



The Lifeguard Crib Sheet 1 – First Aid and Life Support (Version 1.1, July 2005)

A collection of abbreviations and aides d' memoire (some more useful than others!) you may come across as a lifeguard.

This handout may be copied in its original format for use in lifeguard training.

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Acronyms	Bp	Blood pressure	The pressure of blood in the arteries
	KO'd	Knocked out	Important to establish from the casualty/bystanders in the event of a head injury
	GCS	Glasgow Coma Scale/Score	Used to assess the responsiveness of a patient
	CVA	Cerebro-Vascular Accident	More commonly known as a 'stroke'
	CSF	Cerebro-Spinal Fluid	The fluid contained in the skull and spine protecting the brain and spinal cord, may become visible in the event of a head injury.
	GTN	Glycerol Trinitrate	A small spray bottle carried by sufferers of angina, to be used under the tongue
	Epipen	Epinephrine injector pen	Carried by those with known allergies to give an injection of adrenaline
	BLS	Basic Life Support	Resuscitation techniques such as CPR which require no specialised equipment
	ELS	Extended Life Support	Resuscitation techniques utilising specialist equipment such as AEDs
	ACLS	Advanced Cardiac Life Support	Life Support systems once in hospital
	EAV	Expired Air Ventilation	Mouth to mouth often known as 'rescue breaths'
	ECC	External Chest Compressions	Official term for chest compressions
	CPR	Cardio Pulmonary Resuscitation	Use of chest compressions and rescue breaths to sustain life
	AED	Automated External Defibrillator	Used by trained persons (including lifeguards) to give a controlled shock to the heart to reinstate a normal heart beat.
	VF	Ventricular Fibrillation	Where the heart muscle contraction is uncoordinated and ineffective.
	BVM	Bag, valve and mask	Used by trained persons (inc LGs) to deliver oxygen to a non-breathing casualty
	COAD	Chronic Obstructive Airways Disease	Sufferers of this disease must not be given high concentrations of oxygen
	OPA	Oro-Pharyngeal (Guedal) Airways	Used by medics (inc LGs) to assist in maintaining an open airway on an unconscious casualty
MI	Myocardial Infarction	A blockage in the coronary artery	
EMS	Emergency Medical Services	Ambulance and paramedic services	
FRV/RRV	Fast/Rapid Response Vehicle	A paramedic on motorbike/car sent as fast response before an ambulance arrives	
HEMS	Helicopter Emergency Medical Service	Air ambulance unit with paramedic and sometimes doctors on board.	
CFR	Community First Responder	Trained persons (including BLUs) on call to ambulance service as a local fast response to category A 999 calls	
V-vac	Hand held suction unit	Device used to clear airways of vomit	

Aides d' memoire	3 Ps	Preserve life, Prevent worsening, Promote recovery	The three main aims of first aid.	
	Top to toe	The secondary survey	To be completed from head to toe to prioritise treatment	
	AVPU	Alert, Voice, Pain, Unresponsive	Assessing responsiveness – casualty is either alert, only responds to voice or pain, or is unresponsive	
	SAMPLE	Signs & Symptoms Allergies Medication Previous medical history Last oral intake Events leading up to injury	Important questions to ask and information to find out when completing a secondary survey of a casualty	
	FISH SHAPED	Fainting Infantile convulsions Shock Head injury	Stroke Heart attack Asphyxia Poisoning Epilepsy Diabetes	A mnemonic to remember the causes of unconsciousness
	SLIP DUCT	Swelling / bruising Loss of power / sensation Irregularity Pain	Deformity Unnatural movements Crepitus Tenderness	Mnemonic for signs and symptoms to look out for to recognise fractures.
	PQRST	Provoking pain, Quality / type of pain, Region and radiation of pain, Severity of pain, Timing of pain	Questions to ask when evaluating the significance of pain with regards to suspected cardiac conditions	
	PEEP	Posture, Expose and examine, Elevate, Pressure	The priorities of treatment for bleeding	
	RICE	Rest, Ice, Compress, Elevate	Treatment steps for strains and sprains	
	'W' position	Patient sits on floor, leaning against a wall, knees raised	Position for a suspected heart attack	
	CLIP	Contused, Lacerated, Incised, Puncture	The four most common types of wound	
	Stumbling, mumbling, fumbling and grumbling		The signs and symptoms of hypothermia	
	Breathing, bleeding, bones		The priorities of treatment	
	SAFE	Shout for help, Approach with care, Free of dangers, Evaluate ABC		
	ABC	Airway, Breathing, Circulation		
	DRS ABSTRACT	Danger, Response, Summon help, Airway, Breathing, Send someone or, Telephone yourself for an ambulance, Rescue breaths, Assess circulation, CPR or Ten rescue breaths		
	Chain of survival	Early recognition > Early access to EMS > Early CPR > Early Defibrillation > Early ACLS		



The Lifeguard Crib Sheet 2 – General Lifeguard Operations (Version 1.1, July 2005)

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General lifeguard abbreviations	BLU	Beach Lifeguard Unit	A collective term for the lifeguard service in a certain area/on a certain beach
	BLG	Beach Lifeguard	The individual beach lifeguard
	BLT	Beach Lifeguard Training	Training company set up by SLSA to provide dedicated lifeguarding qualifications and training
	IRB	Inshore Rescue Boat	Inflatable rescue boat specifically designed for use in surf, operated by 2 BLGs
	RIB	Rigid Inflatable Boat	Boats with rigid hulls and inflatable sponsons, mainly used for recreation purposes and by some flat water BLUs
	PWC	Personal Water Craft or 'Jetski'	Fast, jet propelled water craft used for recreational purposes
	RWC	Rescue Water Craft	PWC adapted for rescue purposes. Operated by one lifeguard, often with a 'rescue sled' attached to rear
	4WD	4-Wheel Drive vehicle	Trucks used by lifeguards and coastguard teams for fast response in coastal areas and on the beach, often with the callsign 'Mobile'
	4x4		
	ATV	All terrain vehicle	Used by lifeguards for fast reaction to incidents at a distance and also to tow IRBs and RWCs
	Quad	Quad bike	
	Tube / Torp	Torpedo buoy / Peterson tube	Buoyant tube with strap used to provide flotation for a casualty during swimming rescues
	Rescue Mal	Rescue paddleboard	Specially designed surfboard with extra buoyancy and handles to rescue people
	10:20	10:20 scanning system	Used mainly in pool lifeguarding (though also applicable to beach lifeguarding) as a guideline that the full zone should be scanned every 10 seconds and a response in an emergency initiated within 20 seconds.
	NOP	Normal Operating Procedures	Various different terms used by different organisations for operating procedures
	SOP	Standard Operating Procedures	
	LOP	Local Operating Procedures	
	PSOP	Pool Safety Operating Procedures	
	EAP	Emergency Action Plan	
	ACoP / COP	Approved Code of Practice	
	SOBB	Safety on British Beaches	Published by RLSS/RoSPA, this is essentially a COP for beach lifeguard operations.
	HaSaWA	Health and Safety at Work Act	General
	RIDDOR	Reporting of Injuries, Diseases and Dangerous Occurrences Regulations	Regulations requiring employers to notify the HSE of certain accidents at work
	CoSHH	Control of Substances Hazardous to Health	Regulations to govern the handling of dangerous substances, for example each chemical should have a CoSHH sheet with information about it and how to treat someone exposed to it
	HAZCHEM	Hazardous Chemicals Symbols	A set of internationally recognised warning symbols to classify hazardous chemicals.
	PPE	Personal Protective Equipment	Any equipment or clothing provided to offer protection from hazards, e.g. gloves and masks in first aid, wet suits, buoyancy aids etc
	UVA/UVB	Ultra-violet rays	Harmful rays from the sun, which lifeguards are particularly exposed to
SPF	Sun Protection Factor	Used as a guide to the protection offered by sun cream. BLGs should use at least SPF15.	
PTSD	Post Traumatic Stress Disorder	A condition from which anyone who has witnessed or been part of a major incident could suffer.	
Radio Communications	R/T	Radio/telephony	The official name given to radio communications
	VHF	Very High Frequency	Marine band VHF is the main form of communication for lifeguards. Often synonymous with 'radio'.
	DSC	Digital Selective Calling	A relatively new form of VHF which allows ships to transmit a distress call at the press of a button, in digital form in less than a second
	GMDSS	Global Maritime Distress Signalling System	The international standards for maritime distress signalling
	Simplex	The type of transmission on VHF	Simplex means that only 1 person can speak at once (mobile phones are duplex)
	PTT	Press to transmit	Button to press when transmitting on VHF radios
	Base set	Fixed VHF radio in lifeguard base or vehicle	Better aerials and higher power settings mean base set radios are better suited to receiving / transmitting longer distance messages to other beaches & HMCG
	Handheld	Handheld VHF radio	Used by lifeguards on the beach, they are good enough for communications within the BLU but may not be powerful enough to communicate to other beaches / HMCG
	RSVP	Rhythm, Speed, Volume, Pitch	Things to think about when using VHF radios
	3 Ps	Position, Problem, People	Essential information to relay in the event of an incident
Aides d' memoire	FLAGS	Find the flags, Look at the signs, Ask a lifeguard for advice, Get a friend to swim with you, Stick your hand up and shout for help if you get into difficulties	Beach safety messages useful to use when giving safety talks
	Water Safety Code	Spot the dangers, Take Safety Advice, Don't go alone, Learn how to help	Steps leading to drowning
	Drowning Chain	Lack of education, lack of safety advice/protection, lack of supervision, Inability to cope	Sun safety message
	Slip, slap, slop, wrap	Slip on a T-shirt, slap on a hat, slop on some sun cream, (wrap on some sunglasses)	Staying warm/cool on beach
	COLD	Wear Clean clothes, don't Overheat in clothes, wear Loose/layered/light and Dry clothes	



The Lifeguard Crib Sheet 3 –Lifeguarding Organisations (Version 1.1, July 2005)

A collection of abbreviations for organisations and their related terminology associated with lifeguarding.

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Organisations and related terminology	MCA	Maritime & Coastguard Agency		Responsible for developing, promoting and enforcing high standards of marine safety; minimising loss of life amongst seafarers and coastal users; responding to maritime emergencies 24 hours a day; minimising the risk of pollution of the marine environment from ships, and where pollution occurs, minimising its impact.
	HMCG	HM Coastguard		The section of the MCA concerned with coordination of UK SAR
	SRR	Search & Rescue Regions		The UKSRR is divided into three separate regions.
	CRT	Coastguard Rescue Team		Local Coastguard teams on call by pager 24 hours a day, trained in various coastal SAR techniques, usually with a 4WD mobile vehicle.
	ACG	Auxiliary Coastguard		
	VLB	Volunteer Life Brigade		The UK's first local coastguard units. As ACG but voluntary organisations not run by MCA. Only three remain in UK (Tynemouth, South Shields and Sunderland VLBs)
	IRT	Initial Response Team		The IRT members respond to incidents which only require monitoring, they may call up the BURT if required
	BURT	Back Up Response Team		Further team members called up for major incidents/searches
	MRCC	Maritime Rescue Coordination Centre		Communications centres around the UK's coastline which coordinate SAR activities, take 999 calls, monitor Channel 16 and provide weather and shipping forecasts.
	MRSC	Maritime Rescue Sub-Centre		
	SAR	Search and Rescue		The generic term for Coastguard rescue operations
	SAREX	Search and Rescue Exercise		Large, multi-agency SAR exercises coordinated by HMCG. SAREX is often used before each callsign to indicate the fact that it is only an exercise.
	RAF	Royal Air Force		Provide a declared SAR service to HMCG across the UK utilising 'Sea King' helicopters.
	RNAS	Royal Navy Air Squadron		
	MSI	Maritime Safety Information Broadcast		Provided on VHF to mariners by HMCG
	CG66	A scheme for boat owners to register their boat's details with HMCG		
	RNLI	Royal National Lifeboat Institution		Provider of the majority of inshore and offshore lifeboats around the UK, along with the Beach Lifeguard service in some areas of the UK.
	ILB	Inshore Lifeboat		Lifeboats, usually RNLI, designed for rescue purposes close to shore (usually RIBs or inflatable)
	ALB	All weather Lifeboat		Larger lifeboats, usually RNLI, designed for offshore rescue purposes
	FPOS	First Person on Scene		Qualification required by RNLI Lifeguards covering first aid, use of spineboard, AEDs, oxygen, BVM etc.
	RLSS	Royal Life Saving Society		<i>Lifesavers</i> The Royal Life Saving Society UK, is the UK governing body for Lifesaving and Lifeguarding and is the leading drowning prevention organisation in the UK.
	NBLQ	National Beach Lifeguard Qualification		The beach lifeguarding qualification offered by the RLSS
	NPLQ	National Pool Lifeguard Qualification		The UK's leading pool lifeguard qualification
	IQL	Institute of Qualified Lifeguards		The awarding body for RLSS lifeguard qualifications.
	TA	Trainer Assessor		Person responsible for delivering initial and ongoing training for lifeguard qualifications, along with assessing lifeguards.
	SLSA	Surf Life Saving Association		The Surf Life Saving Association of Great Britain (SLSA of GB) was formed in 1955 and provides training for lifesavers and beach lifeguards, along with surf lifesaving competitions
	NARS	National Aquatic Rescue Standard		A collection of qualifications, of which the SLSA Beach Lifeguard is one,
ILS	International Life Saving Federation		The international governing body for lifesaving, of which both RLSS UK and SLSAGB are members	
RoSPA	Royal Society for the Prevention of Accidents		RoSPA is actively involved in the promotion of safety and the prevention of accidents in all areas of life, including water.	
ASA	Amateur Swimming Association		The Amateur Swimming Association is the English national governing body for swimming, diving, water polo, open water and synchronised swimming.	
STA	Swimming Teachers Association		The Swimming Teachers' Association is the parent organisation of the NARS qualifications	
HSE	Health and Safety Executive			
FAW	First Aid at Work		An HSE-recognised qualification for workplace first aiders.	
ISRM	Institute of Sports and Recreation Management		Lead, develop and promote professionalism in the management of sport and recreation.	
ILAM	Institute of Leisure and Amenity Management		The professional body for the leisure industry and represents the interests of leisure managers across all sectors and specialisms of leisure.	