i>							
3 - Shout for help – <i>or use radio, alarm or other communication device where available</i>							
4 - Tilt head back with one hand on forehead and remove any obvious obstructions from the mouth							
5 - Use two fingers to lift the chin and open the airway							
6 - Check breathing for up to 10 seconds - <i>look, listen, and feel for signs of breathing</i>							
7 - Go for an ambulance if no one has arrived to assist you - <i>inform them it is a 'suspected heart attack'</i>							
8 - Pinch nose closed, using mouth to mouth achieve 2 effective rescue breaths out of up to 5 attempts							
9 - Check for signs of a circulation for up to 10 seconds - <i>look, listen, feel for any coughing, breathing or movement</i>							
10 - If there are <u>no</u> signs of circulation or you are at all unsure use 2 fingers to landmark, slide the heel of one hand down, place the heel of the other on top, interlock fingers and give 15 compressions							
11 - Maintaining the correct hand position, a 4-5cm depth of compression, and the correct rate of just under 2 compressions per second, sustain CPR at 15 compressions to 2 rescue breaths							
Skill 2. CHILD CPR		T/A NAME:	SIGN:	DATE SKILL N ^o S DURATION T/A SIGNATURE			
1 - Check it is safe before proceeding							
2 - Check responsiveness – <i>tap shoulder and ask "Are you all right?"</i>							
3 - Shout for help – <i>or use radio, alarm or other communication device where available</i>							
4 - Tilt head back with one hand on forehead and remove any obvious obstructions from the mouth							
5 - Use two fingers to lift the chin and open the airway							
6 - Check breathing for up to 10 seconds - <i>look, listen, and feel for signs of breathing</i>							
7 - Send someone else for an ambulance if possible							
8 - Pinch nose closed, using mouth to mouth achieve 2 effective rescue breaths out of up to 5 attempts							
9 - Check for signs of a circulation for up to 10 seconds - <i>look, listen, feel for any coughing, breathing or movement</i>							
10 - If there are <u>no</u> signs of circulation or you are at all unsure use 2 fingers to landmark, slide the heel of the other hand down until it meets your index finger and give 5 compressions with one hand							
11 - Maintaining the correct hand position, one-third chest depth of compression, & the correct rate of just under 2 compressions per second, sustain CPR for 1 minute at 5 compressions to 1 rescue breath							
12 - After 1 minute go for an ambulance if not already summoned – <i>notify them of the casualty's condition</i>							
Skill 3. BABY CPR		DUR:	VENUE:	DATE SKILL N ^o S DURATION T/A SIGNATURE			
1 - Check it is safe before proceeding							
2 - Check responsiveness – <i>tickle sole of foot, do not shake a baby</i>							
3 - Shout for help – <i>or use radio, alarm or other communication device where available</i>							
4 - Remove any obvious obstructions from the mouth, avoid head tilt with a baby							
5 - Use one finger to lift the chin and open the airway							
6 - Check breathing for up to 10 seconds - <i>look, listen, and feel for signs of breathing</i>							
7 - Send someone else for an ambulance if possible							
8 - Using mouth to mouth and nose achieve 2 effective rescue breaths out of up to 5 attempts							
9 - Check for signs of a circulation for no more than 10 seconds - <i>look, listen, feel for any coughing or movement</i>							
10 - If there are <u>no</u> signs of circulation or you are at all unsure landmark with your index finger across the nipples and using two fingers on the breastbone just below this give 5 compressions							
11 - Maintaining the correct hand position, one-third chest depth of compression, & the correct rate of just under 2 compressions per second, sustain CPR for 1 minute at 5 compressions to 1 rescue breath							
12 - After 1 minute go for an ambulance if not already summoned. Take baby with you, supporting it with one arm under the body and the hand cradling the head, continuing CPR as you go							

NB- In all cases the rate of compressions should be 100 per minute.

Skill 4. CHOKING ADULT (over 8 years / larger children)	✓	FULL LIFE SUPPORT TEST	LIFE SUPPORT SKILLS TESTS																
1 - As you approach tell the casualty to bend over and cough																			
2 - If blockage is complete or attempts at breathing are ineffective give up to 5 back slaps - <i>support the chest and lean the casualty forwards, give up to 5 back slaps using the heel of your hand between the shoulder blades, checking the mouth after each blow. If the object has become dislodged, remove it from the mouth.</i>																			
3 - If obstruction is still present, carry out up to 5 abdominal thrusts – <i>standing behind the casualty lean him over and put your arms round his chest. Clench your fist, place it between the navel and the sternum, grasp it with your other hand and pull sharply inwards and upwards up to five times, checking the mouth each time. If the object has become dislodged, remove it from the mouth.</i>																			
4 - Continue alternating 2 and 3 until the object becomes dislodged or the casualty loses consciousness																			
5 - If casualty is about to go unconscious, lay him down, remove visible obstructions, open airway.																			
6 - Check breathing for up to 10 seconds - <i>look, listen, and feel for signs of breathing</i>																			
7 - Attempt to give 2 effective rescue breaths out of up to 5 attempts																			
8.1 - If effective breaths can be achieved check for signs of circulation and start CPR as appropriate																			
8.2 - If effective breaths cannot be achieved within 5 attempts start chest compressions <i>immediately</i>																			
9 - After 15 compressions check the mouth for any obstructions and then attempt further rescue breaths. Continue giving cycles of 15 compressions followed by attempts at rescue breaths																			
10 - If you are alone and an ambulance has not been called, phone for help after 1 minute																			

Skill 7. ADULT CPR (trauma / drowning / drugs induced etc)		FULL LIFE SUPPORT TEST	LIFE SUPPORT SKILLS TESTS				
1 - Check safety; 2 - Check responsiveness; 3 - Shout for help – <i>or use other communication device</i>							
4 - Check for obstructions; 5 - Open the airway; 6 - Check breathing (absent);							
7 - Pinch nose closed, using mouth to mouth achieve 2 effective rescue breaths out of up to 5 attempts							
8 - Check for signs of a circulation for no more than 10 seconds - <i>look, listen, feel for any coughing or movement</i>							
9 - If there are <u>no</u> signs of circulation or you are at all unsure start CPR with 15 compressions							
10 - Maintaining the correct hand position and depth of compression sustain CPR at a rate of 15 compressions to 2 rescue breaths for 1 minute							
11 - After 1 minute phone for an ambulance, notifying them of the state of the casualty							
12 - Return and quickly go through checks before continuing with CPR							
Skill 8. VOMITING ADULT (starting sequence from a live casualty lying face down)				DETAILS AS FRONT PAGE	DATE SKILL N ^{OS} DURATION T/A SIGNATURE		
1 - Check safety; 2 - Check responsiveness; 3 - Shout for help – <i>or use other communication device</i>							
4 - Turn casualty onto back - <i>place the arm nearest to you up, put the other arm next to the casualty's waist, grip at the waist and roll gently towards you onto the back, ensuring care of the head at all times</i>							
5 - Check for obstructions and open the airway; 6 - Check breathing (absent); 7 - Phone for help							
8 - 2 rescue breaths; 9 - Check for signs of a circulation (present) 10- Continue rescue breathing							
11 - Action for vomit - <i>grip casualty at waist and turn away from you, simultaneously putting your other arm across the casualty's chest and keeping their airway open and allowing vomit to drain out. Clear any obstruction</i>							
12 - Return casualty onto back and continue rescue breathing using mouth to nose							
Skill 9. TWO OPERATOR CPR (adults / large children)			DATE SKILL N ^{OS} DURATION T/A SIGNATURE				
1- Check safety; 2 - Check responsiveness; 3 - Shout for help; 4 - Continue with checks 5&6 as above.							
5 - Second lifeguard arrives. While you continue ABC, send them for help – <i>tell them the state of the casualty, ask them to phone for an ambulance and then return to assist you</i>							
6 - Continue with the life support sequence as single operator							
7 - When your assistance returns, commence two operator CPR - <i>ask other rescuer to start 15 compressions after your next set of 2 rescue breaths so there is no interruption to CPR, preferably coming in on the opposite side to you. Second rescuer should continue at a rate of 15 compressions, counting them out loud.</i>							
8 - Continue CPR until medical assistance arrives. If one rescuer becomes tired before medical help arrives then the two rescuers may swap positions, as long as there is no disruption to CPR.							
Skill 10. USE OF A POCKET MASK (non-breathing casualty who has signs of a circulation)			DATE SKILL N ^{OS} DURATION T/A SIGNATURE				
1 - Attach valve and place over the mouth and nose - point facing up for adults/children, down for baby							
2 - Successful seal round the mouth and nose, use the jaw thrust technique to open the airway							
3 - Achieve 10 effective rescue breaths from above the head and then check for signs of a circulation							
4 - No signs of a circulation, start CPR at a ratio of 15:2 performing rescue breaths from the side							
Skill 11. PLACING CASUALTY IN RECOVERY POSITION			DATE SKILL N ^{OS} DURATION T/A SIGNATURE				
1 - Remove spectacles/sharp objects in pockets; for injured casualty arrange it so injury will face down							
2 - Place the arm nearest to you at right angles to the body, elbows bent with palm of hand facing up							
3 - Bring the other arm across the chest and hold the back of the hand against the victim's cheek							
4 - With your other hand, grasp the far leg just above the knee and pull it up							
5 - Keeping his hand pressed against his cheek, pull on the leg to roll him towards you onto his side							
6 - Adjust the upper leg so that both the hip and knee are bent at right angles							
7 - Tilt the head back so the airway remains open, adjusting the hand under the cheek if necessary							
8 - Check breathing at regular intervals, check thumbnail for circulation in lower arm and move onto other side if in recovery position for more than 30 minutes							

Competence notes:

APPROVED TRAINING CENTRES

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