

# Module 1 - Introduction to Lifeguarding

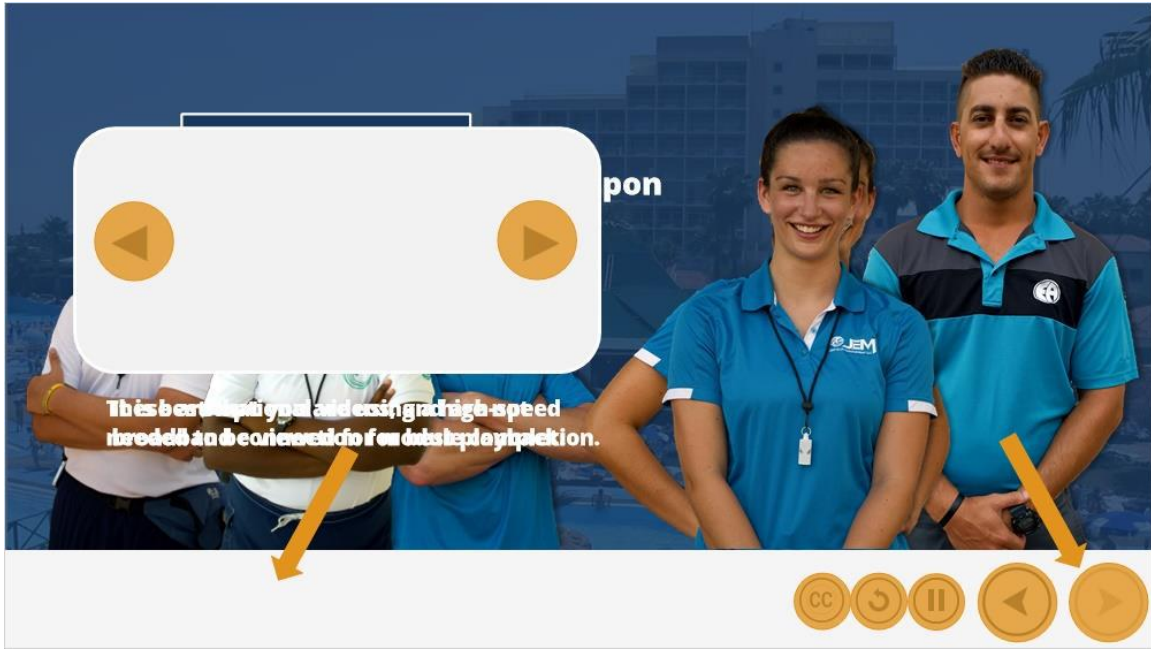
## 1. Content

### 1.1 Welcome



Notes:

## 1.2 Introduction



Notes:



## Progress (Slide Layer)

This best way to address high-speed...  
...in red and be essential for data playback.

MODULE PROGRESS

ELLISEDUCTION SERVICES

Navigation icons: CC, Refresh, Pause, Previous, Next

The slide features a background image of three lifeguards in blue and grey uniforms. A white rounded rectangle with orange left and right arrow icons is positioned in the upper left. Below it, a line of text is partially visible. At the bottom left, a 'MODULE PROGRESS' indicator shows a series of dots, with the first one filled. The 'ELLISEDUCTION SERVICES' logo is centered at the bottom. On the right, a set of navigation icons includes a Creative Commons (CC) icon, a refresh icon, a pause icon, and two arrow icons for navigation.

## 1.3 Learning Objectives

### Learning Objectives

- 1 Understand the global problem of drowning.
- 2 Explain how lifeguards can help address the drowning problem.
- 3 Describe how to be a preventive lifeguard.
- 4 List the responsibilities of a lifeguard.
- 5 Understand legal terms related to lifeguarding.
- 6 Relate lifeguard accountability to the standard of care.
- 7 Define lifeguard liability.

Navigation icons: CC, Refresh, Pause, Previous, Next

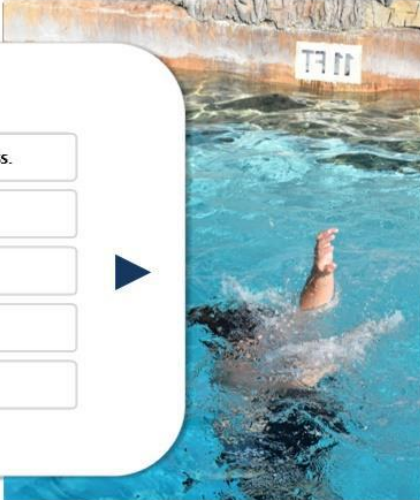
The slide displays a list of seven learning objectives on the left side. On the right side, there is a full-body image of a male lifeguard in a blue and grey uniform, standing with his hands on his hips. At the bottom right, there is a set of navigation icons including a Creative Commons (CC) icon, a refresh icon, a pause icon, and two arrow icons for navigation.



## Drowning (Slide Layer)

**High Risk Factors for Drowning**

- ✓ Lack of swimming ability and barriers to prevent unsupervised access.
- ✓ Unsupervised and unattended children.
- ✓ Failure to wear life jackets.
- ✓ Alcohol use.
- ✓ Seizure disorders.

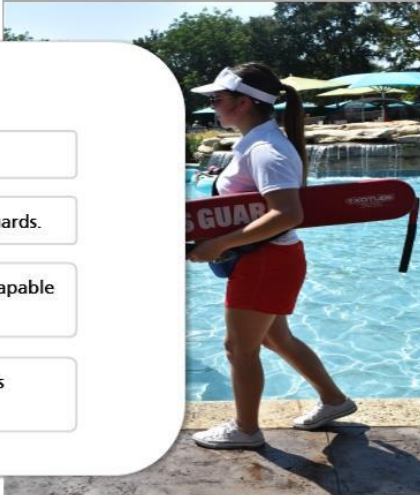


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## Why Lifeguards (Slide Layer)

**Why are Lifeguards Important?**

- ✓ Drowning is a substantial global crisis.
- ✓ More organizations look to ensure safety by better preparing lifeguards.
- ✓ Facility guests put their trust and safety in the hands of lifeguards capable of performing water rescues and emergency care including CPR.
- ✓ This is the responsibility you agree to take on as an Ellis & Associates trained lifeguard.



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## Progress (Slide Layer)

1 Introduction to Lifeguarding: Ellis & Associates Lifeguards

### Ellis & Associates Lifeguard Training Program



✓ Lifeguards are highly professional, and accountable.



✓ A mission to prevent submersion incidents and potential loss of life.



✓ As an E&A trained lifeguard, your goal is zero drownings.

**Safety**

**Consistency**

**Integrity**

As a result of our collective emphasis on lifeguard professionalism, prevention, accountability, and proactive risk management, E&A's safety record is unmatched in the aquatic industry.



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## 1.6 Ellis & Associates Training Program

### Prerequisite Tests

Certification	Swim Distance	Dive Brick Depth Retrieval	Treading Water
Shallow water	50 yards/meters	5 feet (1.5 m) or less	No requirement
Pool	100 yards / meters	8 feet (2.4 m) or deepest facility depth designated	Tread without use of arms & hands for 1 minute
Special Facilities	200 yards/meters	8 feet (2.4 m) or deepest facility depth designated	Tread without use of arms & hands for 2 minutes
Open Water	200 yards/meters	8 feet (2.4 m) or deepest facility depth designated	Tread without use of arms & hands for 2 minutes

All certification levels: The ability to exit the pool unassisted

## Credentials (Slide Layer)

### Successful Course Completion

Credential	Environment
Shallow Water Lifeguard Training	Appropriate at facilities with aquatic attractions with a maximum water depth of 5 feet (1.5 m), excluding wave pool and open water environments
Pool Lifeguard Training	Appropriate at facilities with aquatic attractions of various depths, excluding wave pools and open water environments
Special Facilities with Wave Pool Lifeguard Training	Appropriate at facilities that operate a wave pool and other aquatic attractions of various depths, excluding open water environments
Special Facilities with Open Water Lifeguard Training	Appropriate at facilities that operate a designated swimming area in an open water environment




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## Ongoing Training (Slide Layer)

### Ongoing Training

- ✓ Your aquatic facility is likely to provide you with the additional training you need to effectively perform at your specific job location.
- ✓ **Pre-service training** reviews how the concepts learned in a lifeguarding class apply at a specific site.
- ✓ **In-service training** is intended to serve as an ongoing practice session for you to maintain and enhance your skills learned during the original lifeguard class.
- ✓ **Operational drills or audits** involve periodic testing to ensure that you remain "test ready" once you begin work.



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## Progress (Slide Layer)

**1 Introduction to Lifeguarding: Ellis & Associates Training Program**

### Prerequisite Tests

Certification	Swim Distance	Dive Brick Depth Retrieval	Treading Water
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All certification levels: The ability to exit the pool unassisted

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## 1.7 Recap and Preview



### So far you have learned...

- ✓ Responsibilities of lifeguards
- ✓ Lifeguarding techniques
- ✓ E&A lifeguards
- ✓ Training program

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## Progress (Slide Layer)

**1** Introduction to Lifeguarding: Recap and Preview



**So far you have learned...**

- ✓ Recognizing and identifying lifeguards
- ✓ Lifeguarding requirements
- ✓ Essential lifeguarding
- ✓ Training program


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## 1.8 Lifeguard Responsibilities


**Primary Lifeguard Responsibilities**



**PREVENTIVE LIFEGUARDING**

**YOUR PRIMARY JOB FUNCTIONS ARE TO**

- ✓ Communicate with other lifeguards about hazards in the water
- ✓ Notify your supervisor when you cannot see your entire assigned area
- ✓ Communicate with guests by warning them of hazards
- ✓ Guests can be unpredictable and may require a rescue or suffer a medical emergency in or out of the water
- ✓ effectively scan your zone
- ✓ You must maintain a high level of vigilance



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## Secondary Responsibilities (Slide Layer)


### Secondary Lifeguard Responsibilities

#### Inspections

- ✓ Verifies that the facility is in appropriate operating condition
- ✓ This includes having a means of calling 9-1-1 and appropriately operating safety and response equipment

#### Cleaning

- ✓ You may be required to clean your facility area and visitor seating areas daily
- ✓ These tasks are part of preventive lifeguarding which removes hazards and potential risks that could cause problems later



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## Secondary Part 2 (Slide Layer)

### Secondary Lifeguard Responsibilities

#### Documentation

- ✓ Each facility is likely to have records and reports specific to its unique operation
- ✓ Such as rescue reports and incident or witness statement reports
- ✓ The documentation must be completed as soon as the incident or rescue has been resolved

<ul style="list-style-type: none"><li>❖ Daily sign-in sheets</li><li>❖ Facility inspection checklists</li><li>❖ Attendance records</li><li>❖ Lifeguard rotation logs</li><li>❖ Facility maintenance records</li><li>❖ Equipment inspection forms</li><li>❖ Rescue reports</li></ul>	<ul style="list-style-type: none"><li>❖ Incident and witness reports</li><li>❖ Daily work schedules</li><li>❖ Water chemistry logs</li><li>❖ Weather condition reports</li><li>❖ In-service training records</li><li>❖ Attraction downtime records</li></ul>
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## Secondary Part 3 (Slide Layer)

### Secondary Lifeguard Responsibilities

#### Test Water Chemistry

- ✓ This is to ensure that it matches the requirements based on the required guidelines
- ✓ Your facility should provide you with additional training for this task
- ✓ If you are responsible for adding chemicals and managing the pumps, you may be required to take a separate course









## Secondary Part 4 (Slide Layer)

### Secondary Lifeguard Responsibilities

#### Guest Services

- ✓ Lifeguards are the employees of the facility most noticeable to guests.
- ✓ You will be interacting with guests to make certain they understand and comply with the rules of the facility
- ✓ Be professional in all your interactions with guests, determine their needs, and resolve any guest issues in a cordial manner






## Secondary Part 5 (Slide Layer)

### Secondary Lifeguard Responsibilities

#### Crowd Control

- ✓ Know your facility's emergency action plan (EAP) to be prepared for any incident requiring crowd control.
- ✓ When you need to control a crowd, remain calm, speak loudly and with authority, and give clear, precise, and simple instructions.
- ✓ Become familiar with all the access and exit points in case an area needs to be evacuated in the facility or a path needs to open.



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## Progress (Slide Layer)

### 1 Introduction to Lifeguarding: Lifeguard Responsibilities

### Primary Lifeguard Responsibilities



**PREVENTIVE LIFEGUARDING**

- ✓ Communicate with other lifeguards about hazards in the water
- ✓ Notify your supervisor when you cannot see your entire assigned area
- ✓ Communicate with guests by warning them of hazards
- ✓ Guests can be unpredictable and may require a rescue or suffer a medical emergency in or out of the water
- ✓ effectively scan your zone
- ✓ You must maintain a high level of vigilance



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## 1.9 Accountability

**Accountability**  
CLICK ON EACH BELOW.



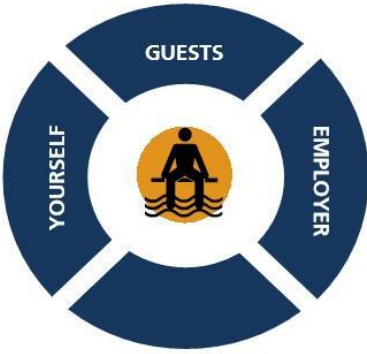
**Your skills need to be maintained at a test-ready level throughout your credential valid period.**

As a lifeguard you are expected to anticipate, recognize, and manage aquatic emergencies.

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### Employer Layer (Slide Layer)

**Accountability**  
CLICK ON EACH BELOW.




- ✓ Your employer expects you to perform the duties outlined and taught to you when you were hired.
- ✓ This means showing dedication in your work, commitment to your job, and performance at or above expectations.

As a lifeguard you are expected to anticipate, recognize, and manage aquatic emergencies.

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## Guest Layer (Slide Layer)

**Accountability**  
CLICK ON EACH BELOW.




Guests expect you to provide a safe environment for them while minimizing hazardous situations whenever possible and responding appropriately to emergency situations.

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## Yourself Layer (Slide Layer)

**Accountability**  
CLICK ON EACH BELOW.



A professional lifeguard accepts the responsibility of protecting the lives of others.

Practice your skills so that you are capable and confident in your abilities.

Seek clarification from a supervisor or lifeguard instructor if you do not understand something.

period.

Evaluate your own performance on a continuous basis.

Know that you are responsible for human lives each day you show up for work.


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## Audit Layer (Slide Layer)

### Accountability Through Audits

- ✔ Audits verify that lifeguards maintain their test-ready commitment to their lifeguard training.
- ✔ E&A conducts audits that evaluate lifeguard accountability and skills performance.
- ✔ The auditing process helps you and your fellow lifeguards to prevent, recognize, and respond to aquatic emergencies.



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## Progress (Slide Layer)

### 1 Introduction to Lifeguarding: Accountability

#### Accountability

CLICK ON EACH BELOW.



**Your skills need to be maintained at a test-ready level throughout your credential validity period.**

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## 1.10 Legal Concepts

### Legal Concepts That Apply to Lifeguards

#### Abandonment

- ✓ You can be held legally responsible for abandoning a person who requires ongoing care if you leave the scene or stop providing care

#### Confidentiality

- ✓ While rendering care to a guest, you may learn something about the injured or ill person
- ✓ This information should not be shared with anyone except EMS personnel directly associated with the person's care



Notes:

## Legal Concepts 2 (Slide Layer)


### Legal Concepts That Apply to Lifeguards

**Consent**

- ✓ Verbally seek consent to provide care to a responsive guest in distress who needs first aid. This is referred to as informed consent.
- ✓ This does not apply to guests who are unresponsive or confused. In such cases it is implied consent.

**Documentation**

- ✓ It is important to complete any required witness and incident forms as soon as possible after an incident occurs.
- ✓ When completing a report, each person writing a statement must clearly document the facts of the incident without opinions.



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## Legal Concepts 3 (Slide Layer)


### Legal Concepts That Apply to Lifeguards

**Duty to Act**

- ✓ While on the job, you have a legal responsibility to act in an emergency by responding and rendering appropriate care.

**Negligence**

- ✓ When a guest is injured or suffers additional harm because of your actions or inactions, you may be considered negligent.
- ✓ Negligence may include failure to prevent or control any behaviors that could result in further harm, failure to provide appropriate care, and/or rendering care beyond the scope of your training.




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## Legal Concepts 4 (Slide Layer)

### Legal Concepts That Apply to Lifeguards

#### Refusal of Care

- ✓ Sometimes, guests who are injured or sick may refuse assistance even though they desperately need it.
- ✓ If this occurs, try to convince them why care is necessary. If you are unsuccessful, contact your supervisor if one is readily available.
- ✓ For significant injuries, you should call EMS to evaluate the situation.
- ✓ Make it clear that you are not denying or withholding care, but that the guest does not wish to have the care. Document the refusal and get the guest's signature indicating the refusal of care.



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## Legal Concepts 5 (Slide Layer)


### Legal Concepts That Apply to Lifeguards

#### Standard of Care

- ✓ Guests that come to a facility have a right to expect that the lifeguards working are competent and attentive.
- ✓ Standard of Care refers to the degree of care that a responsible person is expected to provide to prevent further harm and/or manage the injury or illness for a guest in need.
- ✓ How you perform your job will be measured against the standard currently expected in the aquatic industry.
- ✓ Proactively scanning your zone and performing all skills to a high level of competency can help avoid litigation.

#### E&A STANDARD OF CARE

- ❖ Consistently delivering proactive swimmer protection
- ❖ Acting in a professional manner
- ❖ Being test-ready for all lifeguard skills
- ❖ Knowing how to appropriately use all available equipment
- ❖ Taking workplace measures to mitigate risks arising from on-the-job hazards
- ❖ Executing a facility's Emergency Action Plan effectively as an individual or team



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## Progress (Slide Layer)

**1** Introduction to Lifeguarding: Legal Concepts That Apply to Lifeguards

### Legal Concepts That Apply to Lifeguards

**Abandonment**

- ✓ You can be held legally responsible for abandoning a person who requires ongoing care if you leave the scene or stop providing care

**Confidentiality**

- ✓ While rendering care to a guest, you may learn something about the injured or ill person
- ✓ This information should not be shared with anyone except EMS personnel directly associated with the person's care



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### 1.11 Lifeguard Liability

### Rifeguard Rbstaity Stres

- ✓ Complete the incident report promptly and accurately.
- ✓ Reflect on the positive steps that you took during the event.
- ✓ Don't feel intimidated during questioning sessions with authorities.
- ✓ Prepare for media coverage, but do not comment.
- ✓ Share support with other lifeguards on the team, and ask for help.
- ✓ Exercise to help reduce your stress level, and resume your familiar routines.
- ✓ Take advantage of any support counselors or trained mental health professionals available, and consider long-term counseling services.



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## Progress (Slide Layer)

**1 Introduction to Lifeguarding: Lifeguard Liability**

### Rifedgar Rbtatititomatic Stress

- ✓ Complete the incident report promptly and accurately.
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- ✓ Don't feel intimidated during questioning sessions with authorities.
- ✓ Prepare for media coverage, but do not comment.
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## 1.12 Summary

### Key Terms

- ✓ Accountable
- ✓ Audit
- ✓ In-Service Training
- ✓ Operational Drills
- ✓ Pre-service Training
- ✓ Preventive Lifeguarding
- ✓ Standard of Care
- ✓ Test-ready



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## Progress (Slide Layer)

### 1 Introduction to Lifeguarding: Summary

#### Key Terms

- ✓ **Accountable**
- ✓ **Audit**
- ✓ **In-Service Training**
- ✓ **Operational Drills**
- ✓ **Pre-service Training**
- ✓ **Preventive Lifeguarding**
- ✓ **Standard of Care**
- ✓ **Test-ready**



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# Module 2 - Professional Image and Actions

## 1. Content

### 1.1 Welcome



  
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**2**  
MODULE

**Professional Image and Actions**

CLICK TO BEGIN 


Notes:



## 1.2 Learning Objectives

### Learning Objectives

- 1 Explain professional lifeguard behaviors.
- 2 Identify the standard lifeguard uniform.
- 3 Describe how to provide positive guest interactions.
- 4 Demonstrate effective ways to handle difficult guest situations.
- 5 Understand the lifeguard's role as it relates to rule enforcement and injury prevention.



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## Progress (Slide Layer)

### 2 Professional Image and Actions: Learning Objectives

### Learning Objectives

- 1 Explain professional lifeguard behaviors.
- 2 Identify the standard lifeguard uniform.
- 3 Describe how to provide positive guest interactions.
- 4 Demonstrate effective ways to handle difficult guest situations.
- 5 Understand the lifeguard's role as it relates to rule enforcement and injury prevention.



MODULE PROGRESS ●●●●●●●●●●


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## 1.3 Appearance and Behavior

### Lifeguard Appearance and Behavior

- ✓ You are a highly-visible facility employee and a guest ambassador who interacts in a cordial and polite way with guests.
- ✓ You need to project a positive professional image to guests.
- ✓ When guests view you as a professional, they are more likely to follow your directions.




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### Pro Behaviors 1 (Slide Layer)

### Lifeguard Appearance and Behavior

- ✓ **Be a guest ambassador.** Always model and enforce the rules consistently in a positive manner when addressing guests. Know and follow your facilities policies and procedures.
- ✓ **Be identifiable.** Dress in a neat, clean uniform to always look professional so guests can easily recognize you.
- ✓ **Be prepared.** Always have the items you need to do the job such as a uniform, whistle, rescue tube, stocked hip pack, hydration supplies and if outdoors, sun protection.
- ✓ **Be rescue-ready.** Maintain your skills at a test-ready level.




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## Pro Behaviors 2 (Slide Layer)

### Lifeguard Appearance and Behavior

- ✓ **Be a team member.** Be courteous and work together with your fellow lifeguards and co-workers.
- ✓ **Be punctual.** Being on time to work, when returning from breaks, and when rotating shifts means that your fellow lifeguards can count on you as well.
- ✓ **Be safety aware.** Take proactive measures to maintain your personal safety by adhering to good pool habits, limiting hazards, and using personal protective equipment when needed.
- ✓ **Be vigilant.** While you are working, always keep your eyes on your assigned Zone of Protection area and avoid distractions.



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## Progress (Slide Layer)

### 2 Professional Image and Actions: Lifeguard Appearance and Behavior

#### Lifeguard Appearance and Behavior

- ✓ You are a highly-visible facility employee and a guest ambassador who interacts in a cordial and polite way with guests.
- ✓ You need to project a positive professional image to guests.
- ✓ When guests view you as a professional, they are more likely to follow your directions.



MODULE PROGRESS ●●●●●●●●●●


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## 1.4 Wellness

**Wellness**

- ✓ Consider participating in a wellness program that encourages strength, flexibility, and cardiovascular fitness.
- ✓ Regular exercise helps you to remain alert, cope with stress and fatigue, and conditions you to perform strenuous rescues.
- ✓ Good nutrition helps provide you with the energy needed to remain vigilant and active.
- ✓ Drinking plenty of water prevents dehydration.
- ✓ Be sure to get adequate rest.




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## Progress (Slide Layer)

**2 Professional Image and Actions: Wellness**

**Wellness**

- ✓ Consider participating in a wellness program that encourages strength, flexibility, and cardiovascular fitness.
- ✓ Regular exercise helps you to remain alert, cope with stress and fatigue, and conditions you to perform strenuous rescues.
- ✓ Good nutrition helps provide you with the energy needed to remain vigilant and active.
- ✓ Drinking plenty of water prevents dehydration.
- ✓ Be sure to get adequate rest.



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## 1.5 Professionalism

### Unprofessional Lifeguards

UNPROFESSIONAL	PROFESSIONAL
<ul style="list-style-type: none"><li>❖ Missing whistle, glasses</li><li>❖ Relaxed posture</li><li>❖ Not at test-ready level</li><li>❖ Inattentive</li><li>❖ Out of uniform</li><li>❖ Late</li><li>❖ Cares only for self</li><li>❖ Fails to attend in-service training</li><li>❖ Not courteous</li></ul>	<ul style="list-style-type: none"><li>❖ Prepared</li><li>❖ Rescue ready</li><li>❖ Safety aware</li><li>❖ Vigilant</li><li>❖ Identifiable</li><li>❖ Punctual</li><li>❖ Team Member</li><li>❖ Healthy</li><li>❖ Guest Ambassador</li></ul>



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## Progress (Slide Layer)

### 2 Professional Image and Actions: Professionalism

### Unprofessional Lifeguards

UNPROFESSIONAL	PROFESSIONAL
<ul style="list-style-type: none"><li>❖ Missing whistle, glasses</li><li>❖ Relaxed posture</li><li>❖ Not at test-ready level</li><li>❖ Inattentive</li><li>❖ Out of uniform</li><li>❖ Late</li><li>❖ Cares only for self</li><li>❖ Fails to attend in-service training</li><li>❖ Not courteous</li></ul>	<ul style="list-style-type: none"><li>❖ Prepared</li><li>❖ Rescue ready</li><li>❖ Safety aware</li><li>❖ Vigilant</li><li>❖ Identifiable</li><li>❖ Punctual</li><li>❖ Team Member</li><li>❖ Healthy</li><li>❖ Guest Ambassador</li></ul>



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## 1.6 Uniform

**Lifeguard Uniform**  
Click on each marker to learn more.

✓ Your employer will provide the specifics on the standard lifeguard uniform for your facility.

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## Progress (Slide Layer)

**2 Professional Image and Actions: Lifeguard Uniform**

**Lifeguard Uniform**  
Click on each marker to learn more.

✓ Your employer will provide the specifics on the standard lifeguard uniform for your facility.

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## 1.7 Rescue Tube

### Rescue Tube

- Reduces the likelihood that a guest will grab you during a rescue and is likely to keep both of you above water if a guest does grab you.
- The rescue tube may be held either in front of you while standing or roving, at your side while standing or roving, or across your lap while sitting.
- In some situations, such as open water elevated guard stands, it may not be practical to hold or wear the rescue tube.
- The tube is positioned so that it is immediately accessible to the lifeguard if needed.



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## Progress (Slide Layer)

### 2 Professional Image and Actions: Rescue Tube

### Rescue Tube

- Reduces the likelihood that a guest will grab you during a rescue and is likely to keep both of you above water if a guest does grab you.
- The rescue tube may be held either in front of you while standing or roving, at your side while standing or roving, or across your lap while sitting.
- In some situations, such as open water elevated guard stands, it may not be practical to hold or wear the rescue tube.
- The tube is positioned so that it is immediately accessible to the lifeguard if needed.



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## 1.8 Sun Protection

### Sun Protection - **SayscredeApproach**

- ✓ Dermatologists recommend a "broad spectrum" sunscreen with a sun protection factor or SPF, of at least 30.
- ✓ Because you are working in and around water, you should consider wearing waterproof or water-resistant sunscreen.
- ✓ Each year, five million people are treated for skin cancer.
- ✓ Waterproof sunscreen can maintain its SPF rating for 80 minutes when exposed to water.
- ✓ Water resistant sunscreen can maintain its SPF rating for 40 minutes when exposed to water.




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## Progress (Slide Layer)

### 2 Professional Image and Actions: Sun Protection

### Sun Protection - **SayscredeApproach**

- ✓ Dermatologists recommend a "broad spectrum" sunscreen with a sun protection factor or SPF, of at least 30.
- ✓ Because you are working in and around water, you should consider wearing waterproof or water-resistant sunscreen.
- ✓ Each year, five million people are treated for skin cancer.
- ✓ Waterproof sunscreen can maintain its SPF rating for 80 minutes when exposed to water.
- ✓ Water resistant sunscreen can maintain its SPF rating for 40 minutes when exposed to water.



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## 1.9 Positive Guest Interactions

### Positive Guest Interactions

- ✓ To make guests feel welcome in your facility practice the Golden Rule, by treating others as you would want to be treated with courtesy and respect.
- ✓ It's important that you treat everyone with equal respect and consideration.
- ✓ Be open to suggestions from guests, as well as other staff members who come from diverse backgrounds and cultures.
- ✓ Avoid being judgmental and biased based on your own personal background and experience.



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## CARE (Slide Layer)


### Lifeguards **C.A.R.E.** for Their Facility Guests

**C** **Confident** in your ability to maintain a test-ready skill level by enhancing your development through ongoing training participation

**A** **Attentive** to your Zone of Protection Area while on duty, anticipating and preventing potential issues (weak swimmers, crowded conditions, surface glare).

**R** **Responsive** when faced with an emergency that requires you to quickly assess a situation and determine the best course of action.

**E** **Empathetic** by placing yourself in the guest's position, understanding their needs and emotions. Always make eye contact and act courteously and respectfully.



CC ↺ || ⏪ ⏩

## DEAL (Slide Layer)

### Lifeguards **D.E.A.L** with Difficult Situations

De-escalate the situation by starting with a clear understanding of the guest's concern. Determine what you heard to be certain the problem is clearly stated.

- ✓ Each facility is unique and may provide additional customer service training.
- ✓ If you are in doubt about your authority or ability to provide positive guest interactions, seek the assistance of a supervisor and/or fellow lifeguard.

Look at the outcomes to evaluate how effective your action was afterward. Consider whether the guest left satisfied. Consider how you may have done a better job of handling the difficult situation.

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## Progress (Slide Layer)

### 2 Professional Image and Actions: Positive Guest Interactions

#### Positive Guest Interactions

- ✓ To make guests feel welcome in your facility practice the Golden Rule, by treating others as you would want to be treated with courtesy and respect.
- ✓ It's important that you treat everyone with equal respect and consideration.
- ✓ Be open to suggestions from guests, as well as other staff members who come from diverse backgrounds and cultures.
- ✓ Avoid being judgmental and biased based on your own personal background and experience.

MODULE PROGRESS ●●●●●●●●●●

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## 1.10 Rules Enforcement

**Rules Enforcement Approach**

These rules are established by authorities that have jurisdiction over the area. Guests are more likely to follow it.

- L** Listen to guests' concerns about rules without interrupting.
- E** Empathize with them regarding how they may feel.
- A** Apologize for any misunderstanding they had about the rules.
- D** Discuss the rule, and provide guests with options if available.

At times, rule enforcement can seem difficult because the guests who visit are not always... **NO HEAD-FIRST SLIDING!**

Whenever you interact with guests, make it your goal to keep the...

**WELCOME TO PARADISE**

**PARENTS:**

Lifeguards are here to help but, cannot take the place of you in supervising or safeguarding your child.

This is primarily your responsibility. Please follow the rules and observe all posted rules / regulations.

A Guardian for a child in this facility is a person 18 years of age or older.

- No one under the age of 12 will be admitted without a parent or guardian.
- Look at the ride and then decide if you can safely participate. You are the best judge of your limitations.
- People whose mental or physical condition could create a safety hazard for themselves or others should not ride.
- Know the physical, mental, and emotional abilities of yourself and your child and closely supervise their actions.
- Stay close to your child and closely supervise their actions.
- Paradise Springs provides life jackets free of charge, please use them if you are weak or non-swimmers.

CC, Refresh, Pause, Previous, Next

## Progress (Slide Layer)

**2 Professional Image and Actions: Rules Enforcement**

**Rules Enforcement Approach**

These rules are established by authorities that have jurisdiction over the area. Guests are more likely to follow it.

- L** Listen to guests' concerns about rules without interrupting.
- E** Empathize with them regarding how they may feel.
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- Paradise Springs provides life jackets free of charge, please use them if you are weak or non-swimmers.

MODULE PROGRESS

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CC, Refresh, Pause, Previous, Next



## 1.11 Summary



**Key Terms**

- ✓ C.A.R.E.
- ✓ D.E.A.L.
- ✓ L.E.A.D.
- ✓ Professionalism
- ✓ Rescue Ready
- ✓ Rescue Tube
- ✓ Sun Protection Factor (SPF)

A woman in a blue polo shirt with her arms crossed stands to the right of the text. The slide has a blue background for the text and a white background for the woman. At the bottom right, there are navigation icons: a Creative Commons license icon, a refresh icon, a pause icon, a back arrow icon, and a forward arrow icon.


Notes:

## Progress (Slide Layer)

**2** Professional Image and Actions: Summary

### Key Terms

- ✓ C.A.R.E.
- ✓ D.E.A.L.
- ✓ L.E.A.D.
- ✓ Professionalism
- ✓ Rescue Ready
- ✓ Rescue Tube
- ✓ Sun Protection Factor (SPF)



MODULE PROGRESS ●●●●●●●●●●●●●●●●●●●●

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## 2. Knowledge Check

# Module 3 - Environmental Safety

## 1. Content

### 1.1 Welcome




Notes:

### 1.2 Learning Objectives

**Learning Objectives**

- 1 Recognize the environmental risks associated with the job of a lifeguard.
- 2 Identify ways to protect yourself from environmental risks.
- 3 Know the basic safety precautions to take during weather-related emergencies.
- 4 Understand how water chemistry impacts the safety of swimmers.
- 5 Be aware of how recreational waterborne illnesses can harm swimmers and know what steps to take when an incident occurs.



Navigation icons: CC, refresh, pause, back, forward






## 1.4 Sun Risk Factors

**Sun Risk Factors**

- Continued exposure to sun can cause sunburn, dehydration, fatigue, heat-related injuries and long-term damage to skin such as skin cancer.
- As you will recall from the previous module, preventing injury from sun exposure requires you to take a layered approach to sun protection while working outdoors.

UMBRELLA   HAT & SUNGLASSES   SHIRT   SUNSCREEN



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## Progress (Slide Layer)

**3 Environmental Safety: Sun Risk Factors**

**Sun Risk Factors**

- Continued exposure to sun can cause sunburn, dehydration, fatigue, heat-related injuries and long-term damage to skin such as skin cancer.
- As you will recall from the previous module, preventing injury from sun exposure requires you to take a layered approach to sun protection while working outdoors.

UMBRELLA   HAT & SUNGLASSES   SHIRT   SUNSCREEN

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## 1.5 Preventing Dehydration

**Preventing Dehydration**

- Inadequate hydration can lead to dehydration, a loss of body fluid that leads to fatigue.
- To help you remain hydrated, keep a water bottle available and drink frequently while working.
- When working in hot environments, take a dip in the water after a rotation is complete, or apply a cool towel to your head and neck.



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## Progress (Slide Layer)

**3 Environmental Safety: Preventing Dehydration**

### Preventing Dehydration

- ✓ Inadequate hydration can lead to dehydration, a loss of body fluid that leads to fatigue.
- ✓ To help you remain hydrated, keep a water bottle available and drink frequently while working.
- ✓ When working in hot environments, take a dip in the water after a rotation is complete, or apply a cool towel to your head and neck.



MODULE PROGRESS ●●●●●●●●●●



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## 1.6 Weather Conditions Risk Factor

### Weather Conditions


- ✓ Even indoor facilities may be impacted by weather-related emergencies such as losing power during a storm.
- ✓ Each facility has unique procedures for shutdown and managing weather situations.
- ✓ Your facility Emergency Action Plan (EAP) provides direction as to how to respond during such emergencies.




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## Rain (Slide Layer)

### Weather Conditions - Rain



- ✓ Light rain can have an impact on your ability to fully see and protect your assigned zone.
- ✓ When rain falls on the surface of the water in your pool, it creates a mild agitation, decreasing the visibility of the water below the surface.
- ✓ If you lose the ability to see beneath the water's surface and observation of the bottom of the pool is lost, notify your supervisor immediately.
- ✓ It may be necessary to close the pool until weather conditions improve.



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## Wind (Slide Layer)

**Weather Conditions - Wind**

- ✓ Wind can agitate the water's surface enough to affect your ability to see the pool bottom.
- ✓ Wind gusts can be dangerous, resulting in flying objects like furniture, umbrellas, towels, water bottles, and other items that are not secured.
- ✓ This includes clearing the facility of loose items, closing umbrellas and securing equipment.

Emergency Action Plan

CC, Refresh, Pause, Previous, Next

## Thunderstorm (Slide Layer)

**Weather Conditions - Thunderstorm**

**ACTION STEPS WHEN TAKING SHELTER**

- ✦ If outside, take shelter in a building, completely enclosed structure, or a hardtop vehicle.
- ✦ Protect yourself from lightning by avoiding shelter areas that are not fully enclosed.
- ✦ Once guests are secure indoors, advise them to stay clear of metal objects, plumbing and even phone landlines. All three can conduct electricity from a direct lightning strike.
- ✦ Check with the National Weather Service or National Oceanic and Atmospheric Administration (NOAA) for additional information about lightning safety.

CC, Refresh, Pause, Previous, Next

## Tornado (Slide Layer)

**Weather Conditions - Tornado**

- ✓ If a tornado watch or warning is called, get yourself and your guests to safety by seeking an appropriate, covered shelter in the lowest point of a building, such as a basement.

**WATCH** A tornado watch means that tornadoes are possible.

- ✓ If a basement is not available, a hallway or interior room without windows is a good option.

**WARNING** A tornado warning means that a tornado has touched down.

- ✓ Be sure you and your guests remain in the location until the danger has passed.
- ✓ shut down during severe weather.

CC, Refresh, Pause, Previous, Next

## Smoke (Slide Layer)

**Weather Conditions - Unique**

- ✓ Many unique weather conditions may impact facility operations. These can include dense fog, smoke, smog and dirt, and sandstorms.
- ✓ Follow your Emergency Action Plan (EAP) to provide for the safety of your guests and yourself.

Navigation icons: CC, Refresh, Pause, Previous, Next

## Progress (Slide Layer)

**3 Environmental Safety: Weather Conditions Risk Factor**

**Weather Conditions**

- ✓ Even indoor facilities may be impacted by weather-related emergencies such as losing power during a storm.
- ✓ Each facility has unique procedures for shutdown and managing weather situations.
- ✓ Your facility Emergency Action Plan (EAP) provides direction as to how to respond during such emergencies.

Icons: Cloud, Lightning, Wind, Fog, Emergency Plan book

MODULE PROGRESS: ●●●●●●●●●●

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Navigation icons: CC, Refresh, Pause, Previous, Next

## 1.7 Chemical Safety

**Chemical Safety**

- ✓ **LIFEGUARDS HAVE A RIGHT TO KNOW...**
- ✦ What hazardous chemicals are in their facility
- ✦ Where the chemicals are stored in the facility
- ✦ How to properly store the chemicals
- ✦ The risks and dangers of each chemical
- ✦ How to protect themselves from the chemical
- ✦ What Personal Protective Equipment (PPE) is needed when using the chemicals
- ✦ How to handle the chemicals
- ✦ How to handle exposure and what treatment is needed
- ✦ Where the Safety Data Sheets (SDS) are located

for res

SAFETY DATA SHEETS (SDS)

Navigation icons: CC, Refresh, Pause, Previous, Next



## Progress (Slide Layer)

**3 Environmental Safety: Chemical Risk Factor**

### Chemical Safety

**LIFEGUARDS HAVE A RIGHT TO KNOW...**

- What hazardous chemicals are in their facility
- Where the chemicals are stored in the facility
- How to properly store the chemicals
- The risks and dangers of each chemical
- How to protect themselves from the chemical
- What Personal Protective Equipment (PPE) is needed when using the chemicals
- How to handle the chemicals
- How to handle exposure and what treatment is needed
- Where the Safety Data Sheets (SDS) are located



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## 1.8 Water Chemistry

### Water Chemistry

- A Certified Pool Operator (CPO) or an Aquatic Facility Operator (AFO), will handle the responsibility of managing the facility's water chemistry, adjusting chemicals, and maintaining the filtration system.
- Water chemistry impacts water clarity, which in turn affects your ability to see.
- You may also be required to test the water to ensure it is in the proper operating ranges.
- Affects the ability of bacteria from recreational waterborne illnesses to live.
- You will be trained by your facility to test, and possibly adjust, the chemicals while maintaining your safety.
- Many factors that contribute to the ability to maintain proper water chemistry including sunlight, air temperature, wind, rain, number of guests, bodily fluids, and lotions.




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## Progress (Slide Layer)

**3 Environmental Safety: Water Chemistry**

### Water Chemistry

- A Certified Pool Operator (CPO) or an Aquatic Facility Operator (AFO), will handle the responsibility of managing the facility's water chemistry, adjusting chemicals, and maintaining the filtration system.
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## 1.9 Water Quality

### Water Quality – Natural Body of Water Facilities

- Facilities with a natural body of water include lakes, streams, rivers, and ocean fronts.
- Each of these types of facilities have their own unique water quality concerns.
- Killina oerms and contaminants.
- Natural body water facilities can be affected by algae blooms and pollutants, such as runoff from heavy storms, industrial waste, oil spills, wildlife waste, fertilizer, pesticides, boating waste, and littering.
- When the pH goes below 7.2, the water may irritate eyes and skin and corrode pool surfaces and equipment.

ion.(ppm). The optimum is the same at membranes.



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## Progress (Slide Layer)


### 3 Environmental Safety: Water Quality

### Water Quality – Natural Body of Water Facilities

- Facilities with a natural body of water include lakes, streams, rivers, and ocean fronts.
- Each of these types of facilities have their own unique water quality concerns.
- Killina oerms and contaminants.
- Natural body water facilities can be affected by algae blooms and pollutants, such as runoff from heavy storms, industrial waste, oil spills, wildlife waste, fertilizer, pesticides, boating waste, and littering.
- When the pH goes below 7.2, the water may irritate eyes and skin and corrode pool surfaces and equipment.

ion.(ppm). The optimum is the same at membranes.

MODULE PROGRESS




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## 1.10 Recreational Waterborne Illnesses

### Recreational Waterborne Illnesses

- Norovirus, E-Coli, and Giardia**
  - Recreational waterborne illnesses (RWIs) are spread to humans when they
  - Gastrointestinal viruses are highly contagious and have similar symptoms, including nausea, vomiting, abdominal pain, diarrhea, and dehydration.
  - Typical signs of a waterborne illness can include skin rashes, earaches, and diarrhea.
- Cryptosporidium (Crypto)**
  - Some cases, however, can result in pneumonia, neurological damage, and
  - It comes from a microscopic parasite and can remain infectious for several days even when living in sanitized, disinfected pool water.





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## Fecal Incidents (Slide Layer)

### Fecal Incidents in Your Facility

Centers for Disease Control (CDC) and Model Aquatic Health Code (MAHC) Guidelines for Proper Handling of Accidental Fecal Release



1. Close the aquatic attraction where the event occurred.
2. Remove as much of the fecal matter as possible using a net/scoop and dispose of it.
3. Contact the person responsible for water chemistry and filtration.
4. Properly sanitize equipment used before placing it back in service.
5. Wait for instructions regarding when to reopen the attraction.



## Other Water Contaminants (Slide Layer)

### Other Types of Water Contaminants

- ✓ Guests may become injured or ill, which may cause blood and or vomit to be deposited in your water.
- ✓ Guests are less likely to contract an RWI by swallowing, breathing or contacting water that is contaminated by vomit or blood.
- ✓ But these bodily fluids are still considered infectious and pose risks if the water chemistry does not have a proper disinfectant level.
- ✓ Take note that cleaning up vomit and blood is like cleaning up a well-formed accidental fecal release.



## Progress (Slide Layer)

### 3 Environmental Safety: Recreational Waterborne Illnesses

#### Recreational Waterborne Illnesses

**Norovirus, E-Coli, and Giardia**

- Recreational waterborne illnesses (RWIs) are spread to humans when they
- Gastrointestinal viruses are highly contagious and have similar symptoms, including nausea, vomiting, abdominal pain, diarrhea, and dehydration.
- Typical signs of a waterborne illness can include skin rashes, earaches, and diarrhea.


**Cryptosporidium (Crypto)**

- Some cases, however, can result in pneumonia, neurological damage, and
- It comes from a microscopic parasite and can remain infectious for several days even when living in sanitized, disinfected pool water.



MODULE PROGRESS ●●●●●●●●●●

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## 1.11 Summary

**Key Terms**

- ✓ Chlorine
- ✓ pH
- ✓ Hydration
- ✓ Dehydration
- ✓ Cryptosporidium
- ✓ Aquatic Facility Operator (AFO)
- ✓ Certified Pool Operator (CPO)
- ✓ Safety Data Sheets (SDS)
- ✓ Model Aquatic Health (MAHC)
- ✓ Recreational Waterborne Illnesses (RWI)

1.11

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Notes:

## Progress (Slide Layer)

**3 Environmental Safety: Summary**

**Key Terms**

- ✓ Chlorine
- ✓ pH
- ✓ Hydration
- ✓ Dehydration
- ✓ Cryptosporidium
- ✓ Aquatic Facility Operator (AFO)
- ✓ Certified Pool Operator (CPO)
- ✓ Safety Data Sheets (SDS)
- ✓ Model Aquatic Health (MAHC)
- ✓ Recreational Waterborne Illnesses (RWI)

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MODULE PROGRESS ●●●●●●●●●●

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## 2. Knowledge Check



# Module 4 - Preventing Disease Transmission

## 1. Content

### 1.1 Welcome


A blue banner for Module 4. On the left, a photograph shows a lifeguard in a white shirt and red shorts holding a red rescue tube with 'ELLIS GOLF' and 'EXOTUBE' printed on it. The background of the banner is a solid blue color. In the upper right, the 'ELLISEDUCATION SERVICES' logo is displayed. In the center, a large white number '4' is inside a blue arrow pointing right, with the word 'MODULE' below it. To the right of the arrow, the text 'Preventing Disease Transmission' is written in white. In the bottom right corner, there is a 'CLICK TO BEGIN' button with a play icon.

Notes:

## 1.2 Learning Objectives

### Learning Objectives

- 1 Identify bloodborne and airborne diseases of concern to lifeguards.
- 2 Describe how diseases are transmitted.
- 3 Identify 5 disease prevention practices.
- 4 Explain the purpose of the OSHA protection standards.
- 5 List examples of Personal Protective Equipment available to lifeguards.
- 6 Describe what is meant by Standard Precautions.
- 7 Explain the purpose of an Exposure Control Plan.
- 8 Demonstrate how to safely remove soiled medical exam gloves.




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## Progress (Slide Layer)

### 4 Preventing Disease Transmission: Learning Objectives

### Learning Objectives

- 1 Identify bloodborne and airborne diseases of concern to lifeguards.
- 2 Describe how diseases are transmitted.
- 3 Identify 5 disease prevention practices.
- 4 Explain the purpose of the OSHA protection standards.
- 5 List examples of Personal Protective Equipment available to lifeguards.
- 6 Describe what is meant by Standard Precautions.
- 7 Explain the purpose of an Exposure Control Plan.
- 8 Demonstrate how to safely remove soiled medical exam gloves.



MODULE PROGRESS ●●●●●●●●●●


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### 1.3 Bloodborne and Airborne Pathogens

#### Bloodborne and Airborne Pathogen Transmission

PATHOGEN	DESCRIPTION	MODE OF TRANSMISSION	RECOGNITION	VACCINATION
Hepatitis B Virus	Virus that can cause serious disease of the liver, including cirrhosis and cancer	Blood, saliva, vomit, semen	Jaundice (yellowing skin and eyes), fever, fatigue, nausea, vomiting, abdominal pain, joint pain, dark urine, loss of appetite	A vaccine is available
Hepatitis C Virus	Bloodborne virus that can cause serious disease of the liver, including cirrhosis and cancer	Blood, saliva, vomit, semen	Jaundice, fever, fatigue, nausea, vomiting, abdominal pain, joint pain, dark urine, loss of appetite	No vaccine is available
Human Immunodeficiency Virus (HIV)	Bloodborne virus attacking the white blood cells, destroying the body's ability to fight infection	Blood, semen, vaginal fluids	Headache, fever, fatigue, sore throat, rash, muscle and joint pain	No current licensed vaccine available



Navigation icons: CC, Refresh, Pause, Previous, Next

### Airborne Pathogen Table (Slide Layer)

#### Airborne Pathogen Transmission

PATHOGEN	DESCRIPTION	MODE OF TRANSMISSION	RECOGNITION	VACCINATION
Tuberculosis	Airborne bacteria primarily affecting the lungs	Air droplets from cough or sneeze	Bad cough lasting weeks, chest pain, coughing up blood or sputum	A vaccine is available though rarely used
Measles	Airborne virus that can cause pneumonia and encephalitis (swelling of the brain)	Air droplets from cough or sneeze	Fever, cough, sore throat, white spots in the mouth, blotchy rash	A vaccine is available
Chickenpox (Varicella)	Airborne and direct contact virus that can cause pneumonia and encephalitis (swelling of the brain)	Air droplets from cough or sneeze; touching the blisters or mucous secretions	Fever, fatigue, fluid-filled blisters and rash	A vaccine is available
Mumps	Airborne virus that can cause complications from inflammation	Air droplets from cough or sneeze, saliva	Facial swelling, fatigue, muscle aches, headache, fever	A vaccine is available
Meningitis	Airborne and direct contact virus or bacteria that cause inflammation of the meninges (membranes) covering the brain and spinal cord	Air droplets from cough or sneeze, saliva, or direct contact	Fever, vomiting, headache, stiff neck, confusion	A vaccine is available

Navigation icons: CC, Refresh, Pause, Previous, Next

## Progress (Slide Layer)

### 4 Preventing Disease Transmission: Bloodborne and Airborne Pathogens

#### Bloodborne and Airborne Pathogen Transmission

PATHOGEN	DESCRIPTION	MODE OF TRANSMISSION	RECOGNITION	VACCINATION
Hepatitis B Virus	Virus that can cause serious disease of the liver, including cirrhosis and cancer	Blood, saliva, vomit, semen	Jaundice (yellowing skin and eyes), fever, fatigue, nausea, vomiting, abdominal pain, joint pain, dark urine, loss of appetite	A vaccine is available
Hepatitis C Virus	Bloodborne virus that can cause serious disease of the liver, including cirrhosis and cancer	Blood, saliva, vomit, semen	Jaundice, fever, fatigue, nausea, vomiting, abdominal pain, joint pain, dark urine, loss of appetite	No vaccine is available
Human Immunodeficiency Virus (HIV)	Bloodborne virus attacking the white blood cells, destroying the body's ability to fight infection	Blood, semen, vaginal fluids	Headache, fever, fatigue, sore throat, rash, muscle and joint pain	No current licensed vaccine available

MODULE PROGRESS

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### 1.4 How Diseases are Transmitted

#### How Diseases are Transmitted

- There are three conditions that must be met for disease transmission to occur:
  - The pathogen must be present in adequate quantity to cause disease.
  - A person must be susceptible to the pathogen.
  - The pathogen must enter the body through an opening such as the eyes, nose, mouth, skin cuts, abrasions, bites, or needlestick puncture.

CC refresh pause back forward



## Transmission Types (Slide Layer)

### Transmission Types

- BLOODBORNE PATHOGEN
- AIRBORNE PATHOGEN
- DIRECT CONTACT
- INDIRECT CONTACT
- SKIN PENETRATION

✓ Bloodborne pathogens pose a transmission risk when you provide emergency care, such as controlling bleeding.


✓ Transmission can occur through contact with your eyes or mouth.

✓ It can also happen if blood without gloves, or an open sore on it.

✓ Disease transmission can occur when the skin is penetrated by an infectious source, such as an insect bite or sting.

✓ Personal protective equipment can also allow for transmission.

Examples of diseases spread in this manner include malaria and West Nile virus spread through mosquito bites.



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## Progress (Slide Layer)

### 4 Preventing Disease Transmission: How Diseases are Transmitted

#### How Diseases are Transmitted

✓ There are three conditions that must be met for disease transmission to occur:

- 1 The pathogen must be present in adequate quantity to cause disease.
- 2 A person must be susceptible to the pathogen.
- 3 The pathogen must enter the body through an opening such as the eyes, nose, mouth, skin cuts, abrasions, bites, or needlestick puncture.



MODULE PROGRESS ●●●●●●●●●●

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## 1.5 OSHA Protection Standards

### OSHA Protection Standards

**OSHA EMPLOYER REQUIREMENTS**

- ❖ Identifying duties that you will perform that fall within the protection offered by the standards
- ❖ Establishing an Exposure Control Plan that includes protective measures to follow to minimize the chance of disease transmission
- ❖ Seeking your input into engineering and work practice controls
- ❖ Offering access to the Hepatitis B vaccination
- ❖ Creating a system of recordkeeping that tracks required training and exposure incidents
- ❖ Creating protocols to follow in the event of an exposure incident
- ❖ Implementing a schedule for cleaning and decontaminating the workplace
- ❖ Implementing a system to identify and properly dispose of soiled material
- ❖ Ensuring confidentiality of your medical records and any exposure incidents



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### Progress (Slide Layer)

## 4 Preventing Disease Transmission: OSHA Protection Standards

### OSHA Protection Standards

**OSHA EMPLOYER REQUIREMENTS**

- ❖ Identifying duties that you will perform that fall within the protection offered by the standards
- ❖ Establishing an Exposure Control Plan that includes protective measures to follow to minimize the chance of disease transmission
- ❖ Seeking your input into engineering and work practice controls
- ❖ Offering access to the Hepatitis B vaccination
- ❖ Creating a system of recordkeeping that tracks required training and exposure incidents
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- ❖ Implementing a schedule for cleaning and decontaminating the workplace
- ❖ Implementing a system to identify and properly dispose of soiled material
- ❖ Ensuring confidentiality of your medical records and any exposure incidents



MODULE PROGRESS ●●●●●●●●●●

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## 1.6 Disease Prevention Practices

### Disease Prevention Practices

**Administrative Controls**

- 1 Administrative Controls
- Standardized safety measures that assume that all bodily fluids may be infectious, so precautions must always be taken.
- Standard precautions can be applied to Engineering and Work Practice Controls and to the use of Personal Protective Equipment (PPE).
- When washing stations are not feasible, other options must be available, such as antiseptic hand cleaner or eye irrigation bottles.



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## Progress (Slide Layer)

### 4 Preventing Disease Transmission: Disease Prevention Practices

### Disease Prevention Practices

**Administrative Controls**

- 1 Administrative Controls
- Standardized safety measures that assume that all bodily fluids may be infectious, so precautions must always be taken.
- Standard precautions can be applied to Engineering and Work Practice Controls and to the use of Personal Protective Equipment (PPE).
- When washing stations are not feasible, other options must be available, such as antiseptic hand cleaner or eye irrigation bottles.



MODULE PROGRESS ●●●●●●●●●●

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## 1.7 Work Practice Controls

### Work Practice Controls


- ✓ Steps for removing soiled medical exam gloves.
- ✓ controls.
- ✓ Steps for cleaning up sharp items and contaminated spills.
- ✓ Examples include properly using washing stations, sharps containers, and
- ✓ Hands immediately washed after removing soiled medical exam gloves.
- ✓ Requiring that you clean and disinfect equipment and surfaces if soiled.



Notes:



## Glove Removal (Slide Layer)



### Proper Glove Removal


Because of increased concerns of latex allergies, you are most likely to have non-latex gloves available when providing emergency care.

Pinch the outside of the glove. Peel downward and the glove will turn inside out over the top of the first glove. Secure this glove in your gloved hand.


Regardless if you use latex or non-latex gloves, none have been found to be impermeable to bacteria and viruses. And all gloves have the potential to fail or tear.

Slide your finger(s) under the wrist of the remaining glove. Peel downward and the glove will turn inside out over the top of the first glove. Dispose of gloves properly.


This is why handwashing immediately after glove removal is required.




## Hand Washing (Slide Layer)



### Proper Hand Washing




- 1 Wet your hands with warm water.
- 2 Apply soap.
- 3 Rub your hands vigorously for at least 15 seconds, covering all surfaces.
- 4 Rinse with warm water.
- 5 Dry thoroughly.



## Spill Cleanup (Slide Layer)

### Cleaning Spills Mixed with Sharp Objects



**1** Use a broom, dustpan or piece of cardboard to properly remove the broken glass and deposit it in the proper container.

**2** Use a disinfectant to clean the surface of any remaining blood. If you must make a disinfectant, prepare a mixture of 1 part bleach to 9 parts water.

**3** Flood the area with disinfectant, and allow it to stand for approximately 15 minutes.

**4** Wipe up the remaining solution and dispose of it in a labeled biohazard container.

**If you are cleaning up a spill mixed with sharp objects such as broken glass and needles, DO NOT pick these up with your hands.**

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## Progress (Slide Layer)

### 4 Preventing Disease Transmission: Work Practice Controls

#### Work Practice Controls

- ✓ Steps for removing soiled medical exam gloves.
- ✓ controls.
- ✓ Steps for cleaning up sharp items and contaminated spills.
- ✓ Examples include properly using washing stations, sharps containers, and
- ✓ Hands immediately washed after removing soiled medical exam gloves.
- ✓ Requiring that you clean and disinfect equipment and surfaces if soiled.



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## 1.8 Personal Protective Equipment

**Personal Protective Equipment (PPE)**

- ✓ Follow Standard Precautions when using PPE.
- ✓ Avoid handling items such as radios when wearing soiled gloves.  
Materials such as:
- ✓ Do not eat, drink or touch your mouth, nose or eyes when giving care.  
breathing devices      face masks
- ✓ Change gloves before providing care to additional guests.  
Suction devices      Gowns
- ✓ Wear protective coverings to avoid blood splatter from serious bleeding.  
Medical exam gloves      Eye protection



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### Progress (Slide Layer)

**4 Preventing Disease Transmission: Personal Protective Equipment**

**Personal Protective Equipment (PPE)**

- ✓ Follow Standard Precautions when using PPE.
- ✓ Avoid handling items such as radios when wearing soiled gloves.  
Materials such as:
- ✓ Do not eat, drink or touch your mouth, nose or eyes when giving care.  
breathing devices      face masks
- ✓ Change gloves before providing care to additional guests.  
Suction devices      Gowns
- ✓ Wear protective coverings to avoid blood splatter from serious bleeding.  
Medical exam gloves      Eye protection

MODULE PROGRESS ●●●●●●●●●●



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## 1.9 If an Exposure Occurs

### If an Exposure Occurs

#### **GUIDELINES TO FOLLOW IF YOU SUFFER AN EXPOSURE**

- ✓ If you suffer an occupational exposure, follow the guidelines for immediate care and report the incident according to your facility's Exposure Control Plan.
- 5 Seek immediate follow-up care with a qualified health care professional according to your facility's Exposure Control Plan. The evaluation will determine the best course of treatment.
- ✓ The plan also details how your employer will maintain records according to OSHA requirements.



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## Progress (Slide Layer)

### 4 Preventing Disease Transmission: If an Exposure Occurs

### If an Exposure Occurs

#### **GUIDELINES TO FOLLOW IF YOU SUFFER AN EXPOSURE**

- ✓ If you suffer an occupational exposure, follow the guidelines for immediate care and report the incident according to your facility's Exposure Control Plan.
- 5 Seek immediate follow-up care with a qualified health care professional according to your facility's Exposure Control Plan. The evaluation will determine the best course of treatment.
- ✓ The plan also details how your employer will maintain records according to OSHA requirements.



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## 1.10 Summary

### Key Terms

- ✓ Engineering controls
- ✓ Standard precautions
- ✓ Pathogen
- ✓ Exposure Control Plan
- ✓ Occupational exposure
- ✓ Work practice controls
- ✓ Other Potentially Infectious Material (OPIM)
- ✓ Bloodborne pathogens standard
- ✓ Personal Protective Equipment (PPE)
- ✓ Occupational Safety and Health Administration (OSHA)



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Notes:



# Module 5 - Guest Safety

## 1. Content

### 1.1 Welcome



Notes:

## 1.2 Learning Objectives

### Learning Objectives

- 1 Understand how rules and regulations are created to keep guests safe.
- 2 Name common rules in aquatics facilities.
- 3 Recognize why attraction restrictions exist.
- 4 Identify risky behaviors that lead to shallow water blackout.
- 5 Describe secondary drowning.
- 6 Demonstrate how to properly select and wear a life jacket.



### Progress (Slide Layer)

## 5 Guest Safety: Learning Objectives

### Learning Objectives

- 1 Understand how rules and regulations are created to keep guests safe.
- 2 Name common rules in aquatics facilities.
- 3 Recognize why attraction restrictions exist.
- 4 Identify risky behaviors that lead to shallow water blackout.
- 5 Describe secondary drowning.
- 6 Demonstrate how to properly select and wear a life jacket.



MODULE  
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### 1.3 Health Codes, Laws and Standards

**Health Codes, Laws and Standards**

MANUFACTURER MANUALS

LOCAL / STATE CODES & REGULATIONS

AQUATIC FACILITY PROCEDURES

MODEL AQUATIC HEALTH CODE

ASTM INTERNATIONAL

With codes, laws, and standards, you can provide direction and guidelines for how to design, and safely operate, aquatic facilities.

Your responsibility is to ensure industry standards that apply to the facility in which you work.

Sometimes the examples of the codes, laws and standards your company may be following are:

- ✓ Most states or towns and municipalities have public swimming pool regulations enforced by the local Health Department.

here are some examples of the codes, laws and standards that are the most stringent in operation and apply to the facility.

- ✓ Type of lifeguard training requirements needed to work in a facility, facility design elements and equipment, how to handle bio-spills and RWIs, and acceptable water chemistry requirements for operation.

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### Local and State Layer (Slide Layer)

**Health Codes, Laws and Standards**

MANUFACTURER MANUALS

LOCAL / STATE CODES & REGULATIONS

AQUATIC FACILITY PROCEDURES

MODEL AQUATIC HEALTH CODE

ASTM INTERNATIONAL

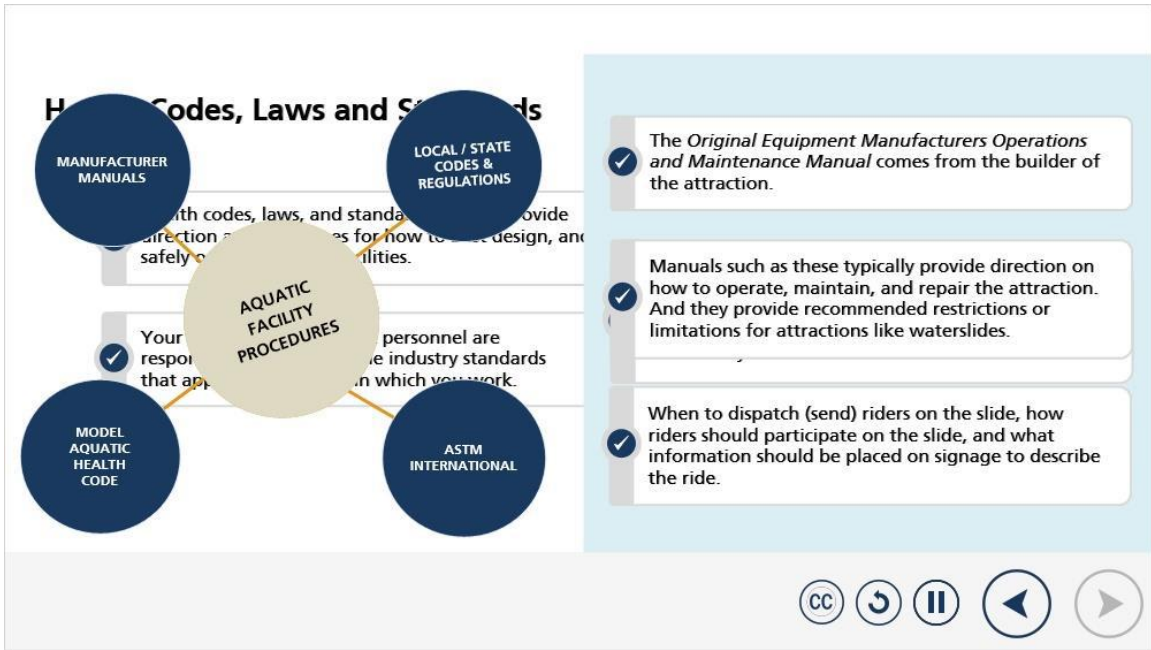
With codes, laws, and standards, you can provide direction and guidelines for how to design, and safely operate, aquatic facilities.

Your responsibility is to ensure industry standards that apply to the facility in which you work.

- ✓ Most states or towns and municipalities have public swimming pool regulations enforced by the local Health Department.
- ✓ Type of lifeguard training requirements needed to work in a facility, facility design elements and equipment, how to handle bio-spills and RWIs, and acceptable water chemistry requirements for operation.

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## Manufacturer Manual Layer (Slide Layer)



**How Codes, Laws and Standards**

**MANUFACTURER MANUALS**

**LOCAL / STATE CODES & REGULATIONS**

**ASTM INTERNATIONAL**

**MODEL AQUATIC HEALTH CODE**

**AQUATIC FACILITY PROCEDURES**

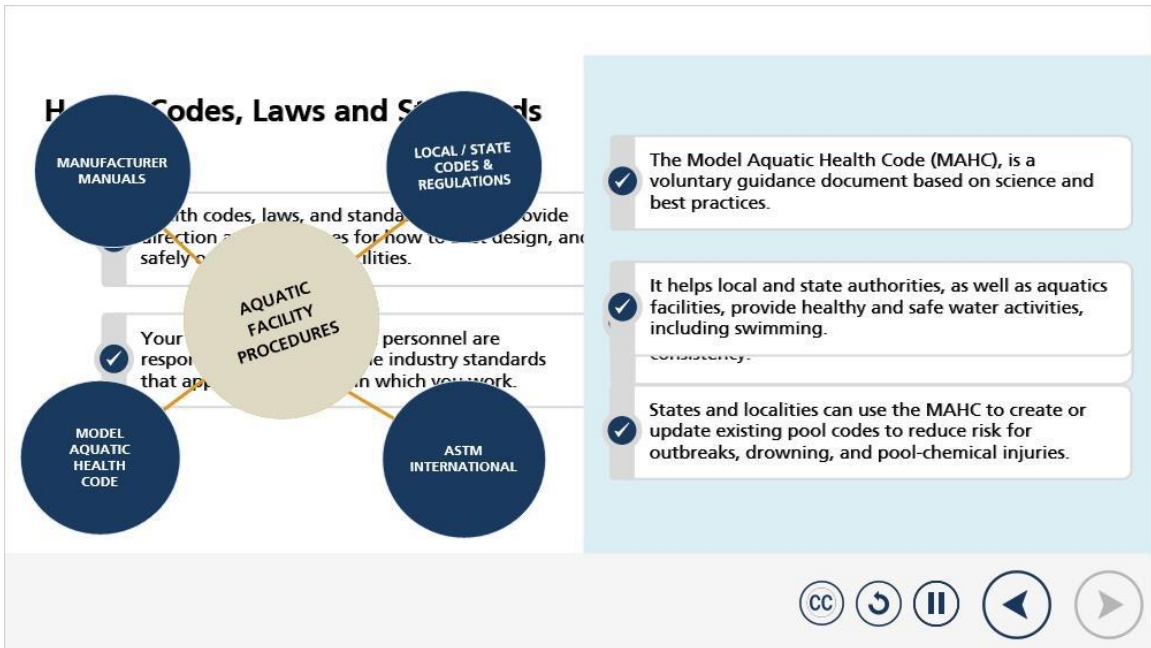
with codes, laws, and standards provide direction on how to design, and safely operate facilities.

Your responsible personnel are responsible for the industry standards that apply in which you work.

- ✓ The *Original Equipment Manufacturers Operations and Maintenance Manual* comes from the builder of the attraction.
- ✓ Manuals such as these typically provide direction on how to operate, maintain, and repair the attraction. And they provide recommended restrictions or limitations for attractions like waterslides.
- ✓ When to dispatch (send) riders on the slide, how riders should participate on the slide, and what information should be placed on signage to describe the ride.

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## Model Aquatic Layer (Slide Layer)



**How Codes, Laws and Standards**

**MANUFACTURER MANUALS**

**LOCAL / STATE CODES & REGULATIONS**

**ASTM INTERNATIONAL**

**MODEL AQUATIC HEALTH CODE**

**AQUATIC FACILITY PROCEDURES**

with codes, laws, and standards provide direction on how to design, and safely operate facilities.

Your responsible personnel are responsible for the industry standards that apply in which you work.

- ✓ The Model Aquatic Health Code (MAHC), is a voluntary guidance document based on science and best practices.
- ✓ It helps local and state authorities, as well as aquatics facilities, provide healthy and safe water activities, including swimming.
- ✓ States and localities can use the MAHC to create or update existing pool codes to reduce risk for outbreaks, drowning, and pool-chemical injuries.

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## ASTM Layer (Slide Layer)

**Health Codes, Laws and Standards**

MANUFACTURER MANUALS

LOCAL / STATE CODES & REGULATIONS

AQUATIC FACILITY PROCEDURES

MODEL AQUATIC HEALTH CODE

ASTM INTERNATIONAL

with codes, laws, and standards provide direction on how to design, and safely operate facilities.

Your responsible personnel are responsible for the industry standards that apply to the facility in which you work.

- ✓ American Society of Testing and Materials *International* provides a set of industry standards that provide guidance for amusement devices.
- ✓ There are specific standards for maintenance and operation of aquatic facilities operating water slides, and water tree house attraction elements.
- ✓ These standards offer facility management guidance on how to operate in accordance with the builder or manufacturer of the aquatic play attraction.

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## Progress (Slide Layer)

**5 Guest Safety: Health Codes, Laws, and Standards**

**Health Codes, Laws and Standards**

MANUFACTURER MANUALS

LOCAL / STATE CODES & REGULATIONS

AQUATIC FACILITY PROCEDURES

MODEL AQUATIC HEALTH CODE

ASTM INTERNATIONAL

with codes, laws, and standards provide direction on how to design, and safely operate facilities.

Your responsible personnel are responsible for the industry standards that apply to the facility in which you work.

- ✓ Here are some examples of the codes, laws and standards your company may be following that need to be followed to ensure consistency.

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## 1.4 Rules Enforcement

**Common Facility Rules**

- ✓ Your job is to know those rules, enforce them consistently, and follow them responsibly.
- ! Proper swimwear required in pool
- ! No glass on the pool deck
- ! Walk, no running
- ! Supervise children at all times
- ! No diving
- ! Please shower before entering the water
- ! Obey lifeguards at all times



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Notes:



## Special Attraction Rules (Slide Layer)

### Special Attraction Rules

- ✓ Your facility will have operational rules for the safe use of attractions by guests, including water slides, playground structures, diving boards, and surfing attractions.
- ✓ These rules can refer to the size and weight of the guests, and rider configuration.
- ! No weak swimmers in deep water
- ! Children and weak swimmers must wear a life jacket
- ! No swimmers in the lazy river without a tube
- ✓ Your facility supervisors should provide you with specific attraction training.




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## Enforcing Rules (Slide Layer)

### Enforcing Rules

- ✓ Know your facility rules.
- ✓ Know where rules are posted. Rules should be posted in locations that are visible to all guests. Posted rules support you when you enforce them.
- ✓ Know why rules exist and how to explain rules to guests. Explaining why a specific rule exists can help guests understand the important safety reason for the rule and improve their experience.
- ✓ Just remember that enforcing a rule is for the guest's safety.
- ✓ Know how rules support positive guest interactions and always be sure to enforce rules in a positive manner.




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## Progress (Slide Layer)

### 5 Guest Safety: Rules Enforcement

#### Common Facility Rules

- ✓ Your job is to know those rules, enforce them consistently, and follow them responsibly.
- ! Proper swimwear required in pool
- ! Walk, no running
- ! No diving
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- ! No glass on the pool deck
- ! Supervise children at all times
- ! Please shower before entering the water



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### 1.5 Shallow Water Blackout

#### SHALLOW WATER BLACKOUT

- + Breathing is normally triggered by the elevation of carbon dioxide (CO<sub>2</sub>).
- + You should discourage the practice of hyperventilating and “breath-holding” activities where guests spend long amounts of time underwater.
- + As oxygen (O<sub>2</sub>) is depleted, the guest can suddenly faint without feeling the need to breathe.

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## Progress (Slide Layer)

**5** Guest Safety: Shallow Water Blackout

SHALLOW WATER BLACKOUT

- Breathing is normally triggered by the elevation of carbon dioxide (CO<sub>2</sub>).
- You should discourage the practice of hyperventilating and "breath-holding" activities where guests spend long amounts of time underwater.
- As oxygen (O<sub>2</sub>) is depleted, the guest can suddenly faint without feeling the need to breathe.

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## 1.6 Secondary Drowning

**Secondary Drowning**

- Secondary drowning
- Occurs first,
- It happens
- If you Emer

**SIGNS OF POSSIBLE SECONDARY DROWNING**

- ❖ Difficulty breathing
- ❖ Persistent coughing
- ❖ Froth (foam/fluid) from the nose or mouth
- ❖ Choking as if drinking water "went down the wrong tube"
- ❖ Diminished consciousness
- ❖ Anxiety
- ❖ Extreme fatigue
- ❖ Pale/bluish/gray lips and fingers
- ❖ Chest pain
- ❖ Vomiting

CC, refresh, pause, back, forward

## Progress (Slide Layer)


**5** Guest Safety: Secondary Drowning

### Secondary Drowning

- ✓ Secondary drowning
- ✓ Occurs first,
- ✓ It happens
- ✓ If you Emer

#### SIGNS OF POSSIBLE SECONDARY DROWNING

- ❖ Difficulty breathing
- ❖ Persistent coughing
- ❖ Froth (foam/fluid) from the nose or mouth
- ❖ Choking as if drinking water “went down the wrong tube”
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- ❖ Extreme fatigue
- ❖ Pale/bluish/gray lips and fingers
- ❖ Chest pain
- ❖ Vomiting



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## 1.7 Life Jackets

### Life Jackets

- ✓ Drowning incidents among guests, particularly those that are weak or non-swimmers, can be prevented by using life jackets.
- ✓ Life jackets should be U.S. Coast Guard approved, and in good condition. The U.S. Coast Guard label is printed directly onto the flotation device, with the most common being a Type II label.
- ✓ The inside of the life jacket lists sizes by weight load for each type.
- ✓ Some facilities may have policies allowing the use of inflatable swim aids such as water wings, but these are not reliable flotation devices, and are not U.S. Coast Guard approved.



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## Life Jacket Fit (Slide Layer)

### Life Jacket Fitting

**A properly-fitted life jacket...**

- ✓ Fits snugly but comfortably to allow for the guest's arm movement without restricting breathing.
- ✓ Does not allow a child's chin and ears to slip through.
- ✓ Is tested out by the guest in shallow water to verify the guest's mouth does not slip below the water's surface.
- ✓ Has all buckles connected.




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## Inspecting Life Jackets (Slide Layer)

### Inspecting Life Jackets

- ✓ Life jackets should be inspected daily for normal wear and tear and cleanliness.
- ✓ Life jackets that show damage should be removed from use.
- ✓ Look for holes, tears, and broken buckles or clips.
- ✓ Life jackets should be stored in a place that allows them to dry out when not in use yet still be visible for guests.
- ✓ If there is a smell of mildew, or signs of waterlogging, the life jacket should be removed.




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## Progress (Slide Layer)

### 5 Guest Safety: Life Jackets

#### Life Jackets

- ✓ Drowning incidents among guests, particularly those that are weak or non-swimmers, can be prevented by using life jackets.
- ✓ Life jackets should be U.S. Coast Guard approved, and in good condition. The U.S. Coast Guard label is printed directly onto the flotation device, with the most common being a Type II label.
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MODULE PROGRESS ●●●●●●●●●●


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## 1.8 Summary

### Key Terms

- ✓ Life Jackets
- ✓ Secondary Drowning
- ✓ Shallow Water Blackout
- ✓ Model Aquatic Health Code (MAHC)




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## Progress (Slide Layer)

**5** Guest Safety: Summary

### Key Terms

- ✓ Life Jackets
- ✓ Secondary Drowning
- ✓ Shallow Water Blackout
- ✓ Model Aquatic Health Code (MAHC)



MODULE PROGRESS ●●●●●●●●●●

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## 2. Knowledge Check

# Module 6 - Zone of Protection

## 1. Content

### 1.1 Welcome




Notes:



## 1.2 Learning Objectives

**Learning Objectives**

- 1 Define the 10/20 Protection™ Standard.
- 2 Explain how the 10/20 Protection™ Standard relates to creating zones.
- 3 Describe how lifeguard zones are established.




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## Progress (Slide Layer)

**6 Zone of Protection: Learning Objectives**

**Learning Objectives**

- 1 Define the 10/20 Protection™ Standard.
- 2 Explain how the 10/20 Protection™ Standard relates to creating zones.
- 3 Describe how lifeguard zones are established.



MODULE PROGRESS ●●●●●●●●●●


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## 1.3 Lifeguard Zones

### Lifeguard Zones

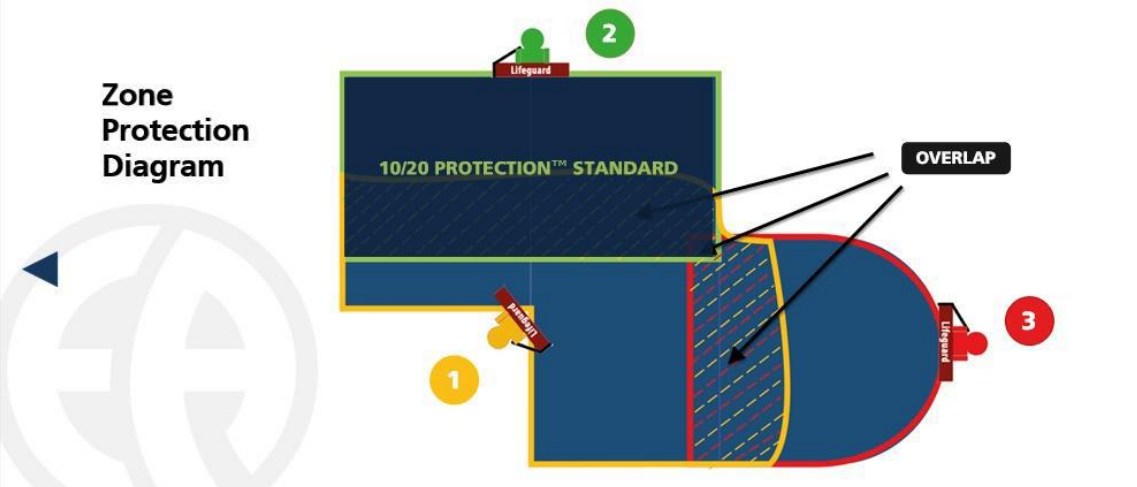
- ✓ Each duty station has an assigned area of water to monitor. These areas are known as Zone of Protection® areas, or simply “zones.”
- ✓ Zones are designed to overlap so that no area is left unprotected when a team of lifeguards is working together.
- ✓ Your assigned zone is your primary responsibility.
- ✓ You need to know your zone and where you and other lifeguards share overlapping areas.
- ✓ You must know the extent of all the zones at your facility.



Navigation icons: CC, Refresh, Pause, Previous, Next

### Zone Diagram (Slide Layer)

### Zone Protection Diagram




Navigation icons: CC, Refresh, Pause, Previous, Next

## Progress (Slide Layer)

**6 Zone of Protection: Lifeguard Zones**

### Lifeguard Zones

- ✓ Each duty station has an assigned area of water to monitor. These areas are known as Zone of Protection® areas, or simply "zones."
- ✓ Zones are designed to overlap so that no area is left unprotected when a team of lifeguards is working together.
- ✓ Your assigned zone is your primary responsibility.
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- ✓ You must know the extent of all the zones at your facility.



MODULE PROGRESS ●●●●●●●●●●

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### 1.4 The 10/20 Principle

### 10/20 Protection™ Standard

#### Zone Validation System

- ✓ Lifeguard must be able to scan her entire zone.
- ✓ Allows the supervisor to test for any physical and environmental obstructions affecting your ability to meet the 10/20 Protection Standard.
- ✓ Be able to reach any guest who is recognized to be in distress, within 20 seconds.
- ✓ Depending on the number of guests, zone features, weather changes, and unique situations, adjustments to zones may be necessary at times.

The graphic below shows the Zone of Protection® area and the manikin placement used to validate the zone in relation to the lifeguard.



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## Progress (Slide Layer)

### 6 Zone of Protection: 10/20 Protection Standard

#### 10/20 Protection™ Standard

##### Zone Validation System

- ✓ Lifeguard must be able to scan her entire Zone of Protection area.
- ✓ Allows the supervisor to test for any physical and environmental obstructions affecting your ability to meet the 10/20 Protection Standard.
- ✓ Be able to identify any guests who recognized to be in distress, within 20 seconds.
- ✓ Depending on the number of guests, zone features, weather changes, and unique situations, adjustments to zones may be necessary at times.

The graphic below shows the Zone of Protection™ area and the manikin placement used to validate the zone in relation to the lifeguard.



MODULE PROGRESS ●●●●●●●●●●


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## 1.5 Documentation and Training

### Documentation and Training

- ✓ Zone of Protection area document, such as seen here to the right, that will illustrate your zone responsibilities.
- ✓ The unique physical characteristics of each zone.
- ✓ All zones for an entire attraction or pool.
- ✓ Zone Coverage diagram such as we showed earlier, illustrating lifeguard team zone responsibilities that overlap and how they work together.
- ✓ Any specific rules or policies a lifeguard must enforce while on duty relative to the zone.



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## Progress (Slide Layer)

### 6 Zone of Protection: Documentation and Training

#### Documentation and Training

- ✓ Zone of Protection area document, such as seen here to the right, that will illustrate your zone responsibilities.
- ✓ The unique physical characteristics of each zone.
- ✓ All zones for an entire attraction or pool.
- ✓ Zone Coverage diagram such as we showed earlier, illustrating lifeguard team zone responsibilities that overlap and how they work together.
- ✓ Any specific rules or policies a lifeguard must enforce while on duty relative to the zone.



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### 1.6 Maintaining Vigilance Within Your Zone

#### Maintaining Vigilance Within Your Zone

- ✓ If you are ever unsure about a situation in your zone, or if you are in doubt about something you are seeing, treat it as an emergency and respond immediately.
- ✓ Situations that could impact your ability to adequately scan your zone include water clarity issues, hard rain, sun glare, and a large number of guests.

**IF YOU DON'T KNOW, GO!**

- ✓ that keep you from viewing all depths of water in your assigned area.



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## Progress (Slide Layer)

**6 Zone of Protection: Maintaining Vigilance Within Your Zone**

### Maintaining Vigilance Within Your Zone

- ✓ If you are ever unsure about a situation in your zone, or if you are in doubt about something you are seeing, treat it as an emergency and respond immediately.
- ✓ Situations that could impact your ability to adequately scan your zone include water clarity issues, hard rain, sun glare, and a large number of guests.

**IF YOU DON'T KNOW, GO!**

- ✓ that keep you from viewing all depths of water in your assigned area.



MODULE PROGRESS ●●●●●●●●●●


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## 1.7 Summary

### Key Terms

- ✓ 10/20 Protection Standard
- ✓ Zone of Protection Area Document
- ✓ Zone Validation System



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Notes:

## Progress (Slide Layer)

**6** Zone of Protection: Summary



### Key Terms

- ✓ 10/20 Protection Standard
- ✓ Zone of Protection Area Document
- ✓ Zone Validation System



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MODULE PROGRESS



## 2. Knowledge Check

# Module 7 - Surveillance

## 1. Content

### 1.1 Welcome



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SERVICES

**7**  
MODULE

**Surveillance**

CLICK TO BEGIN 

Notes:





## 1.3 Recognizing a Guest in Distress


### Recognizing a Guest in Distress

- ✓ You are expected to recognize a guest in distress within your zone within 10 seconds and then safely reach and render aid to the guest within 20 seconds of discovery.
- ✓ A guest in distress is someone who needs immediate assistance. The guest will either be actively drowning, or passively drowning.

! On the surface.

! Below the surface, within arm's reach.

! Below the surface, beyond arm's reach.





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Notes:

## Active Distress (Slide Layer)

### Active (Responsive) Guests in Distress

- ✓ You should be aware of the body position, movement, facial expression, and breathing effort of guests in distress.
- ✓ Their heads may be tilted back to keep water out of their mouths.
- ✓ The body position is typically vertical in the water with arms extended as if being made.
- ✓ They rarely call out for help because all their efforts are focused on keeping their mouths above the surface in order to breathe.
- ✓ Make sure you learn these characteristics and be on the lookout for them at all times.
- ✓ Their eyes may be closed or wide open, as if they are surprised to find themselves struggling in the water.





## Passive Distress (Slide Layer)

### Passive (Unresponsive) Guests in Distress

**IF YOU DON'T KNOW, GO!**

- ✓ Sometimes it is hard to see objects below the surface because of glare from the sun, overly crowded water, or water turbidity (cloudiness).
- ✓ A passively drowning guest may look like a blurred spot or object such as a piece of clothing.
- ✓ These guests have less consciousness, and may be either bobbing and floating above the surface or submerged.
- ✓ If you notice something below the water surface and cannot quickly identify it, activate your Emergency Action Plan (EAP), and enter the water to determine what it is.



## Video Launch (Slide Layer)

**Recognizing a Guest in Distress**

- ✔ You are expected to recognize a guest in distress within your zone within 10 seconds and then safely reach and render aid to the guest within 20 seconds of discovery.
- ✔ A guest in distress is someone who needs immediate assistance. The guest will either be actively drowning, or passively drowning.

- 1 On the surface.
- 2 Below the surface, within arm's reach.
- 3 Below the surface, beyond arm's reach.
- 4 Below the surface, beyond arm's reach.

**VIDEO EXTRA**

OPTIONAL VIDEOS FOR DEEPER LEARNING

WATCH NOW MAYBE LATER

CC ↺ ⏸ ⏪ ⏩

## Video Play (Slide Layer)

Web Object

Address:  
[https://www.youtube.com/embed/lu5\\_HqZZXr0?rel=0](https://www.youtube.com/embed/lu5_HqZZXr0?rel=0)

WHEN DONE VIEWING CLICK HERE TO CLOSE

↘ X

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## Progress (Slide Layer)


7 **Surveillance: Recognizing a Guest in Distress**

### Recognizing a Guest in Distress


- ✓ You are expected to recognize a guest in distress within your zone within 10 seconds and then safely reach and render aid to the guest within 20 seconds of discovery.
- ✓ A guest in distress is someone who needs immediate assistance. The guest will either be actively drowning, or passively drowning.

- ! On the surface.
- ! Below the surface, within arm's reach.

- ! Below the surface, beyond arm's reach.



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## 1.4 Risk Factors

### Risk Factors

GUEST TYPE	LOCATIONS	SPECIAL TIMES
Unattended children under age 14	Water less than 5 feet (1.5 meters) deep	12:00 PM to 4:00 PM
Weak or non-swimmers not wearing a lifejacket or wearing it properly	Children's activity pools	Low attendance days
Adults under the influence of alcohol or other drug	Slide catch pools	High attendance days
Guests with medical conditions prone to sudden illness	Traditional lap pools	Special programming periods
	Wave pools	Special event days

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## Progress (Slide Layer)

**7 Surveillance: Risk Factors**

### Risk Factors

GUEST TYPE	LOCATIONS	SPECIAL TIMES
Unattended children under age 14	Water less than 5 feet (1.5 meters) deep	12:00 PM to 4:00 PM
Weak or non-swimmers not wearing a lifejacket or wearing it properly	Children's activity pools	Low attendance days
Adults under the influence of alcohol or other drug	Slide catch pools	High attendance days
Guests with medical conditions prone to sudden illness	Traditional lap pools	Special programming periods
	Wave pools	Special event days

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## 1.5 The Drowning Process

### The Drowning Process

**The Drowning Process**

**Primary Stages**

- Surprise
- Respiratory Arrest

**Recognition and Intervention**

**Surprise**

- Panic.
- Struggling to remain on surface.
- Erratic and ineffective arm and leg movements.
- Head back in effort to keep mouth above water.
- Breath holding if submerging.
- This stage may last up to 30 seconds.
- Rescued during this stage the guest rarely needs any further care.

**Respiratory Arrest & Unconsciousness**

- Carbon dioxide (CO<sub>2</sub>) build up triggers an automatic response to breathe.

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Notes:

## Drowning Details (Slide Layer)

### Drowning Information

- ✓ Time span for the drowning process varies from seconds to minutes.
- ✓ Guests that suffer a drowning incident need advanced life support from Emergency Medical Services (EMS) personnel as quickly as possible.
- ✓ Be sure that 9-1-1 has been called and begin basic life support (CPR/AED/ supplemental oxygen) until paramedics and the emergency medical technicians (EMT) arrive and take over care.
- ✓ Always be vigilant and maintain the 10/20 Protection Standard at all times.
- ✓ In special situations including heart attack, seizure, stroke, diabetic emergencies, head injury, shallow water blackout or substance abuse.



CC ↺ || ⏪ ⏩

## Progress (Slide Layer)

### 7 Surveillance: The Drowning Process

#### The Drowning Process



**Primary Stages**

- Surprise
- Respiratory Arrest

**Recognition and Intervention**

**Surprise**

- Panic.
- Struggling to remain on surface.
- Erratic and ineffective arm and leg movements.
- Head back in effort to keep mouth above water.
- Breath holding if submerging.
- This stage may last up to 30 seconds.
- Rescued during this stage the guest rarely needs any further care.

**Respiratory Arrest & Unconsciousness**

- Carbon dioxide (CO<sub>2</sub>) build up triggers an automatic response to breathe

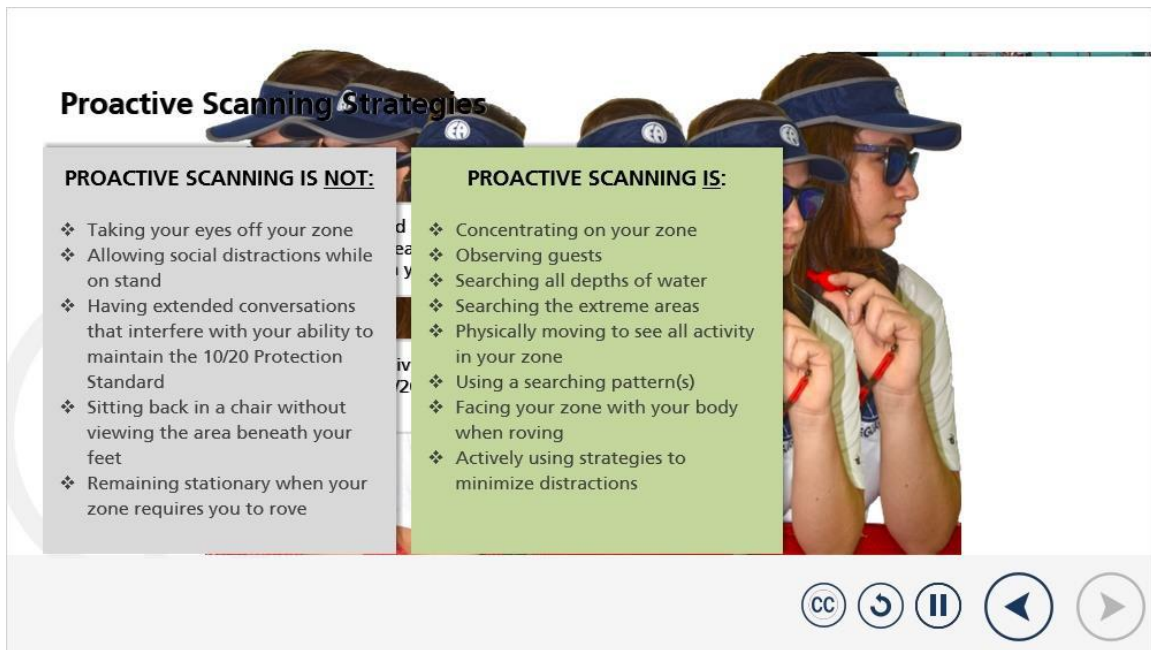
SCROLL HERE

MODULE PROGRESS ●●●●●●●●●●

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## 1.6 Proactive Scanning



The infographic features a background image of lifeguards in blue visors and sunglasses. Two text boxes are overlaid on the image. The left box is grey and titled 'PROACTIVE SCANNING IS NOT:', listing six incorrect practices. The right box is green and titled 'PROACTIVE SCANNING IS:', listing six correct scanning techniques. At the bottom right, there are five circular navigation icons: a Creative Commons license icon, a refresh icon, a pause icon, a left arrow icon, and a right arrow icon.

### Proactive Scanning Strategies

**PROACTIVE SCANNING IS NOT:**

- ❖ Taking your eyes off your zone
- ❖ Allowing social distractions while on stand
- ❖ Having extended conversations that interfere with your ability to maintain the 10/20 Protection Standard
- ❖ Sitting back in a chair without viewing the area beneath your feet
- ❖ Remaining stationary when your zone requires you to rove

**PROACTIVE SCANNING IS:**

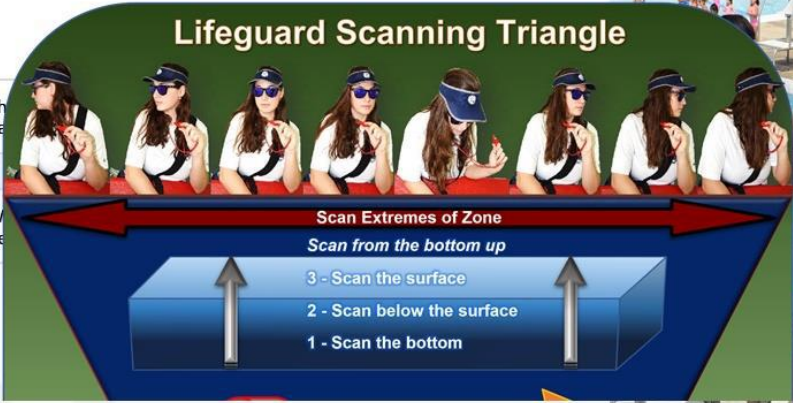
- ❖ Concentrating on your zone
- ❖ Observing guests
- ❖ Searching all depths of water
- ❖ Searching the extreme areas
- ❖ Physically moving to see all activity in your zone
- ❖ Using a searching pattern(s)
- ❖ Facing your zone with your body when roving
- ❖ Actively using strategies to minimize distractions

Notes:



## Scanning Patterns (Slide Layer)

**Drowning Information**



The diagram illustrates the 'Lifeguard Scanning Triangle' with a lifeguard sitting on a chair. A large blue triangle is superimposed over the lifeguard's field of vision. The top vertex of the triangle is labeled 'Scan Extremes of Zone'. The bottom vertex is labeled 'Scan from the bottom up'. Inside the triangle, there are three numbered steps: 1 - Scan the bottom, 2 - Scan below the surface, and 3 - Scan the surface. Arrows indicate the scanning path: from the bottom up, then across the surface, and finally to the extremes of the zone. To the right, a photo shows a lifeguard sitting on a chair with a 'SCROLL HERE' label and an arrow pointing to a vertical scroll bar.

**Lifeguard Scanning Triangle**

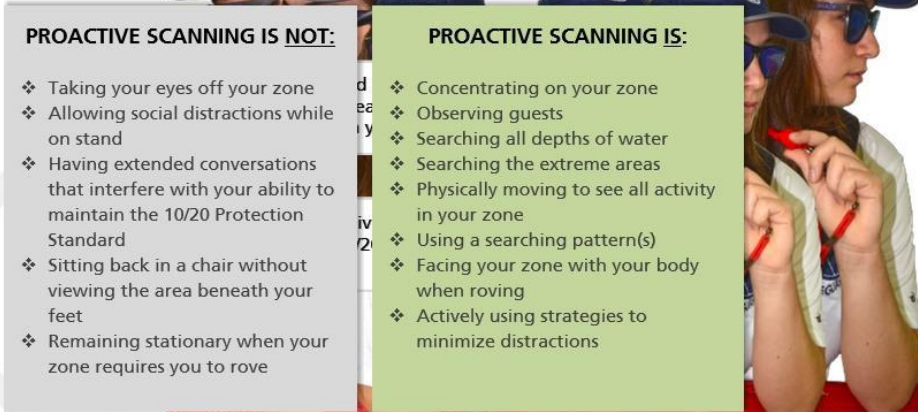
- Scan Extremes of Zone
- Scan from the bottom up
- 3 - Scan the surface
- 2 - Scan below the surface
- 1 - Scan the bottom

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## Progress (Slide Layer)

**7 Surveillance: Proactive Scanning**

**Proactive Scanning Strategies**



The infographic features two columns of text boxes. The left column is titled 'PROACTIVE SCANNING IS NOT:' and lists five items. The right column is titled 'PROACTIVE SCANNING IS:' and lists seven items. The background shows a lifeguard in a white shirt and blue visor looking towards the water.

**PROACTIVE SCANNING IS NOT:**

- ❖ Taking your eyes off your zone
- ❖ Allowing social distractions while on stand
- ❖ Having extended conversations that interfere with your ability to maintain the 10/20 Protection Standard
- ❖ Sitting back in a chair without viewing the area beneath your feet
- ❖ Remaining stationary when your zone requires you to rove

**PROACTIVE SCANNING IS:**

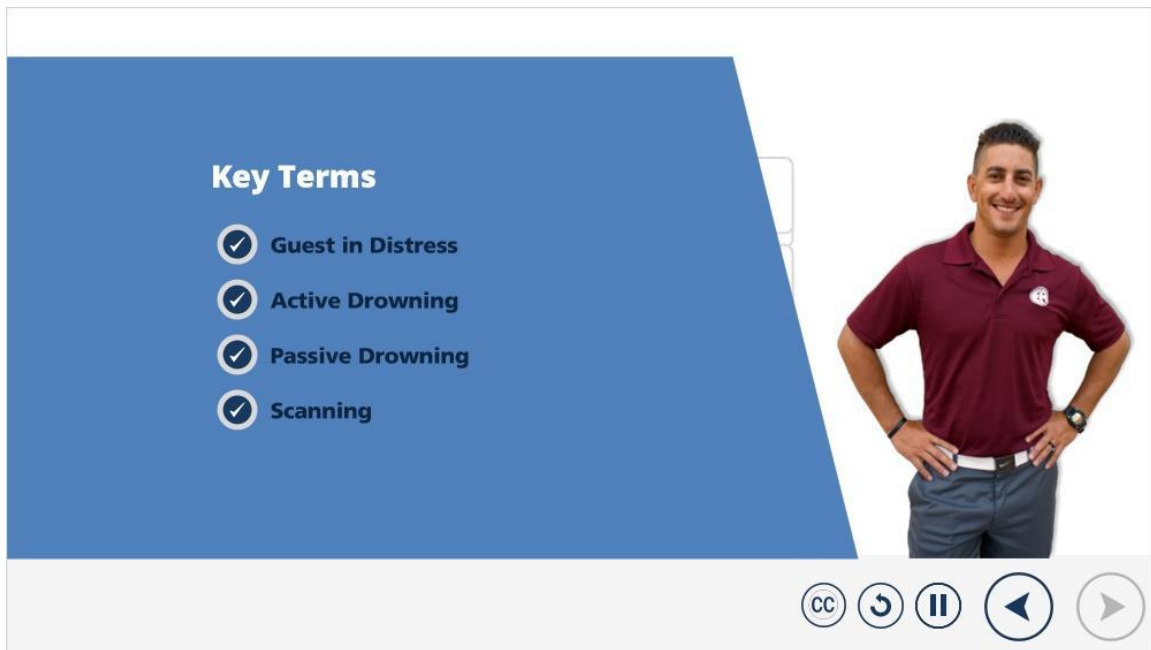
- ❖ Concentrating on your zone
- ❖ Observing guests
- ❖ Searching all depths of water
- ❖ Searching the extreme areas
- ❖ Physically moving to see all activity in your zone
- ❖ Using a searching pattern(s)
- ❖ Facing your zone with your body when roving
- ❖ Actively using strategies to minimize distractions

MODULE PROGRESS ●●●●●●●●●●

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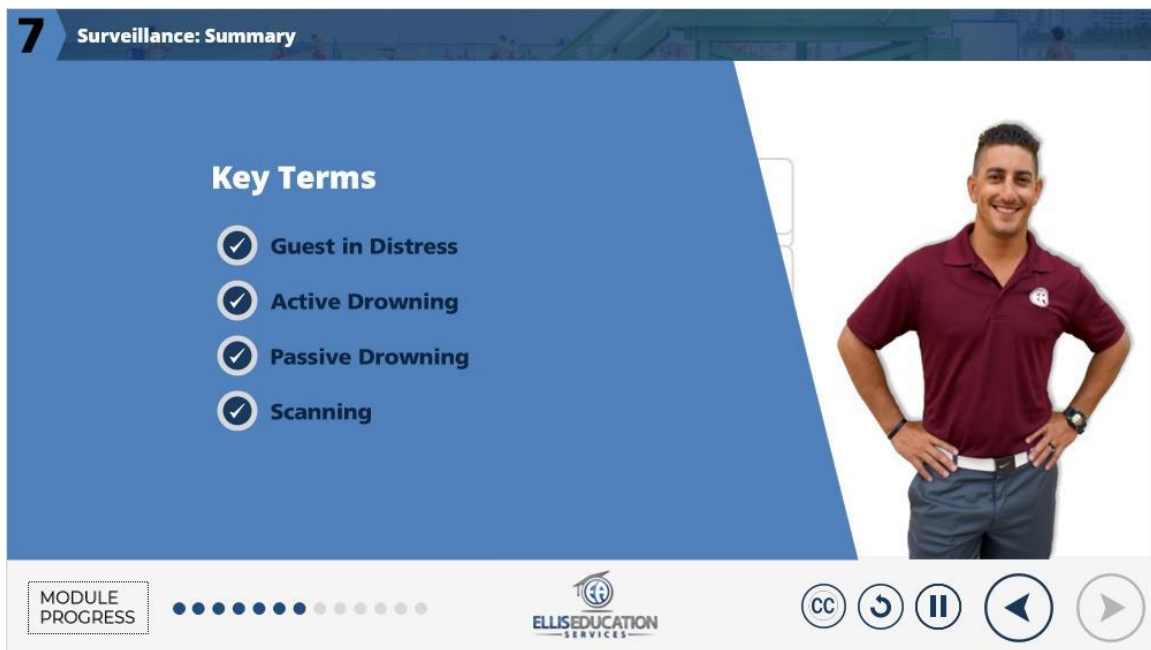
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## 1.7 Summary



This slide thumbnail features a blue background on the left with the title "Key Terms" and a list of four terms, each preceded by a checkmark icon: "Guest in Distress", "Active Drowning", "Passive Drowning", and "Scanning". On the right, a man in a maroon polo shirt and grey pants stands with his hands on his hips. The bottom right corner contains navigation icons: a Creative Commons license icon, a refresh icon, a pause icon, a left arrow icon, and a right arrow icon.

## Progress (Slide Layer)



This slide thumbnail is titled "7 Surveillance: Summary" in the top left corner. It features the same "Key Terms" list and man image as the previous slide. The bottom left corner includes a "MODULE PROGRESS" label and a series of ten dots, with the first dot filled in blue. The bottom center displays the "ELLISEDUCATION SERVICES" logo. The bottom right corner contains the same navigation icons as the previous slide.

## 2. Knowledge Check

# Module 8 - Maintaining Vigilance

## 1. Content

### 1.1 Welcome

A blue banner for Module 8. On the left, a man in a blue shirt and sunglasses stands in a park-like setting with a red fire hose. The banner features the Ellie Education Services logo (a stylized 'E' with a globe) and the text 'ELLIEDUCATION SERVICES'. A large white number '8' is inside a blue arrow pointing right, with the word 'MODULE' below it. To the right of the arrow, the text 'Maintaining Vigilance' is displayed. In the bottom right corner, there is a 'CLICK TO BEGIN' button with a play icon.

ELLIEDUCATION  
SERVICES

**8**  
MODULE

**Maintaining Vigilance**

CLICK TO BEGIN 



Notes:



## 1.2 Learning Objectives

### Learning Objectives

- 1 Define lifeguard vigilance.
- 2 Explain how to rotate lifeguard stations.
- 3 Describe how to perform a proactive bottom scan.
- 4 Identify challenges to vigilance and how to overcome each.
- 5 Recognize how distractions impact vigilance.
- 6 List ways to improve vigilance.







## Progress (Slide Layer)

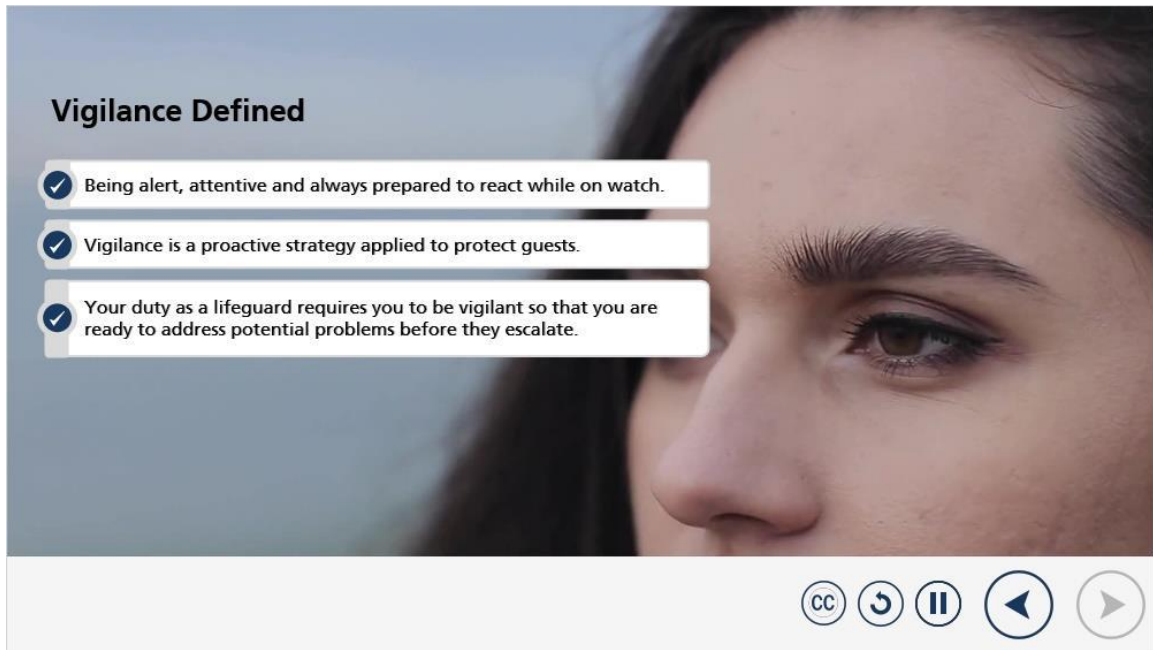
### 8 Maintaining Vigilance: Learning Objectives

### Learning Objectives

- 1 Define lifeguard vigilance.
- 2 Explain how to rotate lifeguard stations.
- 3 Describe how to perform a proactive bottom scan.
- 4 Identify challenges to vigilance and how to overcome each.
- 5 Recognize how distractions impact vigilance.
- 6 List ways to improve vigilance.



## 1.3 Vigilance Defined

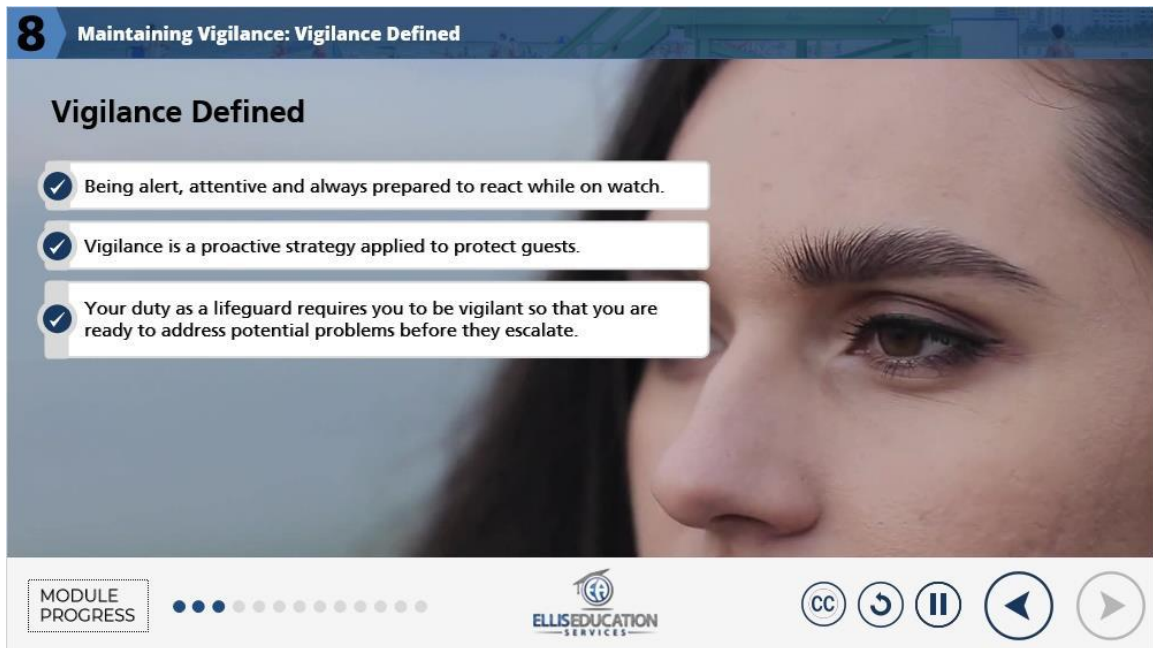


**Vigilance Defined**

- ✓ Being alert, attentive and always prepared to react while on watch.
- ✓ Vigilance is a proactive strategy applied to protect guests.
- ✓ Your duty as a lifeguard requires you to be vigilant so that you are ready to address potential problems before they escalate.

Navigation icons: CC, Refresh, Pause, Previous, Next

### Progress (Slide Layer)



**8 Maintaining Vigilance: Vigilance Defined**

**Vigilance Defined**

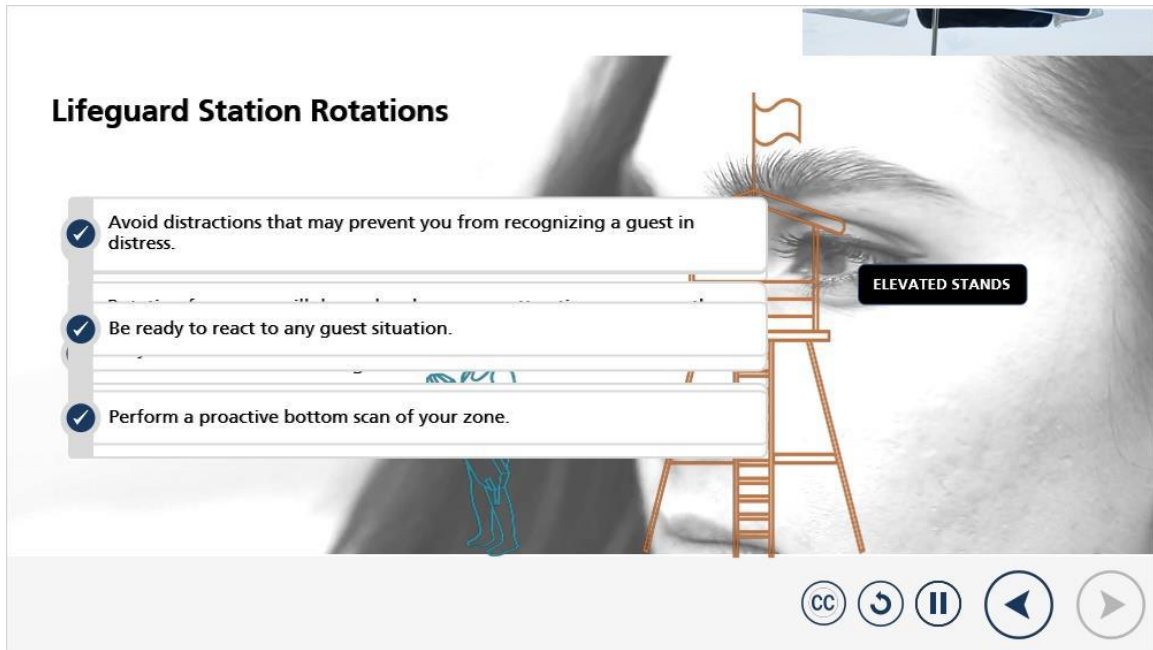
- ✓ Being alert, attentive and always prepared to react while on watch.
- ✓ Vigilance is a proactive strategy applied to protect guests.
- ✓ Your duty as a lifeguard requires you to be vigilant so that you are ready to address potential problems before they escalate.

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Navigation icons: CC, Refresh, Pause, Previous, Next

## 1.4 Lifeguard Station Rotations



**Lifeguard Station Rotations**

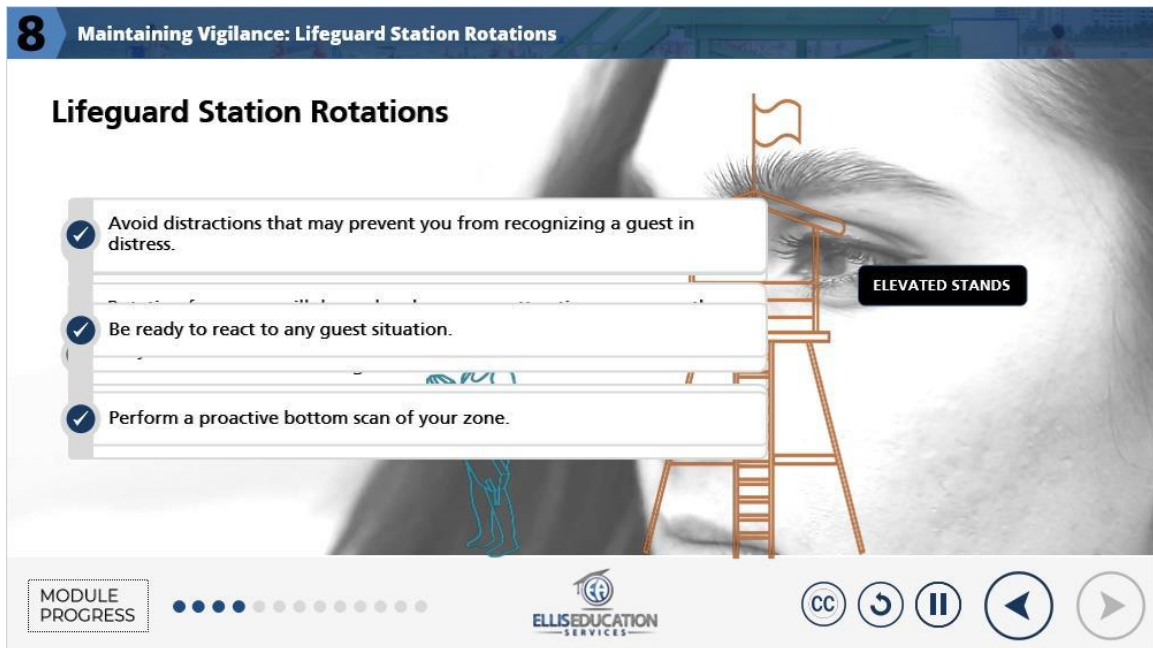
- ✓ Avoid distractions that may prevent you from recognizing a guest in distress.
- ✓ Be ready to react to any guest situation.
- ✓ Perform a proactive bottom scan of your zone.

ELEVATED STANDS

CC ↺ || ⏪ ⏩

This video player displays a slide titled "Lifeguard Station Rotations" with three bullet points. The background features a close-up of a lifeguard's eye and a lifeguard stand. A "ELEVATED STANDS" label is positioned on the right. The bottom control bar includes a Creative Commons license icon, a refresh icon, a play/pause icon, and navigation arrows.

### Progress (Slide Layer)



**8 Maintaining Vigilance: Lifeguard Station Rotations**

**Lifeguard Station Rotations**

- ✓ Avoid distractions that may prevent you from recognizing a guest in distress.
- ✓ Be ready to react to any guest situation.
- ✓ Perform a proactive bottom scan of your zone.

ELEVATED STANDS

MODULE PROGRESS ●●●●●●●●●●

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This video player shows the same slide as above but includes a progress bar at the bottom left labeled "MODULE PROGRESS" with ten dots, the first three of which are filled. The "ELLISEDUCATION SERVICES" logo is centered at the bottom. The control bar on the right is identical to the previous player.




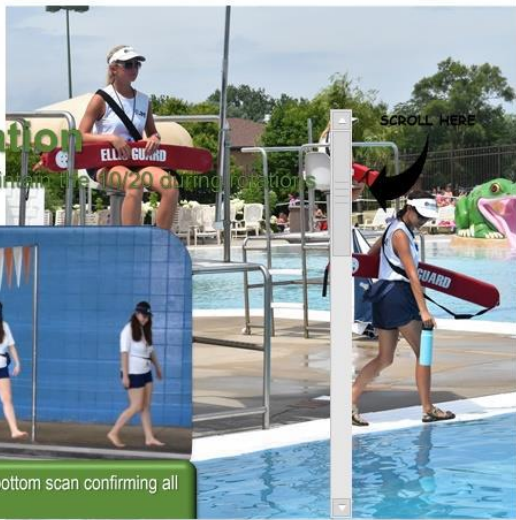
## 1.5 Maintaining Vigilance Within Your ZOne

### Guest Safety During Station Rotations

#### Lifeguard Rotation

- ✓ Lifeguards perform a proactive bottom scan and maintain the ZOne during rotations.
- ✓ Keep communication to a minimum and face the zone when communicating during rotation.
- ✓ The outgoing lifeguard performs a proactive bottom scan and communicates to the incoming lifeguard. Do not compromise your ZOne.
- ✓ Now the new on-duty lifeguard is ready to take over the station.

1. Incoming Lifeguard (LG1) performs a proactive bottom scan confirming all is clear before taking over the position.



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## Progress (Slide Layer)

### 8 Maintaining Vigilance: Guest Safety During Station Rotations

### Guest Safety During Station Rotations

#### Lifeguard Rotation

- ✓ Lifeguards perform a proactive bottom scan and maintain the ZOne during rotations.
- ✓ Keep communication to a minimum and face the zone when communicating during rotation.
- ✓ The outgoing lifeguard performs a proactive bottom scan and communicates to the incoming lifeguard. Do not compromise your ZOne.
- ✓ Now the new on-duty lifeguard is ready to take over the station.

1. Incoming Lifeguard (LG1) performs a proactive bottom scan confirming all is clear before taking over the position.



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## 1.6 Challenges to Vigilance

Challenges	Practices to Overcome Challenges to Vigilance
<b>Monotony &amp; Fatigue</b>	<ul style="list-style-type: none"><li>Change your scanning pattern</li><li>Use the 5-minute strategy</li><li>Alternate lifeguard duties</li><li>Use rotational task balance</li><li>Take breaks</li><li>Get adequate rest before working</li><li>Eat healthy snacks</li></ul>
<b>Environment</b>	<ul style="list-style-type: none"><li>Protect yourself from heat and humidity by drinking plenty of water to avoid dehydration</li><li>Use a layered approach to clothing</li><li>Take cover under shade to stay cooler on hot days and to reduce the risk of sun exposure</li></ul>
<b>Glare (Sun or Indoor lighting)</b>	<ul style="list-style-type: none"><li>Wear polarized sunglasses to reduce glare and improve visibility</li><li>Move to see your entire zone</li><li>Contact your supervisor to conduct a zone validation and/or adjust your zone if necessary</li></ul>

**Notes:**

## Progress (Slide Layer)

### 8 Maintaining Vigilance: Challenges To Vigilance

Challenges	Practices to Overcome Challenges to Vigilance
<b>Monotony &amp; Fatigue</b>	Change your scanning pattern Use the 5-minute strategy Alternate lifeguard duties Use rotational task balance Take breaks Get adequate rest before working Eat healthy snacks
<b>Environment</b>	Protect yourself from heat and humidity by drinking plenty of water to avoid dehydration Use a layered approach to clothing Take cover under shade to stay cooler on hot days and to reduce the risk of sun exposure
<b>Glare (Sun or Indoor lighting)</b>	Wear polarized sunglasses to reduce glare and improve visibility Move to see your entire zone Contact your supervisor to conduct a zone validation and/or adjust your zone if necessary

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## 1.7 Avoiding Distractions

### Social Distractions

- While friendliness is encouraged, you need to remember that social interactions cannot interfere with your primary task to protect guests.
- Let them know that when you are on duty, you must remain vigilant.
- Tell your acquaintances when you will be on break, when your shift ends, or other times when you will be available to talk.
- If a guest requires so much attention that it could prevent you from remaining vigilant, alert a supervisor to assist the guest.
- If a supervisor is unavailable, request the assistance of another lifeguard to either cover your zone or to assist the guest.


CC

Notes:

## Technology Distractions (Slide Layer)

### Technology Distractions

- ✓ Devices such as two-way radios, smartphones, watches, and other gadgets can cause your attention to be diverted away from your zone.
- ✓ You should use these as your local protocols dictate, such as emergency situations.
- ✓ Non-work-related electronics should not be used while on duty.
- ✓ Phones should not be held in your hands or kept in your pocket while on stand, since they can be a distraction and could impact your rescue readiness.
- ✓ Wearable devices, if allowed by your facility, should only be used for quick glances to confirm the time.




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## Secondary Duties (Slide Layer)

### Secondary Duties

- ✓ ❖ Teaching a swim lesson
- ✓ ❖ Coaching a swim team
- ✓ ❖ Leading a special event, such as a birthday party
- ✓ ❖ Taking attendance
- ✓ ❖ Retrieving or putting away equipment
- ✓ ❖ Adjusting or moving lane lines
- ✓ ❖ Checking pool chemistry
- ✓ ❖ Documenting facility records, logs and reports
- ✓ ❖ Completing opening or closing attraction inspections
- ✓ ❖ Conducting a water fitness class
- ✓ ❖ Cleaning the facility
- ✓ ❖ Working in admissions and cash handling
- ✓ ❖ Passing out tubes or rafts for an attraction
- ✓ ❖ Assisting guests with life jackets




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## Progress (Slide Layer)

### 8 Maintaining Vigilance: Avoiding Distractions

#### Social Distractions

- While friendliness is encouraged, you need to remember that social interactions cannot interfere with your primary task to protect guests.
- Let them know that when you are on duty, you must remain vigilant.
- Tell your acquaintances when you will be on break, when your shift ends, or other times when you will be available to talk.
- If a guest requires so much attention that it could prevent you from remaining vigilant, alert a supervisor to assist the guest.
- If a supervisor is unavailable, request the assistance of another lifeguard to either cover your zone or to assist the guest.



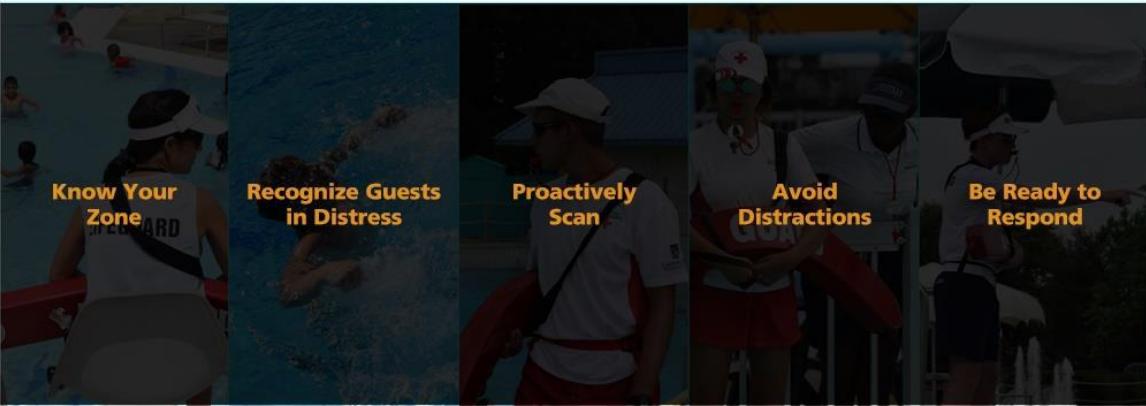
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## 1.8 Improving Performance

### Vigilance Awareness Training® (VAT®)



Know Your Zone    Recognize Guests in Distress    Proactively Scan    Avoid Distractions    Be Ready to Respond

CC ↺ || ⏪ ⏩

Notes:



## Progress (Slide Layer)

**8** Maintaining Vigilance: Improving Performance

### Vigilance Awareness Training® (VAT®)

**Know Your Zone**      **Recognize Guests in Distress**      **Proactively Scan**      **Avoid Distractions**      **Be Ready to Respond**

MODULE PROGRESS ●●●●●●●●●●

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## 1.9 Summary

### Key Terms

- ✓ Five-Minute Scanning Strategy®
- ✓ Proactive Bottom Scan
- ✓ Station Rotation
- ✓ Rotational Task Balance
- ✓ Vigilance Awareness Training® (VAT®)

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Notes:

## Progress (Slide Layer)

**8** Maintaining Vigilance: Summary

### Key Terms

- ✓ Five-Minute Scanning Strategy®
- ✓ Proactive Bottom Scan
- ✓ Station Rotation
- ✓ Rotational Task Balance
- ✓ Vigilance Awareness Training® (VAT®)



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## 2. Knowledge Check

# Module 9 - Emergency Action Plan

## 1. Content

### 1.1 Welcome




The banner features a photograph of lifeguards in white shirts and red shorts standing by a pool. One lifeguard is holding a red rescue tube with 'EXOTUBE' and 'ELLIS GUARD' printed on it. The background is a solid blue color. In the top right, the 'ELLISEDUCATION SERVICES' logo is displayed. A large white number '9' is centered in a blue arrow shape pointing right, with the word 'MODULE' underneath it. To the right of the arrow, the text 'Emergency Action Plan' is written in white. In the bottom right corner, there is a 'CLICK TO BEGIN' button with a play icon.

Notes:

## 1.2 Learning Objectives

### Learning Objectives

- 1 Define emergency action plan (EAP).
- 2 Describe difference between single and multiple rescuer facility EAPs.
- 3 Recognize the duties of supplemental responders.
- 4 List different communication devices used in aquatic facilities.
- 5 Identify universal whistle codes and hand signals used in aquatic facilities.




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## Progress (Slide Layer)

### 9 Emergency Action Plan: Learning Objectives

#### Learning Objectives

- 1 Define emergency action plan (EAP).
- 2 Describe difference between single and multiple rescuer facility EAPs.
- 3 Recognize the duties of supplemental responders.
- 4 List different communication devices used in aquatic facilities.
- 5 Identify universal whistle codes and hand signals used in aquatic facilities.



MODULE PROGRESS ●●●●●●●●●●

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## 1.3 Emergency Action Plans

**Emergency Action Plans** COMMON ELEMENTS

You will work to achieve a successful outcome by

- ❖ Type of emergency
- ❖ Contacting EMS, most often by calling 9-1-1
- ❖ Responding team leader (person ultimately in charge)
- ❖ Expected actions by personnel responding (supervisors, lifeguards, other staff)
- ❖ Location of equipment and description of how it will be brought to the scene
- ❖ Means for maintaining safety and control of remaining guests
- ❖ Transfer of care to EMS personnel
- ❖ Local authorities notified including public health department
- ❖ Reporting including incident report, rescue report, medical services form
- ❖ Witness statements
- ❖ Media crisis plan including media designated location, facility spokesperson and statement
- ❖ Debriefing and counseling services



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Notes:


## Progress (Slide Layer)

**9** Emergency Action Plan: Recognizing a Guest in Distress

### Emergency Action Plans **COMMON ELEMENTS**

You will work to achieve a successful outcome by:

- ❖ Type of emergency
- ❖ Contacting EMS, most often by calling 9-1-1
- ❖ Responding team leader (person ultimately in charge)
- ❖ Expected actions by personnel responding (supervisors, lifeguards, other staff)
- ❖ Location of equipment and description of how it will be brought to the scene
- ❖ Means for maintaining safety and control of remaining guests
- ❖ Transfer of care to EMS personnel
- ❖ Local authorities notified including public health department
- ❖ Reporting including incident report, rescue report, medical services form
- ❖ Witness statements
- ❖ Media crisis plan including media designated location, facility spokesperson and statement
- ❖ Debriefing and counseling services



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## 1.4 Multiple Rescuer Facilities

### Multiple Rescuer Facilities

- ✓ Some facility emergency response teams include supervisors, support staff, and onsite EMS providers.
- ✓ Larger facilities might consist of lifeguard teams where everyone is trained as a lifeguard.
- ✓ When your EAP is activated, working as a team will provide the most effective response in emergency situations.
- ✓ Duties vary based on whether you are the primary responder or secondary responder.
- ✓ When all responders know all the roles, they can effectively communicate and fill the care gaps.



SINGLE RESCUER


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Notes:

## Single Rescuer (Slide Layer)

### Single Rescuer Facilities

- ✓ When working at a single rescuer facility, you are the only lifeguard on deck at any time, responsible for recognizing and responding to any guest in distress.
- ✓ If there is a guest who needs assistance, you will render care. If you need assistance, request help from supplemental responders who are trained to do so.
- ✓ Supplemental responders are non-lifeguard team members trained to assist lifeguards in emergency response.
- ✓ As a lifeguard, you will be looked upon as the lead responder. It is recommended that you practice working with your facility supplemental responders so that you are comfortable as the lead responder.



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## Progress (Slide Layer)

### 9 Emergency Action Plan: Recognizing a Guest in Distress

#### Multiple Rescuer Facilities

- ✓ Some facility emergency response teams include supervisors, support staff, and onsite EMS providers.
- ✓ Larger facilities might consist of lifeguard teams where everyone is trained as a lifeguard.
- ✓ When your EAP is activated, working as a team will provide the most effective response in emergency situations.
- ✓ Duties vary based on whether you are the primary responder or secondary responder.
- ✓ When all responders know all the roles, they can effectively communicate and fill the care gaps.



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## 1.5 Communication Devices and Standards

### Communication Devices and Standards

actions privately among facility staff

<input checked="" type="checkbox"/>	TY Flag signals	Communicate hazards to guests in open water environments or to transmit messages to other open water lifeguards
<input checked="" type="checkbox"/>	Ki Hand signals	Communicate messages to other lifeguards and or supervisors.
<input checked="" type="checkbox"/>	C Megaphone alerts	Direct guests or communicate information
<input checked="" type="checkbox"/>	L Public address announcements	Inform guests of rules, provide directions
<input checked="" type="checkbox"/>	I Automated recordings	Used to share attraction rules or provide facility messages directing guests
<input checked="" type="checkbox"/>	CC Signs	Digital, printed or graphic messages that communicate rules or messages to facility guests



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### Progress (Slide Layer)

## 9 Emergency Action Plan: Risk Factors

### Communication Devices and Standards

actions privately among facility staff

<input checked="" type="checkbox"/>	TY Flag signals	Communicate hazards to guests in open water environments or to transmit messages to other open water lifeguards
<input checked="" type="checkbox"/>	Ki Hand signals	Communicate messages to other lifeguards and or supervisors.
<input checked="" type="checkbox"/>	C Megaphone alerts	Direct guests or communicate information
<input checked="" type="checkbox"/>	L Public address announcements	Inform guests of rules, provide directions
<input checked="" type="checkbox"/>	I Automated recordings	Used to share attraction rules or provide facility messages directing guests
<input checked="" type="checkbox"/>	CC Signs	Digital, printed or graphic messages that communicate rules or messages to facility guests



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## 1.6 Whistle Codes

### Whistle Codes

- ONE SHORT WHISTLE BLAST**  
To get a guest's attention
- TWO SHORT WHISTLE BLASTS**  
To get attention of another lifeguard or staff member.
- ONE OR TWO LONG WHISTLE BLASTS**  
To activate the Emergency Action Plan (EAP); indicating an emergency that may require a rescue and the assistance of others.




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Notes:

## One Short (Slide Layer)

**Whistle Codes**

- ONE SHORT WHISTLE BLAST**  
To get a guest's attention
- TWO SHORT WHISTLE BLASTS**  
To get attention of another lifeguard or staff member.
- ONE OR TWO LONG WHISTLE BLASTS**  
To activate the Emergency Action Plan (EAP); indicating an emergency that may require a rescue and the assistance of others.




CC ↺ || ⏪ ⏩

## Two Short (Slide Layer)

**Whistle Codes**

- ONE SHORT WHISTLE BLAST**  
To get a guest's attention
- TWO SHORT WHISTLE BLASTS**  
To get attention of another lifeguard or staff member.
- ONE OR TWO LONG WHISTLE BLASTS**  
To activate the Emergency Action Plan (EAP); indicating an emergency that may require a rescue and the assistance of others.




CC ↺ || ⏪ ⏩

## Long (Slide Layer)

### Whistle Codes

- ONE SHORT WHISTLE BLAST**  
To get a guest's attention
- TWO SHORT WHISTLE BLASTS**  
To get attention of another lifeguard or staff member.
- ONE OR TWO LONG WHISTLE BLASTS**  
To activate the Emergency Action Plan (EAP); indicating an emergency that may require a rescue and the assistance of others.




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## Progress (Slide Layer)

### 9 Emergency Action Plan: Proactive Scanning

### Whistle Codes

- ONE SHORT WHISTLE BLAST**  
To get a guest's attention
- TWO SHORT WHISTLE BLASTS**  
To get attention of another lifeguard or staff member.
- ONE OR TWO LONG WHISTLE BLASTS**  
To activate the Emergency Action Plan (EAP); indicating an emergency that may require a rescue and the assistance of others.




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## 1.7 Hand Signals

### Hand Signals



<b>RAISED CLINCHED FIST</b>	<b>TAPPING TOP OF HEAD</b>	<b>CROSSED ARMS ABOVE HEAD</b>	<b>THUMBS UP</b>	<b>POINTING</b>
Means assistance needed from another lifeguard or a supervisor.	Means watch my zone. Indicates you are asking another lifeguard to watch your area.	Means stop dispatch. Used to stop sending guests into an area or down a water slide or an attraction.	Means all clear. It's safe to continue normal activity. Used to signal the bottom is clear during the Proactive Bottom Scan.	Used to identify a location or person and provide direction.

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Notes:



## Progress (Slide Layer)

**9** Emergency Action Plan: Proactive Scanning

### Hand Signals



<b>RAISED CLINCHED FIST</b>	<b>TAPPING TOP OF HEAD</b>	<b>CROSSED ARMS ABOVE HEAD</b>	<b>THUMBS UP</b>	<b>POINTING</b>
Means assistance needed from another lifeguard or a supervisor.	Means watch my zone. Indicates you are asking another lifeguard to watch your area.	Means stop dispatch. Used to stop sending guests into an area or down a water slide or an attraction.	Means all clear. It's safe to continue normal activity. Used to signal the bottom is clear during the Proactive Bottom Scan.	Used to identify a location or person and provide direction.

MODULE PROGRESS ●●●●●●●●●●


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## 1.8 Radios

### Radios

- ✓ Radio codes are used to transmit information so that only persons working in your facility can understand what is being discussed.
- ✓ Radio codes are often site-specific and are understood by lifeguards and other staff in the facility.
- ✓ Special terms or phrases may be used during an emergency to distribute information quickly, make a request, or issue commands that will trigger a specific response.



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Notes:

## Progress (Slide Layer)

**9** Emergency Action Plan: Recognizing a Guest in Distress

### Radios

- ✓ Radio codes are used to transmit information so that only persons working in your facility can understand what is being discussed.
- ✓ Radio codes are often site-specific and are understood by lifeguards and other staff in the facility.
- ✓ Special terms or phrases may be used during an emergency to distribute information quickly, make a request, or issue commands that will trigger a specific response.



MODULE PROGRESS ●●●●●●●●●●

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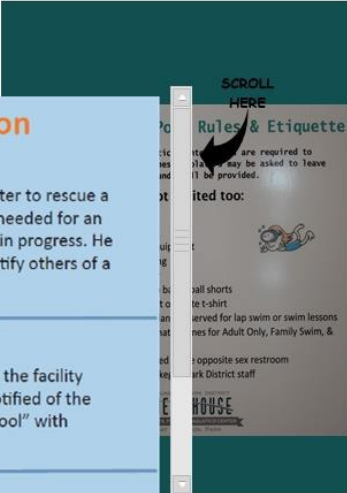
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## 1.9 Facility Signs

### Emergency Case Study

#### A Case Study in Effective Communication

- ✓ **12:45pm**  
A female lifeguard working at a wave pool blows a long whistle blast and enters the water to rescue a submerged guest. Upon making the rescue, she raises a fist to signal that assistance is needed for an unresponsive guest. A second lifeguard has been covering her zone while the rescue is in progress. He sees her hand signal and understands her need. He blows two long whistle blasts to notify others of a major incident and alert them that help is needed.
- ✓ **12:46pm**  
The supervisor hears the whistle code and responds. He uses a two-way radio to notify the facility dispatch that there is an emergency in the pool requiring 9-1-1. Other lifeguards are notified of the incident and location and respond to an "unresponsive guest emergency at the wave pool" with appropriate equipment.



SCROLL HERE

Rules & Etiquette

are required to  
may be asked to leave  
be provided.

ited too:

ball shorts  
t-shirt  
erved for lap swim or swim lessons  
nes for Adult Only, Family Swim, &  
opposite sex restroom  
rk District staff

HOUSE

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Notes:

## Progress (Slide Layer)

**9** Emergency Action Plan: Recognizing a Guest in Distress

### Emergency Action Plan Case Study

#### A Case Study in Effective Communication

12:45pm  
A female lifeguard working at a wave pool blows a long whistle blast and enters the water to rescue a submerged guest. Upon making the rescue, she raises a fist to signal that assistance is needed for an unresponsive guest. A second lifeguard has been covering her zone while the rescue is in progress. He sees her hand signal and understands her need. He blows two long whistle blasts to notify others of a major incident and alert them that help is needed.

12:46pm  
The supervisor hears the whistle code and responds. He uses a two-way radio to notify the facility dispatch that there is an emergency in the pool requiring 9-1-1. Other lifeguards are notified of the incident and location and respond to an "unresponsive guest emergency at the wave pool" with appropriate equipment.

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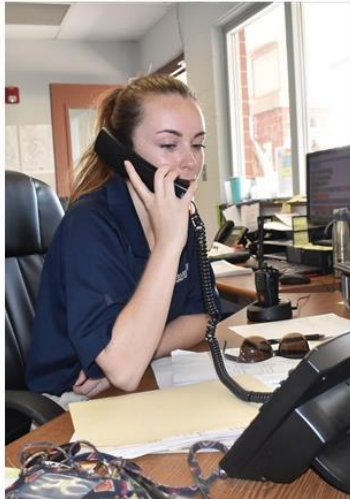
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## 1.10 Contacting EMS

### Contacting EMS WHEN TO CALL

In addition to 9-1-1, here are some other emergency-telephone numbers to know and have posted near a phone:

- ❖ Loss of consciousness or an altered level of consciousness such as drowsiness or confusion
- ❖ Absent breathing or breathing difficulty
- ❖ Chest discomfort or pressure not relieved by resting, including pain radiating to the shoulder, arm, neck, jaw, stomach, or back
- ❖ Fracture or dislocation
- ❖ Persistent abdominal pain
- ❖ Possible spinal injury
- ❖ Severe burns
- ❖ Severe external bleeding
- ❖ Suspected poisoning including drug overdose
- ❖ Vomiting blood



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Notes:

## Progress (Slide Layer)

**9** Emergency Action Plan: Recognizing a Guest in Distress


### Contacting EMS WHEN TO CALL

The dispatcher will ask questions such as:

In addition to 9-1-1, here are some other emergency-telephone numbers to know and have posted near a phone:

Your name      Name of facility      Facility address

- ❖ Loss of consciousness or an altered level of consciousness such as drowsiness or confusion
- ❖ Absent breathing or breathing difficulty
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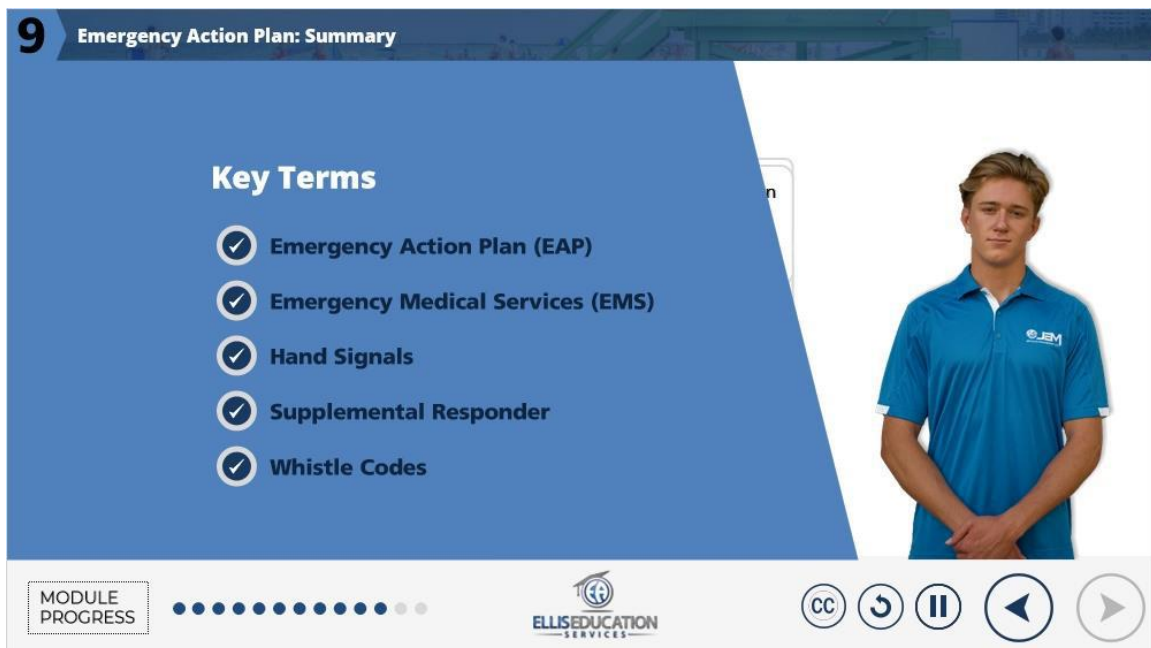


## 1.11 Summary



This slide thumbnail features a blue background on the left with the title "Key Terms" and a list of five items, each with a checkmark icon: "Emergency Action Plan (EAP)", "Emergency Medical Services (EMS)", "Hand Signals", "Supplemental Responder", and "Whistle Codes". On the right, a man in a blue polo shirt with an "EJM" logo stands with his hands clasped. The bottom right corner contains navigation icons: a Creative Commons license icon, a refresh icon, a pause icon, a left arrow icon, and a right arrow icon.

## Progress (Slide Layer)



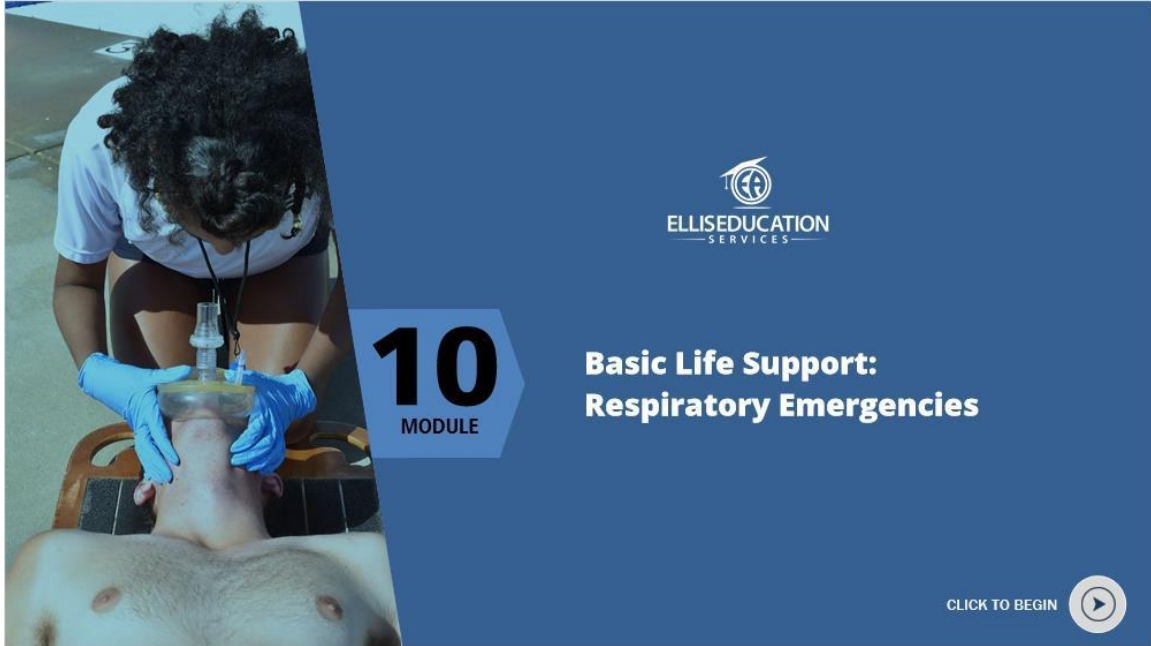
This slide progress layer features a dark blue header with the number "9" and the text "Emergency Action Plan: Summary". The main content area is identical to the slide thumbnail above, showing the "Key Terms" list and the man in the blue polo shirt. The bottom left corner has a "MODULE PROGRESS" label and a series of 15 dots, with the 9th dot highlighted. The bottom center features the "ELLISEDUCATION SERVICES" logo. The bottom right corner contains the same navigation icons as the slide thumbnail.

## 2. Knowledge Check

# Module 10 - Respiratory Emergencies

## 1. Content


### 1.1 Welcome



**ELLISE EDUCATION**  
SERVICES

**10**  
MODULE

**Basic Life Support:  
Respiratory Emergencies**



CLICK TO BEGIN 

Notes:

## 1.2 Learning Objectives

### Learning Objectives

- 1 Describe the components and function of the respiratory system.
- 2 Identify causes of respiratory emergencies.
- 3 Describe how to assess and care for a guest experiencing respiratory distress.
- 4 Demonstrate how to assess and provide rescue breathing for an adult, child, and infant in respiratory arrest.
- 5 Demonstrate how to care for an airway obstruction in responsive or unresponsive adult, child, and infant.







## Progress (Slide Layer)

### 10 Basic Life Support - Respiratory Emergencies: Learning Objectives

### Learning Objectives

- 1 Describe the components and function of the respiratory system.
- 2 Identify causes of respiratory emergencies.
- 3 Describe how to assess and care for a guest experiencing respiratory distress.
- 4 Demonstrate how to assess and provide rescue breathing for an adult, child, and infant in respiratory arrest.
- 5 Demonstrate how to care for an airway obstruction in responsive or unresponsive adult, child, and infant.







## 1.4 Respiratory Distress

**Respiratory Distress** SIGNS AND SYMPTOMS OF RESPIRATORY DISTRESS

- + Labored breathing (Straining to breathe).
- + Noisy breathing such as wheezing, gurgling or high-pitched sounds.
- + Unusually slow or fast breathing.
- + Unusually deep or shallow breathing.

- ❖ Help the guest rest in a position that makes breathing easier. This is often a seated position
- ❖ Comfort and reassure the guest
- ❖ Call 9-1-1
- ❖ Assist the guest with his or her prescribed medications, such as an inhaler
- ❖ Administer emergency supplemental oxygen if available
- ❖ Keep the guest's airway clear

- + Changes in level of consciousness.
- + Flushed, pale, or bluish (cyanotic) skin.
- + Chest pain or discomfort.
- + Tingling sensations.

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### Progress (Slide Layer)

**10** Basic Life Support - Respiratory Emergencies: Respiratory Distress

**Respiratory Distress** SIGNS AND SYMPTOMS OF RESPIRATORY DISTRESS

- + Labored breathing (Straining to breathe).
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## 1.5 Respiratory Arrest

### Respiratory Arrest

- ✓ When a guest is no longer breathing, it is a condition known as respiratory arrest.
- ✓ Respiratory arrest can result from prolonged respiratory distress, or as a result of cardiac arrest.
- ✓ Respiratory arrest can also exist when breathing is ineffective, such as agonal breathing
- ✓ Agonal breathing is characterized by gasping or labored breathing.
- ✓ Death is certain if left untreated but is potentially reversible if treated early.

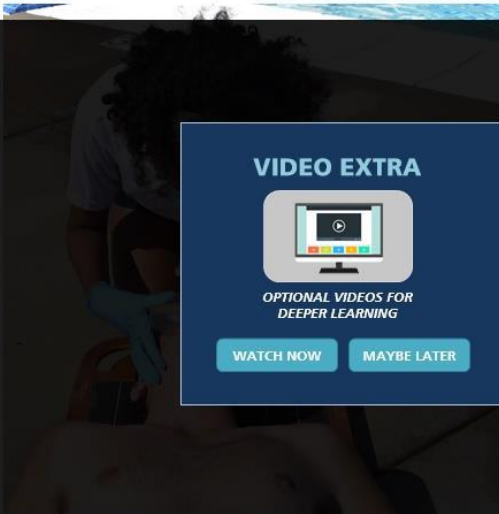


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### Video Launch (Slide Layer)

### Respiratory Arrest

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**VIDEO EXTRA**



OPTIONAL VIDEOS FOR  
DEEPER LEARNING

WATCH NOW MAYBE LATER

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## Video Play (Slide Layer)

Web Object

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<https://www.youtube.com/embed/pEhkz6lgW34?rel=0>

WHEN DONE VIEWING CLICK HERE TO CLOSE

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## Progress (Slide Layer)

### 10 Basic Life Support - Respiratory Emergencies: Respiratory Arrest

#### Respiratory Arrest

- ✓ When a guest is no longer breathing, it is a condition known as respiratory arrest.
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MODULE PROGRESS ●●●●●●●●●●

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## 1.6 Survey the Scene

### Survey the Scene

- ✓ If the scene is unsafe, try to make it safe without endangering your life.
- ✓ What may have happened
- ✓ Never enter dangerous areas without the proper professional training and equipment.
- ✓ illness or an injury.
- ✓ If it is not possible to make the scene safe, then call 9-1-1 and keep others from entering dangerous areas.
- ✓ Once you are able to provide care to the guest you will do your primary and secondary checks.  
smoke, toxic chemical exposure, and areas with active assailants.



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## Progress (Slide Layer)

### 10 Basic Life Support - Respiratory Emergencies: Survey the Scene

#### Survey the Scene

- ✓ If the scene is unsafe, try to make it safe without endangering your life.
- ✓ What may have happened
- ✓ Never enter dangerous areas without the proper professional training and equipment.
- ✓ illness or an injury.
- ✓ If it is not possible to make the scene safe, then call 9-1-1 and keep others from entering dangerous areas.
- ✓ Once you are able to provide care to the guest you will do your primary and secondary checks.  
smoke, toxic chemical exposure, and areas with active assailants.

MODULE PROGRESS ●●●●●●●●●●



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## 1.7 Primary and Secondary Checks

**Primary Check** ~~Check Responsiveness~~

- At the same time you are checking for breathing, check the carotid pulse in the neck of an adult, or a child over the age of one year.
- To find the carotid pulse, locate the Adam's apple.
- Slide your fingers to the neck. Press down.
- For infants, check the brachial pulse in the inside of the upper arm.

If the guest is unresponsive, not breathing or only has occasional agonal gasps, and has no pulse, the guest is in cardiac arrest and needs cardiopulmonary resuscitation (CPR).

If the guest is unresponsive, not breathing, or only has occasional gasps, **but does have a pulse**, the guest is in respiratory arrest and needs rescue breathing.




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Notes:

## Secondary Check (Slide Layer)

### Secondary Check

- ✓ If you do not find any life-threatening conditions during your primary check, you should perform a secondary check.
- ✓ If a guest is unresponsive but is breathing and has no other life-threatening conditions, the guest can be placed in the recovery position.
- ✓ Placing a guest in the recovery position will ensure that any vomit or fluid will not cause the guest to choke.
- ✓ If the guest is ill, look for signs like hives, rashes, or temperature extremes.




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## Progress (Slide Layer)

### 10 Basic Life Support - Respiratory Emergencies: Primary and Secondary Checks

#### Primary Check ~~Check for responsiveness~~

- ✓ At the same time you are checking for breathing, check the carotid pulse in the neck of an adult, or a child over the age of one year.
- ✓ If the guest is unresponsive, not breathing or only has occasional agonal gasps, and has no pulse, the guest is in cardiac arrest and needs cardiopulmonary resuscitation (CPR).
- ✓ To find the carotid pulse, locate the Adam's apple.
- ✓ movement (rising and falling) that would indicate breathing.
- ✓ Slide your fingers to the neck. Press down. If the guest is unresponsive, not breathing, or only has occasional gasps, **but does have a pulse**, the guest is in respiratory arrest and needs rescue breathing.
- ✓ For infants, check the brachial pulse in the inside of the upper arm.



MODULE PROGRESS ●●●●●●●●●●





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## 1.8 Rescue Breathing

### Rescue Breathing

- ✓ Rescue breathing is the process of manually providing oxygen to the lungs of a guest in respiratory arrest by giving ventilations using your own breath, or by an artificial means, such as a bag-valve-mask (BVM).
- ✓ Personal protective equipment (PPE) is important when caring for a guest. When using your own breath, be sure to use a barrier device, such as a resuscitation mask.



Notes:




## Opening Airway (Slide Layer)

### Rescue Breathing 1 Opening the Airway

#### Jaw Thrust Without Head Tilt

- ✓ Position yourself at the top of the guest's head.
- ✓ The jaw thrust without head tilt is the preferred method used
- ✓ Place your index and middle fingers of both hands behind the angle of the guest's jaw, and your thumbs on the cheekbones.
- ✓ Lift the jaw with your fingers but do not tilt the head back.
- ✓ This method will displace the tongue enough so that rescue breathing will be successful.



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## Providing Ventilations (Slide Layer)

### Rescue Breathing 2 Providing Ventilations

Body	Overview	Steps
✓ Adult	>12 years of age (older than puberty)	1 ventilation (lasting 1 second) Make the chest rise Repeat every 5-6 seconds
✓ Child	1 year to puberty (approximately 12 years of age)	1 ventilation (lasting 1 second) Make the chest rise Repeat every 3-5 seconds
✓ Infant	Birth to 1 year of age	1 ventilation (lasting 1 second) Make the chest rise Repeat every 3-5 seconds



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## Progress (Slide Layer)

**10** Basic Life Support - Respiratory Emergencies: Rescue Breathing

### Rescue Breathing

- ✓ Rescue breathing is the process of manually providing oxygen to the lungs of a guest in respiratory arrest by giving ventilations using your own breath, or by an artificial means, such as a bag-valve-mask (BVM).
- ✓ Personal protective equipment (PPE) is important when caring for a guest. When using your own breath, be sure to use a barrier device, such as a resuscitation mask.



MODULE PROGRESS ●●●●●●●●●●●●●●●●


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## 1.9 Special Situations

### Special Situations

CLICK ON EACH BELOW



#### Laryngectomy


- ✓ A guest who has had a laryngectomy has had the larynx surgically removed.
- ✓ This guest breathes through a small opening in the front of the neck called a stoma.
- ✓ To provide rescue breathing for a guest with a laryngectomy, close the guest's mouth and nose, place a pediatric sized resuscitation mask over the stoma, and give ventilations.
- ✓ If a breathing tube is present, a bag-valve-mask (BVM) can be attached directly to the tube.

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## Dentures (Slide Layer)

### Special Situations

CLICK ON EACH BELOW



### Laryngectomy


- ✓ A guest who has had a laryngectomy has had the larynx surgically removed.
- ✓ If you are providing rescue breathing for a guest with dentures, it is not necessary to remove them, as they will help maintain a seal on the facemask.
- ✓ If the dentures are very loose and may prevent air from entering freely, then the dentures should be removed.
- ✓ If a breathing tube is present, a bag-valve-mask (BVM) can be attached directly to the tube.

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## Air Layer (Slide Layer)

### Special Situations

CLICK ON EACH BELOW



### Laryngectomy


- ✓ When providing rescue breathing, it is important to provide proper ventilations to avoid getting air into the guest's stomach (gastric distention) which can result in vomiting.
- ✓ The front of the neck called a stoma.
- ✓ You can avoid air in the stomach by providing ventilations lasting 1 second, delivered every 5-6 seconds for adults or delivered every 3-5 seconds for children and infants, and only delivered until the chest rises.
- ✚ Giving ventilations that are too deep. If a breathing tube is present, a bag-valve-mask can be attached directly to the tube.

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## Vomit Layer (Slide Layer)

### Special Situations

CLICK ON EACH BELOW



### Laryngectomy


- ✓ A guest who has had a laryngectomy has had the larynx surgically removed.
- ✓ If a guest begins to vomit while you are providing rescue breathing, turn the guest to the side while trying to maintain the head and body inline.
- ✓ With your gloved hand, wipe the guest's mouth clean, roll the guest back and continue rescue breathing.
- ✓ If a breathing tube is present, a bag-valve-mask (BVM) can be attached directly to the tube.

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## Spinal Layer (Slide Layer)

### Special Situations

CLICK ON EACH BELOW



### Spinal Injury

- ✓ A guest who has had a laryngectomy has had the larynx surgically removed.
- ✓ If you are caring for a guest that may have a spinal injury either from an injury in the pool or from some type of blunt force, you should take steps to avoid moving the victim's head and neck more than is needed.
- ✓ To provide rescue breathing for a guest with a spinal injury, you should use a bag-valve-mask (BVM) attached directly to the breathing tube.
- ✓ To open the airway, you want to modify your approach and use the jaw thrust without head tilt as discussed earlier in the module.
- ✓ If a breathing tube is present, a bag-valve-mask (BVM) can be attached directly to the tube.

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## Progress (Slide Layer)

**10** Basic Life Support - Respiratory Emergencies: Special Situations

### Special Situations

CLICK ON EACH BELOW



### Laryngectomy

- ✓ A guest who has had a laryngectomy has had the larynx surgically removed.
- ✓ This guest breathes through a small opening in the front of the neck called a stoma.
- ✓ To provide rescue breathing for a guest with a laryngectomy, close the guest's mouth and nose, place a pediatric sized resuscitation mask over the stoma, and give ventilations.
- ✓ If a breathing tube is present, a bag-valve-mask (BVM) can be attached directly to the tube.

MODULE PROGRESS ●●●●●●●●●●●●●●●●

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## 1.10 Airway Obstruction

### Airway Obstructions in a Responsive Adult or Child

#### Heimlich Maneuver

- ✓ Stand behind the guest, and reach around the guest's waist.
- ✓ If a choking guest is too large and you are unable to reach around the guest to give effective abdominal thrusts, or if the guest is obviously pregnant, give chest thrusts.
- ✓ the navel.
- ✓ Reach under the guest's armpits and place the thumb side of your fist against the center of the guest's chest.
- ✓ the object out.
- ✓ Grasp your fist with your other hand and give quick, inward thrusts.
- ✓ becomes unresponsive. If the guest becomes unresponsive, you will need to begin CPR.
- ✓ adult or child.



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Notes:

## Progress (Slide Layer)

**10** Basic Life Support - Respiratory Emergencies: Airway Obstructions in a Responsive Adult or Child

### Airway Obstructions in a Responsive Adult or Child

#### Heimlich Maneuver

- Stand behind the guest, and reach around the guest's waist.
- If a choking guest is too large and you are unable to reach around the guest to give effective abdominal thrusts, or if the guest is obviously pregnant, give chest thrusts.
- the navel
- Reach under the guest's armpits and place the thumb side of your fist against the center of the guest's chest.
- the object out
- Grasp your fist with your other hand and give quick, inward thrusts.
- becomes unresponsive. If the guest becomes unresponsive, you will need to begin CPR.
- adult or child.



MODULE PROGRESS


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## 1.11 Airway Obstruction In a Responsive Infant

### Airway Obstruction In a Responsive Infant

- With your free hand, place 2 fingers on the breastbone, about a finger width below the nipples, and give 5 chest compressions.
- Each compression should be at least one-third the depth of the chest, or about 1.5 inches. Be sure to allow the chest to fully recoil after each compression.
- Look in the mouth for any object. If an object is visible sweep the object out with your gloved finger.
- Repeat these steps until the obstruction is dislodged or the infant becomes unresponsive. If the infant becomes unresponsive, begin CPR.



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Notes:

## Progress (Slide Layer)

**10** Basic Life Support - Respiratory Emergencies: Airway Obstructions in a Responsive Infant

### Airway Obstruction In a Responsive Infant

- With your free hand, place 2 fingers on the breastbone, about a finger width below the nipples, and give 5 chest compressions.
- Each compression should be at least one-third the depth of the chest, or about 1.5 inches. Be sure to allow the chest to fully recoil after each compression.
- Look in the mouth for any object. If an object is visible sweep the object out with your gloved finger.
- Repeat these steps until the obstruction is dislodged or the infant becomes unresponsive. If the infant becomes unresponsive, begin CPR.



MODULE PROGRESS ●●●●●●●●●●

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## 1.12 Airway Obstruction In an Unresponsive Guest.

### Airway Obstruction In an Unresponsive Guest

- If your ventilations fail to make the chest rise, reposition the head and neck and repeat ventilations.
- If a responsive choking guest becomes unresponsive, repeat the following steps until the obstruction is relieved.
- If still unresponsive:

  - Give 30 chest compressions.
  - Look for the object and remove it if visible.
  - Look in the mouth with your finger if you see it, then reattempt ventilations.
  - Reattempt ventilations.

- This is normally all that is needed to dislodge the object, so repeat this process until chest rise is obtained.



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Notes:

## Progress (Slide Layer)

**10** Basic Life Support - Respiratory Emergencies: Airway Obstructions in a Unresponsive Guest

### Airway Obstruction In an Unresponsive Guest

- ✓ If your ventilations fail to make the chest rise, reposition the head and neck and repeat ventilations.
- ✓ If a responsive choking guest becomes unresponsive, repeat the following steps until the obstruction is relieved.
- ✓ If still unresponsive, repeat the following steps until the obstruction is relieved.
- ✓ Provide 30 chest compressions. Give 30 chest compressions.
- ✓ Look in the mouth for the object and remove it if visible. Look for the object and remove it if visible. with your finger if you see it, then reattempt ventilations.
- ✓ Reattempt ventilations.
- ✓ This is normally all that is needed to dislodge the object, so repeat this process until chest rise is obtained.



MODULE PROGRESS

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Navigation icons: back, forward, home, search, refresh, pause, play, stop.



## 1.13 Summary

### Key Terms

- ✓ Agonal breathing
- ✓ Airway obstruction
- ✓ Bag-valve-mask (BVM)
- ✓ Heimlich Maneuver
- ✓ Jaw thrust
- ✓ Laryngectomy
- ✓ Primary check
- ✓ Recovery position
- ✓ Rescue breathing
- ✓ Respiratory distress
- ✓ Respiratory arrest
- ✓ Resuscitation mask
- ✓ Stoma



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Notes:



# Module 11 - BLS: Cardiac Emergencies

## 1. Content

### 1.1 Welcome



  
ELLISEDUCATION  
SERVICES

**11**  
MODULE

**Basic Life Support:  
Cardiac Emergencies**

CLICK TO BEGIN 

Notes:



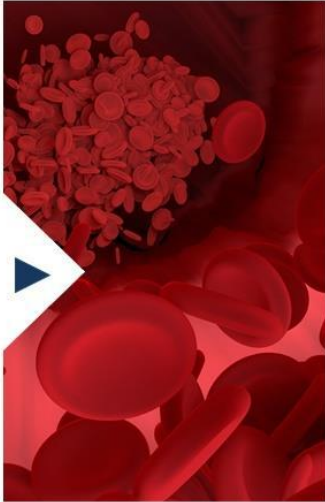




## 1.4 Cardiovascular Disease

**Cardiovascular Disease**

- ✓ Cardiovascular disease includes conditions that involve the heart and the blood vessels (arteries, veins, and capillaries).
- ✓ Coronary heart disease (CHD) involves the narrowing of the coronary arteries, the blood vessels that supply oxygen and blood to the heart.
- ✓ This is usually caused by atherosclerosis, which is the plaque (cholesterol substances) that accumulates on the inside walls of the arteries, causing them to narrow. This results in reduced blood flow to the heart.
- ✓ CHD commonly causes chest discomfort, shortness of breath, heart attack, or sudden cardiac death, known as cardiac arrest.



Microscopic view of red blood cells.

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Notes:



## 1.5 Cardiac Arrest

**Cardiac Arrest** ACTIVATING EMS



**CHAIN OF SURVIVAL DEPENDENT ON ALL THESE LINKS**

1. Early recognition and access to EMS through an emergency number (e.g. 9-1-1)
2. Early CPR by those first on the scene
3. Early defibrillation, often using an AED
4. Early advanced care by paramedics and hospital professionals
5. Effective post resuscitative care


Whether you call the police, fire, or ambulance for assistance.

The phone from which you are calling.

## Progress (Slide Layer)

**11** Basic Life Support – Cardiac Emergencies: Cardiac Arrest

**Cardiac Arrest** ACTIVATING EMS



**CHAIN OF SURVIVAL DEPENDENT ON ALL THESE LINKS**

1. Early recognition and access to EMS through an emergency number (e.g. 9-1-1)
2. Early CPR by those first on the scene
3. Early defibrillation, often using an AED
4. Early advanced care by paramedics and hospital professionals
5. Effective post resuscitative care

Whether you call the police, fire, or ambulance for assistance.

The phone from which you are calling.

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## 1.6 Cardiopulmonary Resuscitation (CPR)

**Cardiopulmonary Resuscitation (CPR) CHEST COMPRESSIONS**

- CLICK** Position the guest on his/her back on a hard surface.
- CLICK** Push fast (at a rate of 100-120 compressions per minute).
- CLICK** Push deep (at least 2 inches for an adult or child).
- CLICK** Push rhythmically.
- CLICK** Allow for complete recoil of the chest.
- CLICK** Minimize interruptions.

**COMPRESSIONS GIVEN TOO SLOW**

**COMPRESSIONS AT PROPER RATE**

**COMPRESSIONS GIVEN TOO FAST**

EAP is activated in order to get an Automated External Resuscitator (AED) and Emergency Medical Services (EMS) professionals are called to the scene as soon as possible.

### 130 BPM (Slide Layer)

**Cardiopulmonary Resuscitation (CPR) CHEST COMPRESSIONS**

- CLICK** Position the guest on his/her back on a hard surface.
- CLICK** Push fast (at a rate of 100-120 compressions per minute).
- CLICK** Push deep (at least 2 inches for an adult or child).
- CLICK** Push rhythmically.
- CLICK** Allow for complete recoil of the chest.
- CLICK** Minimize interruptions.

**COMPRESSIONS GIVEN TOO SLOW**

**COMPRESSIONS AT PROPER RATE**

**COMPRESSIONS GIVEN TOO FAST**

EAP is activated in order to get an Automated External Resuscitator (AED) and Emergency Medical Services (EMS) professionals are called to the scene as soon as possible.

## 110 BPM (Slide Layer)

**Cardiopulmonary Resuscitation (CPR) CHEST COMPRESSIONS**

- CLICK** Position the guest on his/her back on a hard surface.
- CLICK** Push fast (at a rate of 100-120 compressions per minute).
- CLICK** Push deep (at least 2 inches for an adult or child).
- CLICK** Push rhythmically.
- CLICK** Allow for complete recoil of the chest.
- CLICK** Minimize interruptions.

EAP is activated in order to get an Automated External Resuscitator (AED) and Emergency Medical Services (EMS) professionals called to the scene as soon as possible.

## 80 BPM (Slide Layer)

**Cardiopulmonary Resuscitation (CPR) CHEST COMPRESSIONS**

- CLICK** Position the guest on his/her back on a hard surface.
- CLICK** Push fast (at a rate of 100-120 compressions per minute).
- CLICK** Push deep (at least 2 inches for an adult or child).
- CLICK** Push rhythmically.
- CLICK** Allow for complete recoil of the chest.
- CLICK** Minimize interruptions.

EAP is activated in order to get an Automated External Resuscitator (AED) and Emergency Medical Services (EMS) professionals called to the scene as soon as possible.



## Ventilations (Slide Layer)

**Cardiopulmonary Resuscitation (CPR) VENTILATIONS**

- ✓ Ventilations should be given over 1 second duration.
- ✓ Continue CPR if the guest shows signs of life such as movement or consciousness.

**WHEN TO STOP CPR**

- ❖ The guest begins showing signs of normal breathing or responsiveness
- ❖ You are too exhausted to continue
- ❖ You are replaced by another rescuer
- ❖ The scene is no longer safe
- ❖ Responding EMS assumes responsibility for the guest

Navigation icons: CC, Refresh, Pause, Previous, Next.

## Progress (Slide Layer)

**11 Basic Life Support – Cardiac Emergencies: Cardiopulmonary Resuscitation (CPR)**

**Cardiopulmonary Resuscitation (CPR) CHEST COMPRESSIONS**

- CLICK** Position the guest on his/her back on a hard surface.
- CLICK** Compress on the center of the chest.
- CLICK** EAP is activated in order to get an Automated External Resuscitator (AED) and Emergency Medical Services (EMS) professionals are called to the scene as soon as possible.
- COMPRESSIONS GIVEN TOO SLOW** Push fast (at a rate of 100-120 compressions per minute).
- COMPRESSIONS AT PROPER PACE** Push deep (at least 2 inches for an adult or child).
- COMPRESSIONS GIVEN TOO FAST** Push fast (at a rate of 100-120 compressions per minute).
- Push rhythmically.
- Allow for complete recoil of the chest.
- Minimize interruptions.

MODULE PROGRESS: 11 of 11 steps completed.

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Navigation icons: CC, Refresh, Pause, Previous, Next.

## 1.7 Single Rescuer Adult CPR

### Single Rescuer Adult CPR

✓ With your shoulders over your hands, compress the chest at least 2 inches and allow the chest to return to its normal position. Give 30 chest compressions at a rate of 100 - 120 compressions per minute (almost 2 per second).

✓ Open the adult's airway and give 2 ventilations. Each ventilation should last about 1 second and make the chest rise.

✓ Repeat cycles of 30 compressions and 2 ventilations until a defibrillator is available or the adult shows signs of life.



Notes:



## Video Launch (Slide Layer)

**Single Rescuer Adult CPR**

- 1 With your shoulders over your hands, compress the chest at least 2 inches and allow the chest to return to its normal position. Give 30 chest compressions at a rate of 100 - 120 compressions per minute (almost 2 per second).
- 2 Open the adult's airway and give 2 ventilations. Each ventilation should last about 1 second and make the chest rise.
- 3 Repeat cycles of 30 compressions and 2 ventilations until a defibrillator is available or the adult shows signs of life.

**VIDEO EXTRA**

OPTIONAL VIDEOS FOR DEEPER LEARNING

WATCH NOW MAYBE LATER

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## Video Play (Slide Layer)

Web Object

Address:  
<https://www.youtube.com/embed/cVnc8bgn7BI?rel=0>

WHEN DONE VIEWING CLICK HERE TO CLOSE

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## Progress (Slide Layer)

**11** Basic Life Support – Cardiac Emergencies: Single Rescuer Child CPR

### Single Rescuer Child CPR

- ✓ Compress the chest at least one third the depth of the chest (about 2 inches) and allow the chest to return to its normal position. Give 30 chest compressions at a rate of 100-120 compressions per minute (almost 2 per second).
- ✓ Open the child's airway and give 2 ventilations. Each ventilation should last about 1 second and make the chest rise.
- ✓ Repeat cycles of 30 compressions and 2 ventilations until a defibrillator is available or the child shows signs of life.



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MODULE PROGRESS


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## 1.9 Single Rescuer Infant CPR

### Single Rescuer Infant CPR

- ✓ Use your fingers to compress the chest at least one third the depth of the chest (about 1 1/2 inches) and allow the chest to return to its normal position. Give 30 chest compressions at a rate of 100-120 compressions per minute (almost 2 per second).
- ✓ Open the infant's airway and give 2 ventilations. Each ventilation should last about 1 second and make the chest rise.
- ✓ Repeat cycles of 30 compressions and 2 ventilations until a defibrillator is available or the infant shows signs of life.



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Notes:





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## Progress (Slide Layer)

**11** Basic Life Support – Cardiac Emergencies: Multiple-Rescuer CPR

### Multiple-Rescuer CPR

Basic Life Support Matrix			
Care Steps	Adults (Adolescence and older)	Children (1 year of age to Adolescence)	Infants (Less than 1 year of age, excluding newborns)
Scene safety and recognition	Determine scene safety Check for responsiveness: "Tap and shout"	Determine scene safety Check for responsiveness: "Tap and shout"	Determine scene safety Check for responsiveness: "Tap and shout"
Guest position and airway	Place guest on back. Tilt head backward to open the airway.	Place guest on back. Tilt head backward to open the airway.	Place guest on back. Tilt head slightly backward to open the airway.
Simultaneously Assess pulse/breathing	Look for chest movement and listen for normal breathing. Feel for a carotid pulse in the neck for no more than 10 seconds	Look for chest movement and listen for normal breathing. Feel for a carotid pulse in the neck for no more than 10 seconds	Look for chest movement and listen for normal breathing. Feel for a brachial pulse in the arm for no more than 10 seconds

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MODULE PROGRESS

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# 1.11 Circulatory Assist and Mechanical CPR Devices

### Circulatory Assist and Mechanical CPR Devices

Circulatory assist devices offer alternatives to conventional manual CPR.

- ✓ Mechanical CPR devices promote automatic active compression-decompression (ACD) of the chest. *Use such devices such as the LUCAS 3.*
- ✓ These devices use a circumferential vest or an automatic mechanical piston. *Use devices that provide active compression with no decompression function.*
- ✓ These devices are designed to provide continuous maximum compression and maximum recoil helping improve blood return to the heart while preventing rescuer fatigue. *Use devices that provide active compression with no decompression function.*



Navigation icons: CC, Refresh, Stop, Previous, Next



## Progress (Slide Layer)

### 11 Basic Life Support – Cardiac Emergencies: Circulatory Assist and Mechanical CPR Devices

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Circulatory assist devices offer alternatives to conventional manual CPR.

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MODULE PROGRESS: 11 of 14

ELLISEUCATION SERVICES

Navigation icons: CC, Refresh, Stop, Previous, Next

## 1.12 The Heart's Electrical Conduction System

### The Heart's Electrical Conduction System

- When the normal electrical activity of the heart is interrupted, electrical disturbances known as dysrhythmias will occur.
- Ventricular tachycardia (V-tach) causes the ventricles to beat far too fast. The chambers cannot fill properly or pump blood effectively.
- Ventricular fibrillation (V-fib) is disorganized, chaotic electrical activity that results in quivering of the ventricles. Blood cannot be pumped out of the heart so the guest will be pulseless.

Right atrium

Left atrium

Atrioventricular node

Purkinje fibers

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### Progress (Slide Layer)

## 11 Basic Life Support – Cardiac Emergencies: The Heart's Electrical Conduction System

### The Heart's Electrical Conduction System

- When the normal electrical activity of the heart is interrupted, electrical disturbances known as dysrhythmias will occur.
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Right atrium

Left atrium

Atrioventricular node

Purkinje fibers

MODULE PROGRESS

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### 1.13 Automated External Defibrillation (AED)

#### Automated External Defibrillation (AED)

- ✓ An Automated External Defibrillator (AED) is a portable electrocardiogram (ECG) machine.
- ✓ It can analyze a known heart rhythm and deliver a shock to correct it.
- ✓ The goal is to restore a normal heart rhythm by shutting down the heart to restart it.
- ✓ Besides the shock, AEDs can deliver other treatments.

##### AED COMMONALITIES

- ❖ Battery operated
- ❖ Self-maintained internal diagnostics
- ❖ Power on/off
- ❖ Voice prompts to guide users
- ❖ Cable and electrode pads to attach to the chest
- ❖ ECG analysis capability
- ❖ Defibrillation capability



Navigation icons: CC, Refresh, Pause, Previous, Next

### Progress (Slide Layer)

## 11 Basic Life Support – Cardiac Emergencies: Automated External Defibrillation (AED)

#### Automated External Defibrillation (AED)



- ✓ An Automated External Defibrillator (AED) is a portable electrocardiogram (ECG) machine.
- ✓ It can analyze a known heart rhythm and deliver a shock to correct it.
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##### AED COMMONALITIES

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- ❖ Self-maintained internal diagnostics
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- ❖ Cable and electrode pads to attach to the chest
- ❖ ECG analysis capability
- ❖ Defibrillation capability



MODULE PROGRESS



Navigation icons: CC, Refresh, Pause, Previous, Next



## 1.14 Using and Maintaining an AED

### Using an AED

- ✓ In some cases, more than one shock will be needed to correct the dysrhythmia.
- ✓ If no shock is advised, it means that the AED did not find a shockable rhythm (V-fib or V-tach).
- ✓ Regardless of whether a "shock" or a "no shock" advisory is given, follow with 2 minutes of CPR if the guest is in cardiac arrest.
- ✓ If the shock is successful, the guest may begin to show signs of life.

SURVIVAL



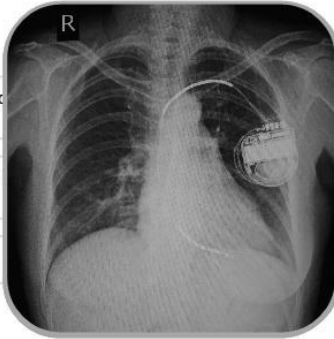
Notes:



## 1.15 AED Special Considerations

**AED Special Considerations** ADDITIONAL INFO

- Water is a conductor of electricity, which could provide a pathway for...
- ✓ If the implanted device delivers a shock to the guest while you are using the AED, for example the guest's muscles contract similar to that observed during AED use, it will not damage your AED, but the AED analysis may be interrupted during this time.
- specific heart conditions.
- ✓ Though the guest will feel a jolt, the energy that escapes to the surface, where a rescuer might be in contact with the guest, is hard to detect and harmless.
- ✓ Dry the guest's chest and then attach the electrode pads.



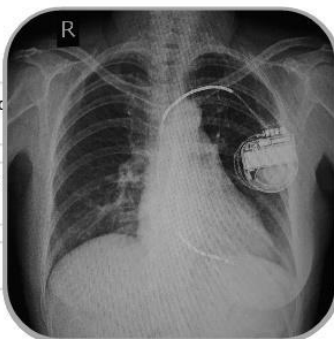
Navigation icons: CC, Refresh, Pause, Previous, Next

### Progress (Slide Layer)

**11 Basic Life Support – Cardiac Emergencies: AED Special Considerations**

**AED Special Considerations** ADDITIONAL INFO

- Water is a conductor of electricity, which could provide a pathway for...
- ✓ If the implanted device delivers a shock to the guest while you are using the AED, for example the guest's muscles contract similar to that observed during AED use, it will not damage your AED, but the AED analysis may be interrupted during this time.
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- ✓ Dry the guest's chest and then attach the electrode pads.



MODULE PROGRESS

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Navigation icons: CC, Refresh, Pause, Previous, Next

## 1.16 Summary

**Key Terms**

- ✓ Automated External Defibrillator (AED)
- ✓ Cardiac Arrest
- ✓ Cardiopulmonary Resuscitation (CPR)
- ✓ Defibrillation
- ✓ Electrode Pads
- ✓ Ventricular Fibrillation
- ✓ Ventricular Tachycardia

Notes:




## Progress (Slide Layer)

**11** Basic Life Support – Cardiac Emergencies: Summary

### Key Terms

- ✓ Automated External Defibrillator (AED)
- ✓ Cardiac Arrest
- ✓ Cardiopulmonary Resuscitation (CPR)
- ✓ Defibrillation
- ✓ Electrode Pads
- ✓ Ventricular Fibrillation
- ✓ Ventricular Tachycardia



MODULE PROGRESS

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## 2. Knowledge Check

# Module 12 - Supplemental Oxygen System

## 1. Content

### 1.1 Welcome




ELLISEDUCATION  
SERVICES

**12**  
MODULE

**Supplemental Oxygen System**

CLICK TO BEGIN




Notes:

## 1.2 Learning Objectives

**Learning Objectives**

- 1 Describe the benefits of supplemental oxygen during resuscitation and drowning emergencies.
- 2 Explain the parts of the Supplemental Oxygen System (SOS).
- 3 Demonstrate the use of the SOS.
- 4 Explain the necessary precautions when using the SOS.
- 5 Explain the basic care and maintenance of the SOS.
- 6 Demonstrate the use of the bag-valve-mask (BVM) and how to connect it to the SOS.




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## Progress (Slide Layer)

**12 Supplemental Oxygen System: Learning Objectives**

**Learning Objectives**

- 1 Describe the benefits of supplemental oxygen during resuscitation and drowning emergencies.
- 2 Explain the parts of the Supplemental Oxygen System (SOS).
- 3 Demonstrate the use of the SOS.
- 4 Explain the necessary precautions when using the SOS.
- 5 Explain the basic care and maintenance of the SOS.
- 6 Demonstrate the use of the bag-valve-mask (BVM) and how to connect it to the SOS.



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## 1.3 Drowning and the Need for Supplemental Oxygen

### Drowning and the Need for Supplemental Oxygen

- ✓ During a drowning incident, oxygen is unable to reach the body's vital organs, such as the heart, lungs, and brain. These organs are not able to function without the continuous delivery of oxygen through the bloodstream.
- ✓ Supplemental oxygen should be provided to any guest experiencing respiratory distress from a drowning incident.
- ✓ When providing rescue breaths through a resuscitation mask, approximately 16% oxygen is exhaled by the rescuer into the nonbreathing guest.
- ✓ While this is adequate to support the amount of oxygen needed to resuscitate the guest, providing a higher concentration of oxygen can improve oxygenation.



#### Notes:






## Cylinder Layer (Slide Layer)

### Oxygen Cylinder

- ✓ Oxygen used during emergency care will be provided in a cylinder.
- ✓ The cylinder is filled to a working pressure of approximately 2000 pounds per square inch (psi).
- ✓ In the United States, oxygen cylinders will be green or will have a green band around the top.
- ✓ The size of the cylinder is identified by code letters. The most common sizes for portable oxygen cylinders are D and E cylinders, which hold 35-650 liters of oxygen at 2000 psi and 70°F (21°C).
- ✓ The size of the cylinder, the amount of oxygen in the cylinder, and the rate of oxygen flow from the cylinder will determine how long the oxygen in the cylinder will last.




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## Regulator Layer (Slide Layer)

### Pressure Regulator

- ✓ The SOS system at your facility may have a preset flowmeter that allows only a flow rate of 15 lpm to be delivered.
- ✓ Preset flow rate regulators are designed to be used with oxygen tank valves that come equipped with its own pressure gauge.
- ✓ These regulators are installed on the tank in exactly the same way as the adjustable flow type, with the oxygen port and pin index connections above the tank valve pressure gauge.




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## Changing Cylinder Layer (Slide Layer)

### Changing Cylinders

- 1 Close the valve.
- 2 Open the flowmeter to bleed off oxygen remaining under pressure in the regulator (if adjustable).
- 3 Remove the regulator from the used oxygen cylinder.
- 4 Properly seat the regulator on the new oxygen cylinder and hand-tighten it in place.
- 5 With the flowmeter off, open the valve and read the starting pressure in the cylinder, which should be approximately 2000 psi.



## Progress (Slide Layer)



### 12 Supplemental Oxygen System: Supplemental Oxygen Systems (SOS)

#### Supplemental Oxygen Systems (SOS)

- ✓ A supplemental oxygen system (SOS) can help with numerous breathing emergencies including drowning.
- ✓ Responders should be trained in the proper use of the particular supplemental oxygen system they will be using.
- ✓ use of supplemental oxygen. The device you use must be

Your facility management is responsible for making sure that all local, regional, and state regulations governing emergency oxygen use are followed when providing a supplemental oxygen system, training, and operational protocols.

minute supply of oxygen and deliver a flow rate of at least 6 liters per minute.



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## 1.5 Supplemental Oxygen Delivery Devices

### Resuscitation Mask

- ✓ The recommended style of resuscitation masks used by lifeguards have a port that allows oxygen to be attached through tubing connected to the oxygen flowmeter.
- ✓ This allows rescue breaths to be delivered with a higher concentration of oxygen.




Notes:



## BVM Layer (Slide Layer)

### Bag-Valve-Mask (BVM)

- Two lifeguards ventilate the guest. If you are using the BVM and the guest's chest does not rise when you squeeze the bag, the problem could be with the BVM or with your use of the BVM. Problems can be caused by failure to:
  - Maintain a good mask seal.
  - Maintain an open airway.
- One lifeguard maintains the guest's airway, and holds the BVM mask in place.
- During CPR, a third lifeguard provides chest compressions.
- Squeeze the BVM bag to generate the necessary volume of air.
- Remove a foreign body airway obstruction.
- Regard the BVM as a resuscitation mask. If you believe the problem is with the BVM, switch to a resuscitation mask attached to oxygen until another BVM is available.




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## Non-Rebreathing Mask Layer (Slide Layer)

### Non-Rebreathing Mask

- A non-rebreathing mask allows oxygen to be administered to a guest who is having breathing difficulty including a guest who might be experiencing a heart attack.
- To be effective, a non-rebreathing mask must be attached to a SOS capable of delivering an oxygen flow rate of 12-15 lpm.
- Exhaled air escapes through flapper valve ports on the sides of the mask. These valves prevent the guest from rebreathing exhaled gases, delivering oxygen at a concentration of about 90%.



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## Progress (Slide Layer)

**12 Supplemental Oxygen System: Supplemental Oxygen Delivery Devices**

### Resuscitation Mask

The recommended style of resuscitation masks used by lifeguards have a port that allows oxygen to be attached through tubing connected to the oxygen flowmeter.

This allows rescue breaths to be delivered with a higher concentration of oxygen.



MODULE PROGRESS ●●●●●●●●●●

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## 1.6 Care and Maintenance of Supplemental Oxygen Systems

### Care and Maintenance of Supplemental Oxygen Systems

**GUIDELINES FOR PROPER CARE, MAINTENANCE, AND USE OF SOS**

- ❖ Do not expose the cylinder to temperatures above 130°F (54°C)
- ❖ Do not puncture or drop the cylinder
- ❖ Do not use any type of grease or oil (or petroleum jelly or suntan oil) on any part of the cylinder
- ❖ Do not use oxygen near a fire or open flame
- ❖ Do not remove the valve from the oxygen cylinder
- ❖ Have the cylinders refilled by a professional medical oxygen supplier
- ❖ Keep the cylinder secure in a carrying case. If you must remove the cylinder from its protective case, lay it down
- ❖ Replace masks, one-way valves, and oxygen tubing following use
- ❖ Depending on the equipment you have, the system may or may not be left assembled at the end of each day. Refer to the manufacturer's instructions for your system




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## SOS Checklist Layer (Slide Layer)

### SOS Checklist

Oxygen cylinder	Be certain the cylinder says oxygen, that there is no damage to the valve and that the cylinder is still within its safe hydrostatic safety testing period
Amount of oxygen in the cylinder	Check the pressure gauge. Replace the cylinder if there is less than 15 minutes or 500psi remaining. Know the capacity and refill recommendations for your specific oxygen cylinder
Oxygen tubing and masks	Check that tubing is attached to the regulator and the mask
Pressure regulator	Check to see that no oxygen is leaking when under pressure
Documents	Maintain all documents regarding the purchase, refill, hydrostatic safety test, and daily inspections



## Progress (Slide Layer)




### 12 Supplemental Oxygen System: Care and Maintenance of Supplemental Oxygen Systems

#### Care and Maintenance of Supplemental Oxygen Systems

**GUIDELINES FOR PROPER CARE, MAINTENANCE, AND USE OF SOS**

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MODULE PROGRESS



## 1.7 Pulse Oximetry

**Pulse Oximetry**

**Administering Oxygen to a Responsive Guest in Respiratory Distress**

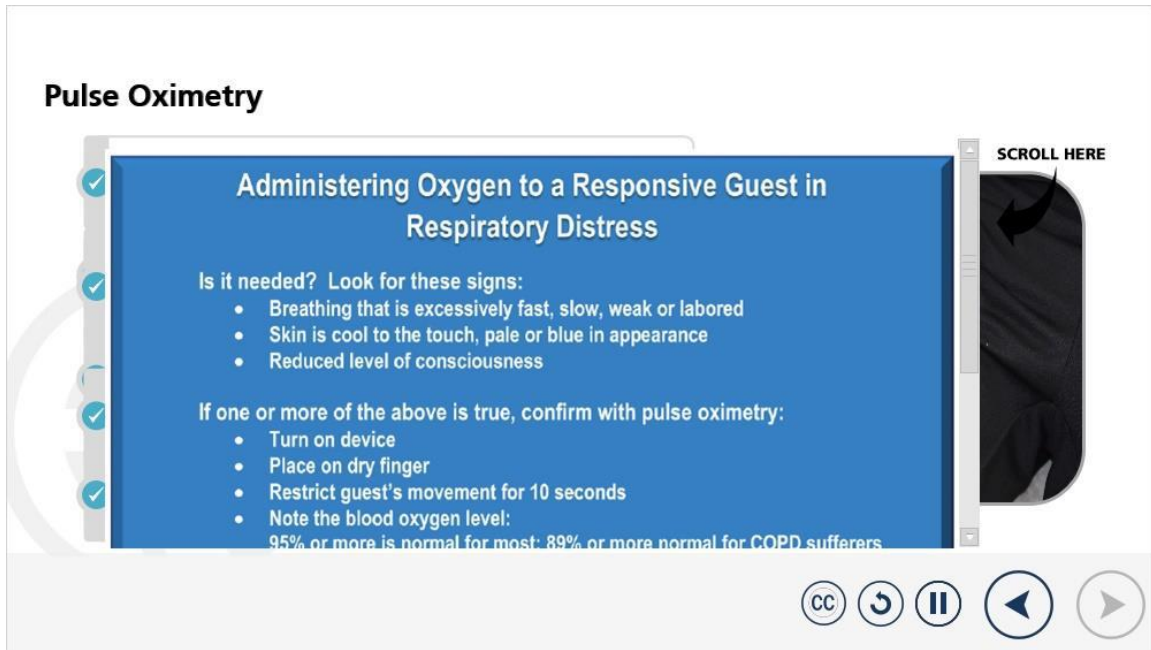
Is it needed? Look for these signs:

- Breathing that is excessively fast, slow, weak or labored
- Skin is cool to the touch, pale or blue in appearance
- Reduced level of consciousness

If one or more of the above is true, confirm with pulse oximetry:

- Turn on device
- Place on dry finger
- Restrict guest's movement for 10 seconds
- Note the blood oxygen level:  
95% or more is normal for most; 89% or more normal for COPD sufferers

SCROLL HERE



**Notes:**



## Progress (Slide Layer)

**12** Supplemental Oxygen System: Pulse Oximetry

### Pulse Oximetry

**Administering Oxygen to a Responsive Guest in Respiratory Distress**

Is it needed? Look for these signs:

- Breathing that is excessively fast, slow, weak or labored
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95% or more is normal for most; 89% or more normal for COPD sufferers

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MODULE PROGRESS


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## 1.8 Summary

### Key Terms

- ✓ Bag-valve-mask (BVM)
- ✓ Non-Rebreathing Mask
- ✓ Oxygen Cylinder
- ✓ Pressure Regulator
- ✓ Pulse Oximeter
- ✓ Pulse Oximetry
- ✓ Supplemental Oxygen System (SOS)



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Notes:

## Progress (Slide Layer)

**12** Supplemental Oxygen System: Summary

### Key Terms

- ✓ Bag-valve-mask (BVM)
- ✓ Non-Rebreathing Mask
- ✓ Oxygen Cylinder
- ✓ Pressure Regulator
- ✓ Pulse Oximeter
- ✓ Pulse Oximetry
- ✓ Supplemental Oxygen System (SOS)



MODULE PROGRESS

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## 2. Knowledge Check

# Module 13 - Caring for Injuries

## 1. Content

### 1.1 Welcome



The banner features a photograph on the left showing two lifeguards in red caps and white shirts tending to a shirtless man sitting on a concrete ledge. One lifeguard is applying a white bandage to the man's forehead. The background is a blue gradient. In the center, a blue arrow-shaped graphic contains the number '13' and the word 'MODULE' below it. To the right of this graphic, the text 'ELLISEDUCATION SERVICES' is displayed above the title 'Caring for Injuries'. In the bottom right corner, there is a circular button with a play icon and the text 'CLICK TO BEGIN'.

Notes:





## 1.3 Scene Safety and Assessing Injured Guests

### Scene Safety

- ✓ If it is unsafe, do not enter or allow others to enter the scene until it can be made safe. Unsafe scenes include those with toxic substances, live electrical wires, and fire.
- ✓ Some of the more common injuries that occur in the aquatic environment
- ✓ In some cases, you will have to wait for public safety professionals (EMS, fire, police) to make the scene safe.
- ✓ Providing care in the first few minutes following a serious injury can minimize damage and potentially save lives.
- ✓ As part of Scene Safety, follow standard precautions by putting on necessary personal protective equipment before having contact with a guest.



Notes:




## 1.4 Wounds

**Wounds TYPES OF BLEEDING**

**ARTERIAL BLEEDING**

- ✓ Providing emergency care for injuries involving wounds can minimize the damage, reduce the chance of infection, and even save lives for those with
- ✓ Blood spurting from an artery with each heartbeat.
- ✓ When an artery is damaged, it can bleed quickly, causing rapid blood loss that is harder to control than venous or capillary bleeding.
- ✓ This bleeding is easily controlled.



The illustration shows a close-up of a person's forearm with a deep, jagged laceration. Bright red blood is spurting out of the wound in several distinct jets, indicating arterial bleeding. The surrounding skin is pale and shows some bruising.

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Notes:






## 1.5 External Bleeding

### External Bleeding

#### DRESSINGS

- Use a roll of gauze to wrap a bandage in a spiral pattern over the entire dressing. The bandage should be snug but not too tight that it constricts all circulation. This will help maintain pressure on the wound.
- For an amputated body part, such as a finger, toe, or larger limb, stop the bleeding with pressure and bandage.
- If bleeding continues and the gauze becomes soaked, apply a second dressing.
- Retrieve the severed part with a gauze pad, place it in a container such as a plastic bag, and keep the part cool if possible. Then provide the severed part to EMS personnel when they arrive.
- Leave the object in place and stabilize it until EMS personnel arrive. This can be done by holding it in place or by placing rolls of gauze around the object and bandaging it to restrict movement.

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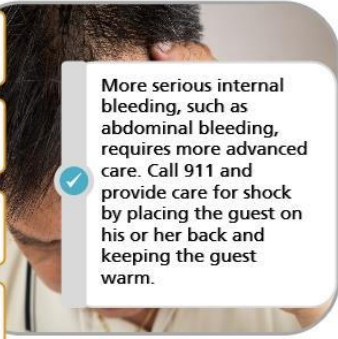


## 1.6 Internal Bleeding

**Internal Bleeding** from common injuries to extremities, such as a bruised leg or twisted ankle, is best cared for by:

- R** Rest. Stop using the injured body part.
- I** Ice. Apply ice for up to 20 minutes.
- C** Compression. Apply an elastic bandage for several hours when possible.
- E** Elevation. Raise an injured limb.

More serious internal bleeding, such as abdominal bleeding, requires more advanced care. Call 911 and provide care for shock by placing the guest on his or her back and keeping the guest warm.



Notes:

## Progress (Slide Layer)

**13** Caring for Injuries: Internal Bleeding

### Internal Bleeding

Internal bleeding from common injuries to extremities, such as a bruised leg or twisted ankle, is best cared for by:

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- I**ce. Apply ice for up to 20 minutes.
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- E**levation. Raise an injured limb.

More serious internal bleeding, such as abdominal bleeding, requires more advanced care. Call 911 and provide care for shock by placing the guest on his or her back and keeping the guest warm.

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## 1.7 Burns

### Burns **ASSESSING THE EXTENT**

- Guests may suffer all three levels of severity during the same incident.
- Burns are more serious on certain parts of the body, such as the head, neck, chest, genitals, hands, and feet.
- Burns are more serious for young children and the elderly.
- damage by counting the approximate number of hands it would
- Care for any burn based on the type of burn, the highest level of severity, and the extent of the burn.

**RULE OF THE HAND**

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## Progress (Slide Layer)

**13** Caring for Injuries: Burns

### Burns **ASSESSING THE EXTENT**

- ✓ Guests may suffer all three levels of severity during the same incident.
- ✓ Burns are more serious on certain parts of the body, such as the head, neck, chest, genitals, hands, and feet.
- ✓ Burns are more serious for young children and the elderly.
- ✓ damage by counting the approximate number of hands it would
- ✓ Care for any burn based on the type of burn, the highest level of severity, and the extent of the burn.



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## 1.8 Caring for Burns

### Caring for Burns **THERMAL**

#### **SECOND DEGREE BURNS, SECOND DEGREE BURNS AND DEGREE BURNS**

- ✓ Stop the burning process and reduce the pain by applying cool water.
- ✓ Stop the burning process and reduce the pain by applying cool water.
- ✓ Do not attempt to remove any clothing stuck to the skin.
- ✓ Cover the burn with a cool, moist dressing and bandage loosely.
- ✓ Care for shock.
- ✓ Call 9-1-1.




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Notes:

## Chemical Burns (Slide Layer)

### Caring for Burns **CHEMICAL**

- ✓ Acids and alkalis are examples of caustic or corrosive chemicals that can result in burns.
- ✓ Organic compounds, including petroleum products can also cause chemical burns.
- ✓ Follow the instructions provided on your Safety Data Sheets (SDS) for the proper care if an incident occurs.
- ✓ Flush the burned area with a large amount of water. Flush continuously for up to 20 minutes, or until EMS personnel arrive if summoned.
- ✓ If the chemical is a dry powder, brush the powder from the skin, and flush with water.




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## Electrical Burns (Slide Layer)

### Caring for Burns **ELECTRICAL**

- ✓ Exposure to electric current can disrupt normal heart function and cause internal injuries as well as burns. A guest with an electrical burn may have more than one burn. This situation is known as an entrance and exit wound.
- ✓ Always make sure the source of any electric burn has been controlled.
- ✓ Check responsiveness and breathing and provide CPR and AED if needed. To verify that the power is off, wait until the appropriate safety personnel arrive.
- ✓ Look for entry and exit wounds. If found, cover the wounds loosely with dry, nonstick gauze pads and bandage loosely.
- ✓ Call 9-1-1.



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## Concussion (Slide Layer)

### Head Injuries **CONCUSSION**

**SIGNS FOR CONCUSSION**

- ✓ Concussion is a brain injury, often caused by a blow to the head, that causes a temporary change in brain function.
  - + Loss of consciousness.
  - + Loss of memory.
- ✓ To care for a guest with a possible concussion, position the guest on his or her back and restrict movement of the head and neck, and call 9-1-1.
  - + Problems with vision or balance.
  - + Ringing in the ears.




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## Scalp Wounds (Slide Layer)

### Scalp Wounds

**CARE FOR SCALP WOUNDS**

- ✓ Place a sterile gauze pad (or other clean dressing) over the wound. scalp does not affect the brain
- ✓ Apply direct pressure over the wound to stop the bleeding.
- ✓ Bandage the wound whenever possible.
- ✓ Position the guest on his/her back with the head and shoulders slightly elevated.
- ✓ Call 9-1-1 if bleeding cannot be controlled or the wound is large or deep.



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## Eyes (Slide Layer)

### Eye Injuries ONBIRGEMISINURIE&YE

EYE INJURY	DESCRIPTION	CARE
Blow to the eye	A blow to the eye can result in swelling and discoloration (black eye), or more severe damage that threatens eyesight.	<ul style="list-style-type: none"> <li>Have the guest close the eye and then apply ice or a cold pack to reduce pain and swelling</li> <li>Seek medical care if there is significant pain, vision problems, or discoloration of the eyeball</li> </ul>
Eye Avulsion	A significant blow to the eye can knock the eyeball from its socket.	<ul style="list-style-type: none"> <li>Cover the injured eye loosely with a moist sterile dressing (gauze pad or other clean dressing). Do not place pressure on the eyeball or attempt to replace the eyeball in the socket</li> <li>A paper cup can be held in place over the dressing to further protect the eyeball from injury</li> <li>Have the guest close the uninjured eye</li> <li>Call 9-1-1</li> </ul>
Penetrating Eye Injury	A sharp object can easily penetrate the eyeball. The object may have been withdrawn or	<ul style="list-style-type: none"> <li>If the object remains in the eyeball, apply dressings around the object to movement, and hold the object still</li> </ul>




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## Cheek Nose Mouth (Slide Layer)

### Oral Injuries KONGHEID&UP(AVULSED) TOOTH

- ✓ Place a folded gauze pad in the socket to control bleeding.
- ✓ Locate the missing tooth, hold it by the crown, and rinse it gently.  
If a closed wound is present, apply ice or a cold pack to reduce swelling.
- ✓ Keep the tooth moist until the guest can get to the dentist or to a hospital.
- ✓ If reinsertion is not possible, place the tooth in an emergency tooth preservation kit such as Save-a-Tooth®, Hanks Balanced Salt Solution, coconut water, milk, or a saltwater solution (1 teaspoon salt in 1 quart of water).
- ✓ If no other fluids are available, have the guest spit into a small cup or plastic bag. Place the tooth in the saliva. Take note, it does not matter if there is blood mixed with the saliva.  
contributing to the bleeding.
- ✓ Get the guest to a dentist promptly so the tooth can be successfully replaced in its socket. If more serious injuries exist, call 9-1-1.







## Progress (Slide Layer)

**13** Caring for Injuries: Recap and Preview



**So far you have learned...**

- ✓ Spinal injuries using DOTS
- ✓ Types of hemorrhages and bleeding
- ✓ Blast injuries
- ✓ Airway, burns and head injuries

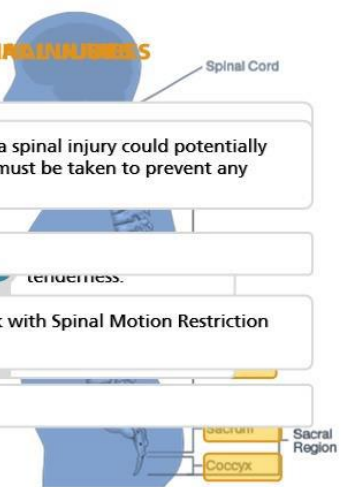
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### 1.11 Spinal Injuries

**Spinal Injuries** **REMEMBER FOR BLENDED LEARNING**



Spinal Cord

- ✓ Additional movement of someone with a spinal injury could potentially damage the spinal cord, so precautions must be taken to prevent any excessive movement.
- ✓ Tell the guest not to attempt to move.
- ✓ Restrict movement of the head and neck with Spinal Motion Restriction (SMR).
- ✓ Call 9-1-1.



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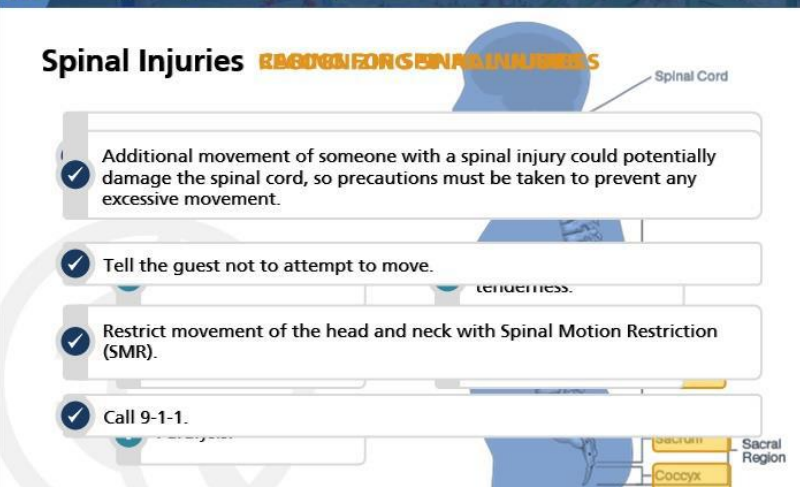
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## Progress (Slide Layer)

**13** Caring for Injuries: Spinal Injuries

### Spinal Injuries **REBORN FOR SPINAL INJURIES**



- ✓ Additional movement of someone with a spinal injury could potentially damage the spinal cord, so precautions must be taken to prevent any excessive movement.
- ✓ Tell the guest not to attempt to move.
- ✓ Restrict movement of the head and neck with Spinal Motion Restriction (SMR).
- ✓ Call 9-1-1.



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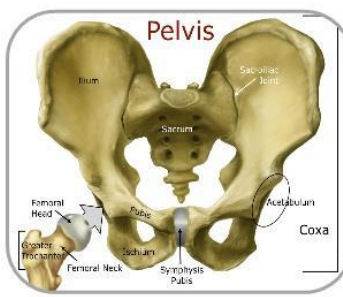
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## 1.12 Pelvic and Hip Injuries

### Pelvic and Hip Injuries **REBORN FOR PELVIC AND HIP INJURIES**

- ✓ Pelvic injuries can range in severity from minor to life-threatening. A pelvic fracture can occur as a result of a high impact injury, such as a motor vehicle collision or fall from a height.
- ✓ Support the guest in the most comfortable position. This may be with the legs bent or straight.
- ✓ Loss of feeling in the
- ✓ Do not attempt to move the legs if the guest complains of pain. within the pelvis. rotated inward, or the
- ✓ Call 9-1-1.
- ✓ susceptible to hip dislocation if the head of the femur (large bone in the upper leg) is displaced out of the joint. This can compromise important nerves in the lower limbs.



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## Progress (Slide Layer)

**13** Caring for Injuries: Pelvic and Hip Injuries

### Pelvic and Hip Injuries

- ✓ Pelvic injuries can range in severity from minor to life-threatening. A pelvic fracture can occur as a result of a high impact injury, such as a motor vehicle collision or fall from a height.
- ✓ Support the guest in the most comfortable position. This may be with the legs bent or straight.
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- ✓ Do not attempt to move the legs if the guest complains of pain within the pelvis.
- ✓ rotated inward, or the
- ✓ Call 9-1-1.
- ✓ susceptible to hip dislocation if the head of the femur (large bone in the upper leg) is displaced out of the joint. This can compromise important nerves in the lower limbs.



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## 1.13 Chest Injuries

### Chest Injuries

- ✓ Control any significant bleeding present in the chest.
- ✓ If a sucking chest wound is present and a dressing and direct pressure are required to stop bleeding, care must be taken to ensure that a blood saturated dressing does not inadvertently occlude the wound.
- ✓ If there is little bleeding with a sucking chest wound, leave the wound exposed.
- ✓ Sucking chest wound. This is recognized by the sound of air being sucked
- ✓ Call 9-1-1.




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## Progress (Slide Layer)

**13** Caring for Injuries: Chest Injuries

### Chest Injuries

- Control any significant bleeding present in the chest.
- If a sucking chest wound is present and a dressing and direct pressure are required to stop bleeding, care must be taken to ensure that a blood saturated dressing does not inadvertently occlude the wound.
- If there is little bleeding with a sucking chest wound, leave the wound exposed.
- sucking chest wound. This is recognized by the sound of air being sucked
- Call 9-1-1.



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## 1.14 Abdomen Injuries

### Abdomen Injuries

- Though rare, injuries that penetrate the abdomen can result in organs protruding from the abdomen. This is a serious condition, known as an abdominal evisceration, that requires immediate care.
- object. The injured area may appear bruised, painful, tender, or tight.
- Place the guest on his or her back with knees bent.
- Place the guest in a comfortable position. This is often on the bed or side.
- Gently cover the protruding organs loosely with a moist, sterile dressing. Do not try to reinsert the organs.
- Care for shock by keeping the guest warm.
- Care for shock by keeping the guest warm.
- Seek medical care and call 9-1-1 for incapacitating injuries.
- Call 9-1-1.




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## Bone Injuries (Slide Layer)

### Bone Injuries **ESSENTENTIAL CARE STEPS**

- Apply an ice or cold pack if possible, to help reduce the swelling and pain.
- If an open fracture is present, do not apply pressure to any protruding bone. Cover the area with a dressing and bandage loosely.
- Call 9-1-1 for any open fractures.
- A sling can also be fashioned using the guest's clothing and a safety pin.
- Do not be able to move the affected limb or bear weight or walk on an injured leg or foot.




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## Muscle Injuries (Slide Layer)

### Muscle Injuries

- Strain** - A strain is an overstretched or partially torn muscle. This occurs to muscles such as the back when heavy objects are lifted improperly. Other common muscle strains involve the legs caused by running.
- Bruise**. A bruise that results from a direct blow to the muscle.
- Cramp**. A cramp is an uncontrolled muscle spasm that can be quite painful.



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## Progress (Slide Layer)


**13** Caring for Injuries: Joint, Bone, and Muscle Injuries

### Joint Injuries

- ✓ Injuries to joints can be sprains or dislocations. A sprain occurs when the ligaments surrounding the joint are stretched or torn. The most common sprains involve the ankles, wrists, and knees.
- ✓ If you believe the joint is dislocated, splint the injured limb as you would a fracture and call 9-1-1.
- ✓ out of the joint, such as the shoulder, elbow, knee, ankle, finger, or toe.
- ✓ If you suspect the joint is only sprained, use the RICE mnemonic described earlier.

Deformity.

Inability to use the affected limb normally.



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## 1.16 Shock

### Shock

- ✓ Position the guest on his or her back whenever possible.
- ✓ If breathing problems exist, the guest will likely need to be supported in a seated or slightly reclined position to make breathing easier.
- ✓ Maintain normal body temperature.
- ✓ Call 9-1-1.



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## Progress (Slide Layer)

### 13 Caring for Injuries: Shock

#### Shock **RECOGNIZING SHOCK**

- ✓ Position the guest on his or her back whenever possible. or confusion. restlessness.
- ✓ If breathing problems exist, the guest will likely need to be supported in a seated or slightly reclined position to make breathing easier.
- ✓ Maintain normal body temperature. resulting in nervous sweat.
- ✓ Call 9-1-1.



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## 1.17 Emergency Moves

### Categories of Emergency Moves **ARRIVES**

- ✓ A carry can be used by one or two rescuers to lift and move the guest. scene cannot be secured, requiring the g
- ✓ This could be a piggyback carry, cradle carry, or two-rescuer seat carry.
- ✓ If a backboard and additional rescuers are readily available, the guest can be placed on the backboard and carried to safety.
- ✓ The surface upon which you must n and smooth, rugged, steps).
- ✓ Whether other responders are available to assiste



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## Progress (Slide Layer)

**13** Caring for Injuries: Triage

### Triage

- ✓ If guests can walk, they can be moved to less crowded areas. These "walkers" can be moved from the scene to designate another area until more rescuers arrive.
- ✓ Move quickly among the guests to quickly assess and treat seriously injured or ill first.
- ✓ Once you have tended to the most serious injuries, move on to those with lesser conditions until you can be taken over.

#### TRIAGE PRIORITY CLASSIFICATION

1. Immediate - Breathing difficulty, severe bleeding, severe burns, shock, or unresponsive
2. Delayed - Less serious burns, bone or joint injuries, back injuries that restrict movement
3. Minor - Minor wounds or bone or joint injuries
4. Deceased - Obviously dead or unlikely to survive due to the extent of injury.

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## 1.19 Summary

### Key Terms

✓ Bandage	✓ Hemostatic Gauze	✓ Splinting
✓ Closed Wound	✓ Open Wound	✓ Sprain
✓ Concussion	✓ Primary Check	✓ Strain
✓ Dislocation	✓ RICE	✓ Sucking Chest Wound
✓ DOTS	✓ Rule of the Hand	✓ Tourniquet
✓ Dressing	✓ Scene Safety	✓ Triage
✓ Emergency Moves	✓ Secondary Check	✓ Spinal Motion Restriction (SMR)
✓ Fracture	✓ Shock	



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Notes:





# Module 14 - Caring for Sudden Illnesses

## 1. Content

### 1.1 Welcome



**14**  
MODULE

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**Caring for Sudden  
Illnesses**

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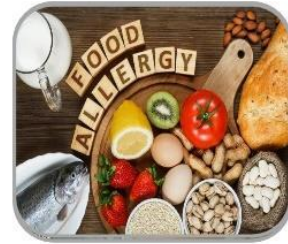
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## 1.3 Allergic Reactions

### Allergic Reactions **CAUSES**

- ✓ Food allergies including milk, eggs, nuts, soy, wheat, fish, and shellfish are the most common cause of allergic reactions, affecting nearly 15 million people annually.
- ✓ Constricting (narrowing) bronchial smooth muscle, causing breathing difficulty.
- ✓ Insect bites and stings.
- ✓ Poisonous plants.
- ✓ Dilating (widening) blood vessels resulting in skin flushing (redness).
- ✓ anaphylaxis.
- ✓ Latex.
- ✓ Dyes used in medical procedures.
- ✓ Infections.
- ✓ Medications such as antibiotics and pain medications.
- ✓ Medications such as antibiotics and pain medications. to spacing outside the blood vessels, causing a decrease in blood volume and dangerously low blood pressure.



Notes:





## 1.4 Epinephrine Auto-Injectors

### Using Epinephrine Auto-Injectors

- Hold the device firmly so that your fingers are not near the needle end of the device and remove the safety cap.
- Massage the injected area for several seconds.
- Place the guest in a recumbent position and hold the lower limb.
- Monitor the guest for improvement. If the guest does not improve in five minutes give a second dose if available.
- Following its use, the auto-injector must be properly discarded in a marked "sharps" container. This can be done by providing the used device to arriving EMS personnel.
- Press the device firmly in place and hold for several seconds according to the manufacturer's instructions.



### Progress (Slide Layer)

#### 14 Caring Sudden Illnesses: Epinephrine Auto-injectors

### Using Epinephrine Auto-Injectors

- Hold the device firmly so that your fingers are not near the needle end of the device and remove the safety cap.
- Massage the injected area for several seconds.
- Place the guest in a recumbent position and hold the lower limb.
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- Press the device firmly in place and hold for several seconds according to the manufacturer's instructions.




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## 1.5 Breathing Emergencies

### Breathing Emergencies **RECOGNITION**

- ✓ Call 9-1-1.
- ✓ Help the guest move into a comfortable breathing position, which is often a seated position.
- ✓ If the condition involves a guest hyperventilating as a result of anxiety, attempt to calm the guest and have the guest hold his or her breath for several seconds and exhale slowly.
- ✓ Guests experiencing breathing difficulty may have a condition such as asthma and have an inhaler for use. Assist the guest in using their prescribed inhaler.
- ✓ Provide supplemental oxygen support, if available, to any guest experiencing significant breathing problems.



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## 1.6 Cold Emergencies

### Hypothermia RECOGNITION

- ✓ Hypothermia is a condition of abnormally low body temperature.
- ✓ Warm the guest gradually, replacing any wet, cold clothing with dry clothing and insulation, and cover the head.
- ✓ confusion and slowing movement.
- ✓ If the guest is alert, provide a sugary, non-alcoholic beverage such as hot chocolate.
- ✓ Call 9-1-1 if the guest's condition is not improving.
- + Exhaustion.
- + Cold skin, even under clothing.



Notes:



## 1.7 Heat Emergencies

### Heat Cramps RECOGNITION

- ✓ Heat cramps are the least serious of the three heat emergencies. Heat cramps are sudden, painful muscle cramps most often occurring in calf or
- ✓ Have the guest stop any strenuous activity.
- ✓ Stretch the affected muscle.
- ✓ Provide water or an electrolyte drink.




Notes:

## Heat Exhaustion (Slide Layer)

### Heat Exhaustion **RECOGNITION**

- ✓ Care for heat exhaustion is aimed at cooling the body and replacing lost water and electrolytes.
- ✓ Have the guest rest in a cool environment.
- ✓ Provide water or a commercial sports drink if the guest is not nauseated.
- ✓ Cool the guest by applying water-soaked towels and a fan if available.
- ✓ Call 9-1-1 if the guest's condition is not improving.




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ability to cool itself is starting to fail. This often results from loss of salt  
ing.

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## Heatstroke (Slide Layer)

### Heatstroke **RECOGNITION**

- ✓ Rapidly cool the guest by any means possible. This can include applying towels saturated with cold water, or applying cold packs to the head, neck, armpits and groin.
- ✓ Call 9-1-1.
- ✓ If the guest is unresponsive and not breathing (or only occasionally gasping), begin CPR.
- ✓ Provide supplemental oxygen support if available.



heavy clothing, such as a trenchcoat, workin

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## Progress (Slide Layer)

**14** Caring Sudden Illnesses: Heat Emergencies

### Heat Cramps **RECOGNITION**

- Heat cramps are the least serious of the three heat emergencies. Heat cramps are sudden, painful muscle cramps most often occurring in calf or
- Have the guest stop any strenuous activity.
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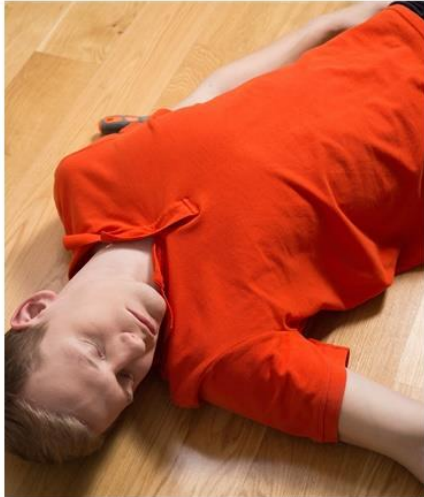
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## 1.8 Fainting

### Fainting **CAREES**

- Position the guest on his or her back on a flat surface.
- Maintain normal body temperature.
- Provide supplemental oxygen support if available.
- Call 9-1-1 if the guest does not quickly regain consciousness, has repeat fainting episodes, or if the guest fainted for no apparent reason.
- Loosen any restrictive clothing.



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## Progress (Slide Layer)

### 14 Caring Sudden Illnesses: Fainting

#### Fainting CABGES

- ✓ Position the guest on his or her back on a flat surface.
- ✓ Maintain normal body temperature.
- ✓ Provide supplemental oxygen support if available.
- ✓ Call 9-1-1 if the guest does not quickly regain consciousness, has repeat fainting episodes, or if the guest fainted for no apparent reason.
- ✓ Loosen any restrictive clothing.



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## 1.9 Heart Attack

#### Heart Attack RECOGNITION

- ✓ Call 9-1-1.
- ✓ Help the guest to rest in the most comfortable position.
- ✓ Breathing difficulty, Chest pain, Sweating
- ✓ If the guest has prescribed heart medication, such as nitroglycerin, assist the guest with its use.
- ✓ If the guest is not allergic to aspirin and is not taking a blood thinner, provide one regular aspirin or two low dose aspirins if available.
- ✓ Provide supplemental oxygen support if having trouble breathing.



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Notes:

## Progress (Slide Layer)

**14** Caring Sudden Illnesses: Heart Attack

### Heart Attack RECOGNITION

- Call 9-1-1.
- Help the guest to rest in the most comfortable position.
- Breathing difficulty. Heart. Sweating.
- If the guest has prescribed heart medication, such as nitroglycerin, assist the guest with its use.
- If the guest is not allergic to aspirin and is not taking a blood thinner, provide one regular aspirin or two low dose aspirins if available.
- Provide supplemental oxygen support if having trouble breathing.




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## 1.10 Recap and Preview




### So far you have learned...

- Disability emergencies
- Elder care emergencies
- Poisoning
- Hypothermia, frostbite, and stroke.
- Fainting and heart attack

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## Progress (Slide Layer)

**14** Caring Sudden Illnesses: Recap and Preview



**So far you have learned...**

- ✓ Diabetic emergencies
- ✓ Dying and near-drowning breathing emergencies
- ✓ Poisoning
- ✓ Hypothermia, frostbite, and stroke.
- ✓ Fainting and heart attack

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### 1.11 Diabetic Emergencies

**Diabetic Emergencies** ~~CARDIOPALMIA~~

- ✓ If you are caring for a responsive diabetic, and you are not sure if the guest is hypoglycemic or hyperglycemic, give sugar. Glucose tablets or gel are often used by diabetics for such an emergency.
- ✓ Other items, such as a can of fruit juice, soda, packets of sugar, or sugar candy can also be used.
- ✓ If hypoglycemia is present, and you have given sugar, the guest's condition often improves in a few minutes.
- ✓ In cases of hyperglycemia, the guest's condition will remain unchanged and the extra sugar will not be harmful.
- ✓ Call 9-1-1 for any unresponsive guest, or for any guest whose condition does not rapidly improve.



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## Progress (Slide Layer)

### 14 Caring Sudden Illnesses: Diabetic Emergencies

#### Diabetic Emergencies **CATEGORIES**

- ✓ If you are caring for a responsive diabetic, and you are not sure if the guest is hypoglycemic or hyperglycemic, give sugar. Glucose tablets or gel are often used by diabetics for such an emergency.
- ✓ Other items, such as a can of fruit juice, soda, packets of sugar, or sugar candy can also be used.
- ✓ If hypoglycemia is present, and you have given sugar, the guest's condition often improves in a few minutes.
- ✓ In cases of hyperglycemia, the guest's condition will remain unchanged and the extra sugar will not be harmful.
- ✓ Call 9-1-1 for any unresponsive guest, or for any guest whose condition does not rapidly improve.



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### 1.12 Drug Emergencies

#### Drug Emergencies

- ✓ Drug emergencies result from the misuse or abuse of medical and non-medical substances.
- ✓ These may be legal substances such as alcohol and pain killers, or illegal substances such as heroin and cocaine.
- ✓ Drug emergencies result from various substances and are classified by the effects they have on the body.

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Notes:

## Hallucinogens (Slide Layer)

**Hallucinogens** RECOGNITION

Hallucinogens are substances that cause changes in self-awareness, perception, sensation and thought. They may cause the user to lose a

- ✓  Fear.
- ✓  Panic.
- ✓  Anxiety.


✓  Tension.

✓  Hallucinations.

✓  Deep depression.

✓  Feeling of paranoia.

✓  Phencyclidine (PCP), piperate (mescaline), and club drugs such as MDMA (Ecstasy).




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## Depressants (Slide Layer)

**Depressants** RECOGNITION

- The odor of alcohol.
- ✓  Slurred, slow, or incomprehensible speech. (CDC), more than 88,000 deaths each year in the United States.
- ✓  Confusion.
- ✓  Slowed actions.
- ✓  Those at highest risk of alcohol poisoning are college students, chronic drinkers, and people who should not be about the effects.
- Dizziness or loss of consciousness.
- Staggering gait or falling.
- Nausea or vomiting.




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## Stimulants (Slide Layer)

### Stimulants RECOGNITION

- ✓ Stimulants increase mental and physical activity.
- ✓ Common products such as energy drinks and power drinks contain stimulants.
- ✓ Cocaine and amphetamine are commonly used stimulants.



- ✓ Flush skin.
- ✓ Nausea.
- ✓ Rapid pulse.
- ✓ High blood pressure.
- ✓ Sweating.
- ✓ Fever.
- ✓ Chest pain.



## Opioids (Slide Layer)

### Opioid (Narcotic) Painkillers


- ✓ It is estimated that more than two million people in the United States suffer from substance use disorders related to prescription pain relievers.
- ✓ Opioids depress the central nervous system resulting in loss of consciousness.
- ✓ To counteract this epidemic involving legal and illegal use of opioids, efforts are underway to provide education to prevent overdoses, and to train people in the use of the medication naloxone to reverse opioid overdose.
- ✓ Morphine, hydrocodone, and oxycodone. These are often sold under brand names.
- ✓ Most states have enacted laws making this medication available without prescription.
- ✓ Heroin is an illegal opioid.



## Care for Drug Emergencies (Slide Layer)

### General Care for Drug Emergencies

- ✓ Ensure that the scene is safe.
- ✓ If the guest is unresponsive, place the guest in the recovery position and call 9-1-1.
- ✓ If the guest is unresponsive and not breathing, begin CPR.
- ✓ If the guest is experiencing breathing difficulty provide supplemental oxygen support if available.



## Naloxone (Slide Layer)

### Naloxone Auto-Injectors for Opioid Overdose

- ✓ Make sure EMS has been contacted.
- ✓ Naloxone is a medication administered to those who overdose on opioids.
- ✓ Follow the instructions that come with the device for proper administration.
- ✓ Follow local response protocols when required.
- ✓ Provide basic life support care such as rescue breathing or CPR with supplemental oxygen support as needed.







## Ingested Poisons (Slide Layer)

**Ingested Poisons** **RECOGNIZING**

- For responsive guests without breathing problems, call the Poison Help line and follow the advice provided.
- This might include diluting the ingested poison with milk or water or inducing vomiting.
- Acids, alkalis, alcohol, and gasoline are examples of some products for which different care is needed.
- Perforated sores such as hand sanitizer, shampoo, and nail polish.
- Call 9-1-1 if the guest is unresponsive or having difficulty breathing.

Navigation icons: CC, Refresh, Pause, Previous, Next

## Inhaled Poisons (Slide Layer)

**Inhaled Poisons** **RECOGNITION**


- To care for a guest who has inhaled a poison, get the guest out of any toxic environment if it is safe for you to enter.
- Check responsiveness and breathing and provide supplemental oxygen support if available.
- Provide CPR if the guest is unresponsive and not breathing normally.
- Call 9-1-1.

Navigation icons: CC, Refresh, Pause, Previous, Next

## Absorbed (Slide Layer)

### Absorbed Poisons **TOXIC PLANTS**

- ✓ Poison ivy, oak, and sumac are the most common types of
- ✓ Place cool, wet compresses on the affected area for 15 to 30 minutes several times a day.
- ✓ Apply a corticosteroid cream, calamine lotion, or commercial
- ✓ Seek medical care if the dermatitis is widespread, affects areas such as face, neck, or genitals, or appears to be infected.
- ✓ Use oral antihistamines, such as diphenhydramine (Benadryl).
- ✓ Corticosteroids such as prednisone, and/or antibiotics may be prescribed to reduce the swelling and irritation.
- ✓ that gets on the skin.




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## Injected (Slide Layer)

### Injected Poisons

✓ Injected poisons can result from a toxic substance in a needle or as a result of bites or stings from:

- ✓ Insects.
- ✓ Marine life.
- ✓ Spiders.
- ✓ Snakes.
- ✓ Ticks.
- ✓ Animals.
- ✓ Scorpions.
- ✓ Humans.




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## Progress (Slide Layer)

**14** Caring Sudden Illnesses: Poisoning

### Poisoning **GENERAL POISON CARE**

- ✓ What poison was the guest exposed to?  
Control Centers in the United States.
- ✓ How much poison was the guest exposed to?  
These centers provide care advice for poisoning incidents and help reduce costly hospital visits through proper in-home care.
- ✓ In what manner was the guest poisoned?
- ✓ Poison centers offer free, confidential advice 24 hours a day, 7 days a week.
- ✓ What is the age and approximate weight of the guest?  
The effects of poisons vary. They can interfere with metabolism, destroy...
- ✓ What care has been provided?



POISON HelP  
1-800-222-1222

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## 1.14 Bites and Stings

### Insect Bites and Stings **CARE**

- ✓ Insects that bite or sting include bees, wasps, hornets, yellow jackets, and fire ants. Remove the stinger as quickly as possible. This prevents the insect from injecting more venom.
- ✓ Reduce itching and swelling by using hydrocortisone cream or an oral antihistamine.
- ✓ Monitor the guest for signs of any severe allergic reaction.
- ✓ Apply a cold pack to reduce pain and swelling.
- ✓ Call 9-1-1 if anaphylaxis occurs and assist the guest with his or her prescribed epinephrine auto-injector if available.
- ✓ Bites and stings often result in an envenomation mark, swelling, and itching.



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## Spider Bite (Slide Layer)

### Spider Bites **RECOGNITION**

- ✓ Wash the site with soap and water and clean it further with an alcohol swab.
- ✓ Apply ice to control swelling and provide some relief from the pain.
- ✓ Provide an over-the-counter pain medication.
- ✓ at the site of the bite and small fang marks may be noticeable.
- ✓ Call 9-1-1.
- ✓ This is usually followed by muscle cramps and severe pain, fever, chills, headache, dizziness, and nausea.




Navigation icons: CC, Refresh, Pause, Previous, Next

## Tick Bite (Slide Layer)

### Tick Bites **RECOGNITION**

- ✓ Grasp the tick as close to the skin as possible with tweezers. Lift gently and hold with the skin tented until the tick releases.
- ✓ Advise the guest to watch for rashes, flu-like signs, or joint discomfort over the next 30 days.
- ✓ transmitting a disease is increased.
- ✓ Seek medical care if these signs occur. Treatment for tick diseases involves prescribed antibiotics.
- ✓ Apply hydrocortisone cream for any itching.




Navigation icons: CC, Refresh, Pause, Previous, Next

## Scorpion Bite (Slide Layer)

### Scorpion Stings RECOGNITION

- ✓ Wash the site with soap and water.  
scorpion's tail contains the stinger that injects a toxin.
- ✓ Apply a cold pack.
- ✓ Though most scorpions in the United States are harmless, the
- ✓ Seek medical care.



Navigation icons: CC, Refresh, Pause, Previous, Next

## Human Bites (Slide Layer)

### Human Bites RECOGNITION


- ✓ Clean a minor wound with soap and water, apply antibiotic ointment, and cover the wound with a clean dressing.  
spores of bacteria contained in human mouths.
- ✓ If the area is bleeding heavily, apply direct pressure with a clean dressing until the bleeding is controlled.
- ✓ A minor wound from a human bite can become infected and
- ✓ Seek medical attention for any deep bites.

Navigation icons: CC, Refresh, Pause, Previous, Next

## Animal Bites (Slide Layer)

**Animal Bites** **RECOGNITION**



- ✓ In unvaccinated humans, rabies is almost always fatal after serious signs have developed.
- ✓ Vaccination after exposure is highly successful in preventing the disease if administered within a few days of infection.
- ✓ Care for animal bites is the same as for human bites. Seek medical assistance for any serious wounds from any animal that could be rabid, and report bites to local law enforcement personnel.



## Marine Animal Bites (Slide Layer)

**Marine Animal Bites** **STINGRAYS**



- ✓ Unsuspecting guests accidentally step on them, resulting in a laceration, puncture or impaled object wound as the stingray flicks its barbed tail. Most wounds are inflicted to the feet and ankles of guests.
- ✓ Call 9-1-1 at the first signs of anaphylaxis.
- ✓ Flush the injured area to help remove any debris.
- ✓ Immerse the injured part in hot water to neutralize the venom and reduce pain.
- ✓ Seek medical care. The wound of a stingray can have pieces of barb and become infected. The wound may also need sutures.



## Snake Bites (Slide Layer)

### Snakebites **REDEEMING**

- ✓ Get the guest away from the snake. Do not try to capture or kill the snake.
- ✓ Limit movement of the guest.
- ✓ Wash the wound and cover with a clean dressing.
- ✓ The coral snake is not a pit viper and does not have large fangs.
- ✓ Immobilize any bitten limb.
- ✓ Apply an elastic bandage over an affected limb to help slow the spread of the venom.
- ✓ Call 9-1-1.



## Progress (Slide Layer)

### 14 Caring Sudden Illnesses: Bites and Stings

### Insect Bites and Stings **CARE**

- ✓ Insects that bite or sting include bees, wasps, hornets, yellow jackets, and fire ants. For bee stings, remove the stinger as quickly as possible. This helps reduce the amount of venom injected.
- ✓ Reduce itching and swelling by using hydrocortisone cream or an oral antihistamine.
- ✓ Monitor the guest for signs of any severe allergic reaction.
- ✓ Apply a cold pack to reduce pain and swelling.
- ✓ Call 9-1-1 if anaphylaxis occurs and assist the guest with his or her prescribed epinephrine auto-injector if available.
- ✓ Bites and stings often result in an envenomation mark, swelling, and itching.



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## 1.15 Pregnancy Complications

### Pregnancy Complications **RECOGNITION**

- ✓ Pregnancy complications require the attention of medical professionals. Call 9-1-1.  
heavy vaginal bleeding.
- ✓ For vaginal bleeding or severe abdominal pain or cramps, place the guest on her left side.
- ✓ If vaginal bleeding is present, have the guest place a sanitary napkin or other sterile dressing over the opening of the vagina.
- ✓ Do not discard any blood-soaked dressings or tissue that is passed. Save these for EMS personnel to take with the guest to the hospital for further evaluation.



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## Progress (Slide Layer)

### 14 Caring Sudden Illnesses: Seizures

#### Seizures **RECOGNITION**

- Protect the guest from injury by moving any items away that might cause harm, such as sharp objects.
- Roll the guest onto one side (recovery position) to help keep the airway clear.
- Protect the head from injury if convulsions are present by placing a soft object, such as a folded towel, under the guest's head.
- Call 9-1-1.
- A guest may have early warning signs (aura) of an impending seizure.
- Provide supplemental oxygen support if available.



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## 1.17 Stroke

### Stroke **RECOGNITION**

Ischemic Stroke      Brain Stroke      Hemorrhagic Stroke

- Facial droop. Ask the guest to smile and see if one side of the face is drooping.
- Call 9-1-1.
- Have the guest rest in the most comfortable position. This position is often lying on the back with head and shoulders elevated.
- Speech difficulty. Listen to the guest speaking.
- If vomiting occurs, roll the guest onto his/her side (recovery position) to keep the airway clear.
- Time to call 9-1-1.



Ischemic Stroke: blocked or ruptured arteries in the brain

Hemorrhagic Stroke: Rupture of blood vessels; leakage of blood

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Notes:

## Progress (Slide Layer)

**14 Caring Sudden Illnesses: Stroke**

### Stroke RECOGNITION

Ischemic Stroke      Brain Stroke      Hemorrhagic Stroke

Facial droop. Ask the guest to smile and see if one side of the face is disrupted due to blocked or ruptured arteries in the brain.


Call 9-1-1.

Have the guest rest in the most comfortable position. This position is often lying on the back with head and shoulders elevated.

Speech difficulty. Listen to the guest speaking.

If vomiting occurs, roll the guest onto his/her side (recovery position) to keep the airway clear.

Time to call 9-1-1.



of blood flow to affected area      Rupture of blood vessels; leakage of blood

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## 1.18 Chart Review

### First Aid Recognition and Care Matrix CHART 1 OF 3

<b>Bites / Stings</b> (Insect or spider)	Redness Swelling Pain, cramping Itching Embedded tick	Remove any embedded tick or stinger. Clean the site. Cool the site to reduce pain. Apply hydrocortisone ointment for itching. Call 9-1-1 for black widow or brown recluse spider bites.
<b>Bites / Stings</b> (Marine life)	Redness Swelling Pain Bleeding	Jellyfish: Remove tentacles; rinse immediately in sea water; immerse in hot water. Stingray: Control any bleeding; immerse in hot water. Shark/barracuda: Control bleeding. Call 9-1-1 / Seek medical care.
<b>Burns</b>	Red, swollen skin: 1 <sup>st</sup> Degree With blistering: 2 <sup>nd</sup> Degree Charred: 3 <sup>rd</sup> Degree	Stop the burning process. Brush off any dry chemicals and apply cool water. 1 <sup>st</sup> Degree: Apply skin moisturizer with aloe or similar product. 2 <sup>nd</sup> & 3 <sup>rd</sup> Degree: Call EMS, loosely bandage with sterile dressing.
<b>Closed Wounds</b>	Tender, painful, swelling Bruising, discoloration Stiffness, reduced mobility	R – Rest the injured area, avoiding all unnecessary movement. I – Ice or use cold packs applied for up to 20 minutes. C – Compress with elastic bandage to help control swelling for 2 hours. E – Elevate the injured body part above the heart, if possible.
<b>Cold</b>	Shivering, goose bumps Cold, bluish skin, etc.	Move guest to a warm environment. Remove any wet or cold clothing with dry, warm items.

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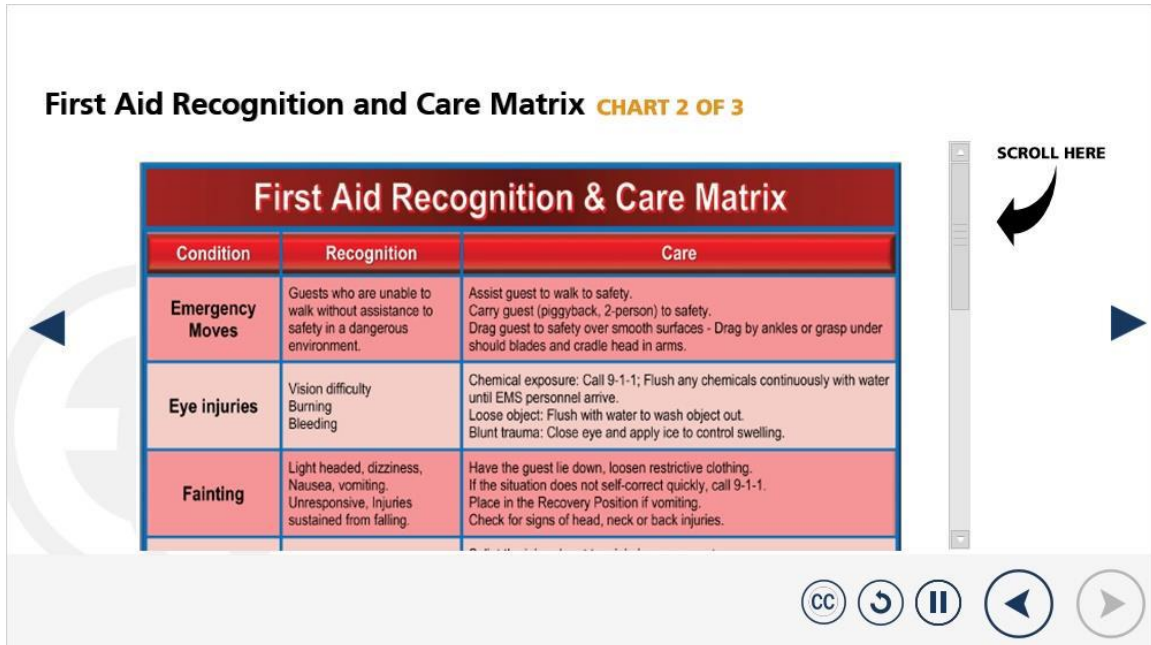
Notes:

### Chart 2 (Slide Layer)

**First Aid Recognition and Care Matrix** CHART 2 OF 3

First Aid Recognition & Care Matrix		
Condition	Recognition	Care
<b>Emergency Moves</b>	Guests who are unable to walk without assistance to safety in a dangerous environment.	Assist guest to walk to safety. Carry guest (piggyback, 2-person) to safety. Drag guest to safety over smooth surfaces - Drag by ankles or grasp under shoulder blades and cradle head in arms.
<b>Eye injuries</b>	Vision difficulty Burning Bleeding	Chemical exposure: Call 9-1-1; Flush any chemicals continuously with water until EMS personnel arrive. Loose object: Flush with water to wash object out. Blunt trauma: Close eye and apply ice to control swelling.
<b>Fainting</b>	Light headed, dizziness, Nausea, vomiting. Unresponsive, injuries sustained from falling.	Have the guest lie down, loosen restrictive clothing. If the situation does not self-correct quickly, call 9-1-1. Place in the Recovery Position if vomiting. Check for signs of head, neck or back injuries.

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## 1.19 Summary

**Key Terms**

✓ Allergic reaction	✓ Heat cramps	✓ Opioids
✓ Anaphylaxis	✓ Heat exhaustion	✓ Poisoning
✓ Asthma	✓ Heat stroke	✓ Safety data sheet
✓ Depressants	✓ Hyperglycemia	✓ Seizure
✓ Fainting	✓ Hypoglycemia	✓ Stimulants
✓ Frostbite	✓ Hypothermia	✓ Stroke
✓ Hallucinogenics	✓ Naloxone	✓ Epinephrine auto-injector
✓ Heart attack	✓ Narcotics	



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Notes:

## Progress (Slide Layer)

**14** Caring Sudden Illnesses: Summary

### Key Terms

<input checked="" type="checkbox"/> Allergic reaction	<input checked="" type="checkbox"/> Heat cramps	<input checked="" type="checkbox"/> Opioids
<input checked="" type="checkbox"/> Anaphylaxis	<input checked="" type="checkbox"/> Heat exhaustion	<input checked="" type="checkbox"/> Poisoning
<input checked="" type="checkbox"/> Asthma	<input checked="" type="checkbox"/> Heat stroke	<input checked="" type="checkbox"/> Safety data sheet
<input checked="" type="checkbox"/> Depressants	<input checked="" type="checkbox"/> Hyperglycemia	<input checked="" type="checkbox"/> Seizure
<input checked="" type="checkbox"/> Fainting	<input checked="" type="checkbox"/> Hypoglycemia	<input checked="" type="checkbox"/> Stimulants
<input checked="" type="checkbox"/> Frostbite	<input checked="" type="checkbox"/> Hypothermia	<input checked="" type="checkbox"/> Stroke
<input checked="" type="checkbox"/> Hallucinogenics	<input checked="" type="checkbox"/> Naloxone	<input checked="" type="checkbox"/> Epinephrine auto-injector
<input checked="" type="checkbox"/> Heart attack	<input checked="" type="checkbox"/> Narcotics	



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## 2. Knowledge Check



# Module 15 - Water Rescues, Responsive Guests

## 1. Content

### 1.1 Welcome



The banner features a photograph of a lifeguard in a blue shirt and cap, reaching out to assist a person in the water. A red life preserver with the 'ELLIS' logo is visible. The background is a solid blue color. The 'ELLISEDUCATION SERVICES' logo is in the top right. A large blue arrow contains the text '15 MODULE'. The title 'Water Rescues for Responsive Guests' is centered. A 'CLICK TO BEGIN' button with a play icon is in the bottom right.

Notes:





## 1.4 Assists

### Assists SITUATIONS

- ✓ Help guests exit an attraction.
- ✓ water, while still maintaining your 10/20 Protection Standard. This is
- ✓ When conducting an assist, you do not necessarily have to activate your emergency action plan (EAP) or complete a rescue report because you are not leaving your zone unattended.
- ✓ Assist weak swimmers who are being pulled backwards while trying to swim out of a current.
- ✓ However, if you're attempting to assist the guest and are unable to maintain the 10/20 Protection Standard, you must activate the EAP and make a rescue.
- ✓ Help guests who are disoriented when exiting a water slide.
- ✓ Aid physically disabled or elderly guests needing assistance.



Notes:






## 1.5 Water Entries

**Water Entries** **The Compact Jump**

- ✓ The compact jump entry is designed to be used in various depths of water and from various heights into the water.  
unprotected, to help a guest in distress.
- ✓ Identify the guest in distress and the water area in front of you and activate the EAP before you jump.  
safety of your guest in distress
- ✓ Hold the rescue tube against your chest with the excess line secure.
- ✓ Jump into the water with your legs together, knees bent, and feet flat (if you submerge, the buoyancy of the tube will bring you quickly to the surface).
- ✓ **Face-in entry** (Entry if a guest with suspected spinal injury is near you).
- ✓ Approach the guest.



Navigation icons: CC, Refresh, Pause, Previous, Next

Notes:

## High Step Layer (Slide Layer)

### Water Entries **High-Step Entry**

If you are working in a zero-depth entry area, such as a wave

✔ The ease-in entry is used to enter shallow water or when a nearby guest has a suspected spinal injury.

✔ Climbing or sliding down a ladder or pool wall into the water causes little water movement and can help to prevent further harm to a guest with suspected spinal injury.

✔ After you reach a water depth that slows you down (e.g. above your knees), release the rescue tube and let it trail behind you as you begin your approach swim.



## Progress (Slide Layer)

### 15 Water Rescues for Responsive Guests: Water Entries

### Water Entries **The Compact Jump**

✔ The compact jump entry is designed to be used in various depths of water and from various heights into the water.

✔ *Approach the guest in distress, unless you are unable to do so safely or if the guest is in a confined space.*

✔ Identify the guest in distress and the water area in front of you and activate the EAP before you jump.

✔ *Keep your hands on the guest at all times.*

✔ Hold the rescue tube against your chest with the excess line secure.

✔ Jump into the water with your legs together, knees bent, and feet flat (if you submerge, the buoyancy of the tube will bring you quickly to the surface).

✔ **Face-in entry** (Entry if a guest with suspected spinal injury is near you).

✔ Approach the guest.



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## 1.8 Responsive Guests On The Surface - Grab and Lift Rescue

### Responsive Guests On The Surface **Grab and Lift Rescue**

- ✓ A guest in distress can be in any depth of water anywhere in the pool.
- ✓ The grab and lift rescue is used with responsive children in shallow water and does not require the use of a rescue tube.
- ✓ the guest as you approach.
- ✓ When you reach the guest, grab the guest under the arms and lift so that the guest's head is out of the water.
- ✓ the water safely, approach the guest quickly, and perform the appropriate rescue based on the situation.
- ✓ Calm the guest while moving the guest to safety.
- ✓ Following any rescue, provide additional care as needed, release the guest if appropriate, and complete a rescue report.



### Progress (Slide Layer)

#### 15 Water Rescues for Responsive Guests: Responsive Guests On The Surface - Grab and Lift Rescue

### Responsive Guests On The Surface **Grab and Lift Rescue**

- ✓ A guest in distress can be in any depth of water anywhere in the pool.
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- ✓ the water safely, approach the guest quickly, and perform the appropriate rescue based on the situation.
- ✓ Calm the guest while moving the guest to safety.
- ✓ Following any rescue, provide additional care as needed, release the guest if appropriate, and complete a rescue report.




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## 1.9 Responsive Guests On The Surface - Front Drive Rescue

### Responsive Guests On The Surface **Front Drive Rescue**

- ✓ The front drive rescue is used when a responsive guest of any size is on the surface of deep water and facing you as you approach.
- ✓ Extend the rescue tube, pushing it slightly under water and into the guest's chest. Shout at the guest to grab the tube.
- ✓ With the guest holding the tube and your arms extended, push and kick to move the guest to safety.
- ✓ Calm the guest while moving the guest to safety.




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### Video Launch (Slide Layer)

### Responsive Guests On The Surface **Front Drive Rescue**

- 2 The front drive rescue is used when a responsive guest of any size is on the surface of deep water and facing you as you approach.
- 2 Extend the rescue tube, pushing it slightly under water and into the guest's chest. Shout at the guest to grab the tube.
- 2 With the guest holding the tube and your arms extended, push and kick to move the guest to safety.
- 2 Calm the guest while moving the guest to safety.

**VIDEO EXTRA**



OPTIONAL VIDEOS FOR DEEPER LEARNING

WATCH NOW MAYBE LATER

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## Video Play (Slide Layer)

Web Object

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<https://www.youtube.com/embed/7qjV7eyK6W4?rel=0>

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## Progress (Slide Layer)








### 15 Water Rescues for Responsive Guests: Responsive Guests On The Surface - Front Drive Rescue

#### Responsive Guests On The Surface **Front Drive Rescue**

- ✓ The front drive rescue is used when a responsive guest of any size is on the surface of deep water and facing you as you approach.
- ✓ Extend the rescue tube, pushing it slightly under water and into the guest's chest. Shout at the guest to grab the tube.
- ✓ With the guest holding the tube and your arms extended, push and kick to move the guest to safety.
- ✓ Calm the guest while moving the guest to safety.



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## 1.11 Responsive Guests On The Surface - Rear Hug Rescue

### Responsive Guests On The Surface **Rear Hug Rescue**

- ✓ The rear hug rescue can be used when a responsive guest of any size is on the surface of deep water and facing away from you as you approach.
- ✓ With the rescue tube under your arms, extend your arms and reach under the guest's arms.
- ✓ Move your head to the side to avoid colliding with the guest as you wrap your arms around the guest's chest or stomach and lift the guest.
- ✓ Calm the guest while moving the guest to safety.




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### Video Launch (Slide Layer)

### Responsive Guests On The Surface **Rear Hug Rescue**

- 2 The rear hug rescue can be used when a responsive guest of any size is on the surface of deep water and facing away from you as you approach.
- 2 With the rescue tube under your arms, extend your arms and reach under the guest's arms.
- 2 Move your head to the side to avoid colliding with the guest as you wrap your arms around the guest's chest or stomach and lift the guest.
- 2 Calm the guest while moving the guest to safety.

**VIDEO EXTRA**



OPTIONAL VIDEOS FOR DEEPER LEARNING

WATCH NOW MAYBE LATER


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## 1.12 Responsive Guests Beneath The Surface - Duck Pluck Rescue

### Responsive Guests Beneath The Surface **Duck Pluck Rescue**

- ✓ The duck pluck rescue can be used when a responsive guest of any size is beneath the surface of the water but within arm's
- ✓ Push the tube into the guest's chest as the guest nears the surface. Shout at the guest to grab the tube. And keep your arm extended to keep the guest at a safe distance.
- ✓ your rescue tube with one hand and reach over the tube with
- ✓ Calm the guest while moving the guest to safety.
- ✓ Grab the guest's arm or hand, lean back, and pull the guest to the surface.




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### Video Launch (Slide Layer)

### Responsive Guests Beneath The Surface **Duck Pluck Rescue**

- 2 The duck pluck rescue can be used when a responsive guest of any size is beneath the surface of the water but within arm's
- 2 Push the tube into the guest's chest as the guest nears the surface. Shout at the guest to grab the tube. And keep your arm extended to keep the guest at a safe distance.
- 2 your rescue tube with one hand and reach over the tube with
- 2 Calm the guest while moving the guest to safety.
- 2 Grab the guest's arm or hand, lean back, and pull the guest to the surface.

#### VIDEO EXTRA



OPTIONAL VIDEOS FOR DEEPER LEARNING

WATCH NOW MAYBE LATER

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## Progress (Slide Layer)



### 15 Water Rescues for Responsive Guests: Responsive Guests Beneath The Surface - Duck Pluck Rescue





#### Responsive Guests Beneath The Surface **Duck Pluck Rescue**

- ✓ The duck pluck rescue can be used when a responsive guest of any size is beneath the surface of the water but within arm's
- ✓ Push the tube into the guest's chest as the guest nears the surface. Shout at the guest to grab the tube. And keep your arm extended to keep the guest at a safe distance.
- ✓ your rescue tube with one hand and reach over the tube with
- ✓ Calm the guest while moving the guest to safety.
- ✓ Grab the guest's arm or hand, lean back, and pull the guest to the surface.



MODULE PROGRESS






## 1.13 Responsive Guests Beneath The Surface - Deep Water Submerged Rescue

### Rescue

#### Responsive Guests Beneath The Surface **Deep Water Submerged Rescue**

- Once you are above the submerged guest, release your rescue tube but keep the strap on. Submerge and surface dive to a position behind the guest.
- Grasp the guest across the chest with one arm and grab the rescue tube strap with your free hand. Pull the strap and feed the excess line to your other hand. The buoyancy of the tube will help you rise quickly to the surface with the guest.  
*In case, you must submerge to reach the guest.*
- Once you reach the surface, continue to hold the guest across the chest. Using your free hand, place the tube against the guest's chest and shout at the guest to grab the tube.
- Calm the guest while moving the guest to safety.




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### Video Launch (Slide Layer)

#### Responsive Guests Beneath The Surface **Deep Water Submerged Rescue**

- Once you are above the submerged guest, release your rescue tube but keep the strap on. Submerge and surface dive to a position behind the guest.
- Grasp the guest across the chest with one arm and grab the rescue tube strap with your free hand. Pull the strap and feed the excess line to your other hand. The buoyancy of the tube will help you rise quickly to the surface with the guest.  
*In case, you must submerge to reach the guest.*
- Once you reach the surface, continue to hold the guest across the chest. Using your free hand, place the tube against the guest's chest and shout at the guest to grab the tube.
- Calm the guest while moving the guest to safety.



**VIDEO EXTRA**  
OPTIONAL VIDEOS FOR DEEPER LEARNING  
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## Progress (Slide Layer)

**15** Water Rescues for Responsive Guests: Responsive Guests Beneath The Surface Deep Water Submerged Rescue

### Responsive Guests Beneath The Surface **Deep Water Submerged Rescue**

- Once you are above the submerged guest, release your rescue tube but keep the strap on. Submerge and surface dive to a position behind the guest.
- Grasp the guest across the chest with one arm and grab the rescue tube strap with your free hand. Pull the strap and feed the excess line to your other hand. The buoyancy of the tube will help you rise quickly to the surface with the guest.
- Once you reach the surface, continue to hold the guest across the chest. Using your free hand, place the tube against the guest's chest and shout at the guest to grab the tube.
- Calm the guest while moving the guest to safety.



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## 1.16 Challenging Rescue Situations - Two - Lifeguard Rescue

### Challenging Rescue Situations **Two - Lifeguard Rescue**

- ✓ Instead of grasping the guest's chest or stomach, the lifeguard performing the rear hug grasps the rescue tube that has been extended into the guest's chest.
- ✓ guest's large size or aggressive behavior, and you are in a multi-
- ✓ This enables the two lifeguards to lock the guest between two rescue tubes providing significant support.
- ✓ hua.
- ✓ Calm the guest while moving the guest to safety.

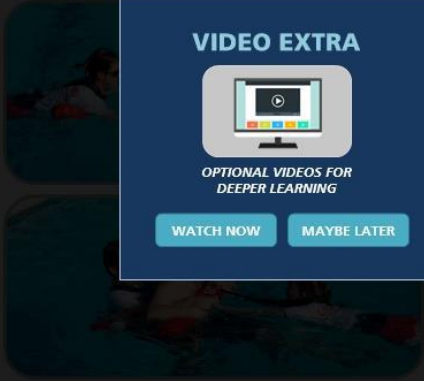


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### Video Launch (Slide Layer)

### Challenging Rescue Situations **Two - Lifeguard Rescue**

- ✓ Instead of grasping the guest's chest or stomach, the lifeguard performing the rear hug grasps the rescue tube that has been extended into the guest's chest.
- ✓ guest's large size or aggressive behavior, and you are in a multi-
- ✓ This enables the two lifeguards to lock the guest between two rescue tubes providing significant support.
- ✓ hua.
- ✓ Calm the guest while moving the guest to safety.



**VIDEO EXTRA**



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### 15 Water Rescues for Responsive Guests: Challenging Rescue Situations – Two-Lifeguard Rescue






#### Challenging Rescue Situations **Two - Lifeguard Rescue**

- ✓ Instead of grasping the guest's chest or stomach, the lifeguard performing the rear hug grasps the rescue tube that has been extended into the guest's chest.
- ✓ guest's large size or aggressive behavior, and you are in a multi-
- ✓ This enables the two lifeguards to lock the guest between two rescue tubes providing significant support.
- hug.
- ✓ Calm the guest while moving the guest to safety.



MODULE PROGRESS






## 1.17 Summary

### Key Terms

- ✓ Assist
- ✓ Compact Jump Entry
- ✓ Deep Water Submerged Rescue
- ✓ Duck Pluck Rescue
- ✓ Ease-In Entry
- ✓ Front Drive Rescue
- ✓ Front Hug Rescue
- ✓ Grab and Lift Rescue
- ✓ High Knee Entry
- ✓ Push Away Technique
- ✓ Rapid Extrication
- ✓ Rear Hug Rescue
- ✓ Rescue
- ✓ Two-Lifeguard Rescue



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Notes:



## Progress (Slide Layer)

**15** Water Rescues for Responsive Guests: Summary

### Key Terms

- ✓ Assist
- ✓ Compact Jump Entry
- ✓ Deep Water Submerged Rescue
- ✓ Duck Pluck Rescue
- ✓ Ease-In Entry
- ✓ Front Drive Rescue
- ✓ Front Hug Rescue
- ✓ Grab and Lift Rescue
- ✓ High Knee Entry
- ✓ Push Away Technique
- ✓ Rapid Extrication
- ✓ Rear Hug Rescue
- ✓ Rescue
- ✓ Two-Lifeguard Rescue



MODULE PROGRESS

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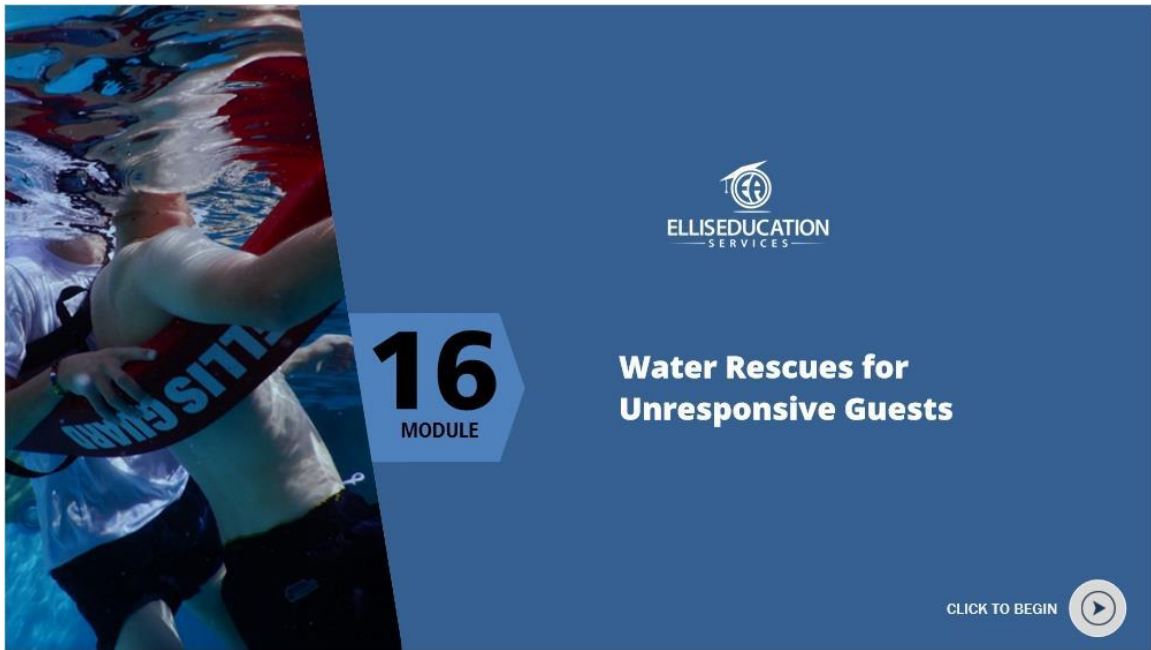
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## 2. Knowledge Check

# Module 16 - Water Rescues, Unresponsive Guest

## 1. Content


### 1.1 Welcome

A banner for Module 16. On the left, a photograph shows a person in a white shirt and dark shorts in the water, holding a red rescue tube. The rest of the banner has a blue background. At the top center is the logo for 'ELLISEDUCATION SERVICES', which consists of a stylized 'E' and 'S' inside a circle. Below the logo, the text 'Water Rescues for Unresponsive Guests' is written in white. To the left of this text is a large white number '16' inside a blue arrow-shaped box pointing right, with the word 'MODULE' written in smaller white text below it. In the bottom right corner, there is a white play button icon inside a circle, with the text 'CLICK TO BEGIN' to its left.

ELLISEDUCATION  
SERVICES

**16**  
MODULE

Water Rescues for  
Unresponsive Guests

CLICK TO BEGIN 

Notes:











## 1.4 Unresponsive Guest Rescues Overview

### Unresponsive Guest Rescues Overview




- ✓ There are 3 different rescues that can be used for an unresponsive guest, based on where the guest is found in the water:
- ✓  Surface — Rear hug rescue for an unresponsive guest.
- ✓  Submerged within arm's reach — Duck pluck rescue for an unresponsive guest.
- ✓  Submerged beyond arm's reach — Deep water submerged rescue for an unresponsive guest.
- ✓ These rescues are similar to those you previously learned for responsive guests. The modifications involve the placement of the rescue tube.






### Progress (Slide Layer)

### 16 Water Rescues for Unresponsive Guests: Unresponsive Guest Rescues Overview

#### Unresponsive Guest Rescues Overview

- ✓ There are 3 different rescues that can be used for an unresponsive guest, based on where the guest is found in the water:
- ✓  Surface — Rear hug rescue for an unresponsive guest.
- ✓  Submerged within arm's reach — Duck pluck rescue for an unresponsive guest.
- ✓  Submerged beyond arm's reach — Deep water submerged rescue for an unresponsive guest.
- ✓ These rescues are similar to those you previously learned for responsive guests. The modifications involve the placement of the rescue tube.


MODULE PROGRESS 



## 1.5 Unresponsive Guest on the Surface - Rear Hug

### Unresponsive Guest on the Surface **Rear Hug**

- ✓ The rear hug rescue for an unresponsive guest can be used for:
  - ✓ As you pull backward, position the rescue tube below the guest's shoulder blades. The guest's head will fall backward with the face out of the water enabling you to assess whether the guest is breathing.
  - ✓ reach under the guest's arms.
- ✓ If the guest is not breathing, signal for assistance, provide in-water care, and move the guest to the closest point for extrication.




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### Video Launch (Slide Layer)

### Unresponsive Guest on the Surface **Rear Hug**

- ✓ The rear hug rescue for an unresponsive guest can be used for:
  - ✓ As you pull backward, position the rescue tube below the guest's shoulder blades. The guest's head will fall backward with the face out of the water enabling you to assess whether the guest is breathing.
  - ✓ reach under the guest's arms.
- ✓ If the guest is not breathing, signal for assistance, provide in-water care, and move the guest to the closest point for extrication.

**VIDEO EXTRA**



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### 16 Water Rescues for Unresponsive Guests: Unresponsive Guests on the Surface – Rear Hug


#### Unresponsive Guest on the Surface **Rear Hug**

- ✓ The rear hug rescue for an unresponsive guest can be used for:
  - As you pull backward, position the rescue tube below the guest's shoulder blades. The guest's head will fall backward with the face out of the water enabling you to assess whether the guest is breathing.
  - reach under the guest's arms.
- ✓ If the guest is not breathing, signal for assistance, provide in-water care, and move the guest to the closest point for extrication.



MODULE PROGRESS






## 1.6 Unresponsive Guest Below the Surface Within Arm's Reach - Duck Pluck

**Unresponsive Guest Below the Surface Within Arm's Reach Duck Pluck**

- Once you are above the submerged guest, hold the center of your rescue tube with one hand and reach over the tube with your other hand.
- Grab the guest's arm or hand, lean back, and pull the guest to the surface.
- Rotate the guest and place the tube against the guest's back, below the shoulder blades. The guest's head will fall backward with the face out of the water making assessment of breathing possible.
- If the guest is not breathing, signal for assistance, provide in-water care, and move the guest to the closest point for extrication.




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### Video Launch (Slide Layer)

**Unresponsive Guest Below the Surface Within Arm's Reach Duck Pluck**

- Once you are above the submerged guest, hold the center of your rescue tube with one hand and reach over the tube with your other hand.
- Grab the guest's arm or hand, lean back, and pull the guest to the surface.
- Rotate the guest and place the tube against the guest's back, below the shoulder blades. The guest's head will fall backward with the face out of the water making assessment of breathing possible.
- If the guest is not breathing, signal for assistance, provide in-water care, and move the guest to the closest point for extrication.



**VIDEO EXTRA**

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## Progress (Slide Layer)




**16** Water Rescues for Unresponsive Guests: Unresponsive Guest Below the Surface Within Arms's Reach

### Unresponsive Guest Below the Surface Within Arm's Reach **Duck Pluck**

- Once you are above the submerged guest, hold the center of your rescue tube with one hand and reach over the tube with your other hand.
- Grab the guest's arm or hand, lean back, and pull the guest to the surface.
- Rotate the guest and place the tube against the guest's back, below the shoulder blades. The guest's head will fall backward with the face out of the water making assessment of breathing possible.
- If the guest is not breathing, signal for assistance, provide in-water care, and move the guest to the closest point for extrication.



MODULE PROGRESS






## 1.8 Caring For An Unresponsive Guest In The Water In-Water Rescue Breathing

**Caring For An Unresponsive Guest In The Water** *In-Water Rescue Breathing*

- ✓ If the guest does not respond to these ventilations, continue rescue breathing (1 breath every 5 seconds for an adult or every 3 seconds for a child) while moving the guest to a safe point for extrication.
- ✓ You will need to act quickly to determine if the guest is needed to start the guest breathing.
- ✓ Remove the guest from the water as soon as possible so that better care can be provided on land.
- ✓ If an unresponsive infant is rescued in the water, in-water care may not be practical. The objective with any unresponsive guest is to open the airway as soon as possible. Rapidly move the infant to the nearest exit point and begin care on land.




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### Video Launch (Slide Layer)

**Caring For An Unresponsive Guest In The Water** *In-Water Rescue Breathing*

- 2 If the guest does not respond to these ventilations, continue rescue breathing (1 breath every 5 seconds for an adult or every 3 seconds for a child) while moving the guest to a safe point for extrication.
- 2 You will need to act quickly to determine if the guest is needed to start the guest breathing.
- 2 Remove the guest from the water as soon as possible so that better care can be provided on land.
- 2 If an unresponsive infant is rescued in the water, in-water care may not be practical. The objective with any unresponsive guest is to open the airway as soon as possible. Rapidly move the infant to the nearest exit point and begin care on land.



**VIDEO EXTRA**

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Breathing


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## Progress (Slide Layer)

**16** Water Rescues for Unresponsive Guests: Caring for an Unresponsive Guest in the Water

### Caring For An Unresponsive Guest In The Water In-Water Rescue Breathing

- ✓ If the guest does not respond to these ventilations, continue rescue breathing (1 breath every 5 seconds for an adult or every 3 seconds for a child) while moving the guest to a safe point for extrication.  
You will need to act quickly to determine if the guest is
- ✓ Remove the guest from the water as soon as possible so that better care can be provided on land.  
needed to start the guest breathing.
- ✓ If an unresponsive infant is rescued in the water, in-water care may not be practical. The objective with any unresponsive guest is to open the airway as soon as possible. Rapidly move the infant to the nearest exit point and begin care on land.



MODULE  
PROGRESS






## 1.10 Rapid Extrication Of An Unresponsive Guest – Pool Edge Technique

**Rapid Extrication Of An Unresponsive Guest** Pool Edge Technique

- ✓ The on-deck lifeguard pulls the backboard while supporting the guest's arm. At the same time, the primary lifeguard pushes the backboard onto the deck. The backboard will move smoothly along the edge as the lifeguards work together.
- ✓ Once out of the water, the lifeguards work together to position the guest at least 6 feet away from the water's edge to safely begin care on land.



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### Video Launch (Slide Layer)

**Rapid Extrication Of An Unresponsive Guest** Pool Edge Technique

- ✓ The on-deck lifeguard pulls the backboard while supporting the guest's arm. At the same time, the primary lifeguard pushes the backboard onto the deck. The backboard will move smoothly along the edge as the lifeguards work together.
- ✓ Once out of the water, the lifeguards work together to position the guest at least 6 feet away from the water's edge to safely begin care on land.

**VIDEO EXTRA**

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## Progress (Slide Layer)




### 16 Water Rescues for Unresponsive Guests: Rapid Extrication of an Unresponsive Guest - Pool Edge Technique

#### Rapid Extrication Of An Unresponsive Guest **Pool Edge Technique**

- ✓ The on-deck lifeguard pulls the backboard while supporting the guest's arm. At the same time, the primary lifeguard pushes the backboard onto the deck. The backboard will move smoothly along the edge as the lifeguards work together.
- ✓ Once out of the water, the lifeguards work together to position the guest at least 6 feet away from the water's edge to safely begin care on land.



MODULE PROGRESS







## 1.12 Summary

**Key Terms**

- ✓ Duck pluck rescue for unresponsive guests
- ✓ Carry-out technique
- ✓ Pool edge technique
- ✓ Rapid extrication
- ✓ Rear hug rescue for unresponsive guests
- ✓ Submerged deep water rescue for unresponsive guests


Notes:

## Progress (Slide Layer)

**16** Water Rescues for Unresponsive Guests: Summary

### Key Terms

- ✓ Duck pluck rescue for unresponsive guests
- ✓ Carry-out technique
- ✓ Pool edge technique
- ✓ Rapid extrication
- ✓ Rear hug rescue for unresponsive guests
- ✓ Submerged deep water rescue for unresponsive guests



MODULE PROGRESS

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## 2. Knowledge Check

# Module 17 - Suspected Spinal Injury

## 1. Content

### 1.1 Welcome

A blue banner for Module 17. On the left, a photograph shows a lifeguard in a white cap and sunglasses attending to a person lying on a lounge chair by a pool. The banner features the Ellise Education Services logo (a stylized 'E' in a circle) at the top center. Below the logo, the text 'ELLISE EDUCATION SERVICES' is displayed. A large blue arrow-shaped graphic contains the number '17' and the word 'MODULE'. To the right of this graphic, the text 'Suspected Spinal Injury' is written in white. In the bottom right corner, the text 'CLICK TO BEGIN' is followed by a circular play button icon.

ELLISE EDUCATION  
SERVICES

**17**  
MODULE

**Suspected Spinal Injury**



CLICK TO BEGIN 

Notes:

## 1.2 Learning Objectives

**Learning Objectives**

- 1 Identify where spinal injuries are most likely to occur in an aquatic facility.
- 2 List signs of a spinal injury.
- 3 Demonstrate how to provide spinal injury care in the water.
- 4 Describe how to provide spinal injury care on land.





## Progress (Slide Layer)

**17 Suspected Spinal Injury: Learning Objectives**

**Learning Objectives**

- 1 Identify where spinal injuries are most likely to occur in an aquatic facility.
- 2 List signs of a spinal injury.
- 3 Demonstrate how to provide spinal injury care in the water.
- 4 Describe how to provide spinal injury care on land.








## 1.4 Recognizing Spinal Injuries

**Recognizing Spinal Injuries** **COMMON CAUSES OCCUR**

- ✓ Head-first entry into shallow water.
- ✓ Colliding with another guest, pool or attraction walls, submerged object, or bottom.
- ✓ Receiving a significant blow to the head, neck or back.
- ✓ Entering the water from an elevated height, such as a high diving board.
- ✓ Striking the water's surface at high speed from a watercraft or surfboard.



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## Face Down (Slide Layer)

**Vise Grip: Guest in Shallow Water** **FACE DOWN**

- ✓ If the guest is face down in the water, you will need to roll the guest face up so that the guest can breathe. This is done while
- ✓ Position yourself near the guest's head.
- ✓ Walk forward and slowly roll the guest face up into the underarm vise grip position.
- ✓ Lower yourself in the water and check responsiveness and breathing.
- ✓ Press the arms firmly against the guest's ears to hold the head in-line with the body.



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## Video Launch (Slide Layer)

**Vise Grip: Guest in Shallow Water** **FACE UP**

- ✓ Position yourself near the guest's head.
- ✓ Grasp the guest's upper arms. Hold the guest's right arm with your right hand and left arm with your left hand.
- ✓ With the guest on his back, slowly move the arms alongside the guest's head.
- ✓ Press the arms firmly against the guest's ears to hold the head in-line with the body.
- ✓ Lower yourself in the water and check responsiveness and breathing.

**VIDEO EXTRA**

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## Progress (Slide Layer)

### 17 Suspected Spinal Injury: Vise Grip: Guest in Shallow Water

#### Vise Grip: Guest in Shallow Water **FACE UP**

- ✓ Position yourself near the guest's head.
- ✓ Lower yourself in the water and prepare to apply the Vise Grip.
- ✓ Grasp the guest's upper arms. Hold the guest's right arm with your right hand and left arm with your left hand.
- ✓ Fully extend your arms and hold the guest's arms.
- ✓ With the guest on his back, slowly move the arms alongside the guest's head.
- ✓ Press the arms firmly against the guest's ears to hold the head in-line with the body.
- ✓ Lower yourself in the water and check responsiveness and breathing.








## 1.9 Vise Grip: Submerged Guest

### Vise Grip: Submerged Guest

- ✓ When you are above the submerged guest, remove your rescue tube and surface dive.
- ✓ A second lifeguard can provide support with the rescue tube for you and the guest in deep water. This can be done by performing a rear hug on the primary lifeguard.
- ✓ Support yourself and the guest using the vise grip technique.
- ✓ While supported, the primary lifeguard can check responsiveness and breathing and move the guest to shallow water if possible.
- ✓ If the guest is not breathing at the surface, alert other rescuers and perform a rapid extrication.




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## Video Launch (Slide Layer)

### Vise Grip: Submerged Guest

- ✓ When you are above the submerged guest, remove your rescue tube and surface dive.
- ✓ A second lifeguard can provide support with the rescue tube for you and the guest in deep water. This can be done by performing a rear hug on the primary lifeguard.
- ✓ Support yourself and the guest using the vise grip technique.
- ✓ While supported, the primary lifeguard can check responsiveness and breathing and move the guest to shallow water if possible.
- ✓ If the guest is not breathing at the surface, alert other rescuers and perform a rapid extrication.





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## Progress (Slide Layer)




### 17 Suspected Spinal Injury: Vise Grip: Submerged Guest

#### Vise Grip: Submerged Guest

- ✓ When you are above the submerged guest, remove your rescue tube and surface dive.
- ✓ A second lifeguard can provide support with the rescue tube for you and the guest in deep water. This can be done by performing a rear hug on the primary lifeguard.
- ✓ Support yourself and the guest using the vise grip technique.
- ✓ While supported, the primary lifeguard can check responsiveness and breathing and move the guest to shallow water if possible.
- ✓ If the guest is not breathing at the surface, alert other rescuers and perform a rapid extrication.



MODULE PROGRESS










## 1.12 Pool Edge Backboarding

### Pool Edge Backboarding

- ✓ The second lifeguard applies the head immobilizer blocks to the sides of the guest's head and secures the head with a forehead strap.
- ✓ must be secured using the head immobilizer, before any can be done. CPR must be transferred back to the primary.
- ✓ The primary lifeguard rechecks straps and moves to the foot of the backboard. The lifeguards work together to slide the backboard along the pool edge and onto the deck.
- ✓ The squeeze play is a technique used to accomplish this. The
- ✓ The lifeguards monitor the guest's condition, maintain normal body temperature, and provide any additional care until EMS personnel arrive. If the guest vomits the lifeguards must tilt the board onto its side while supporting the guest's head.

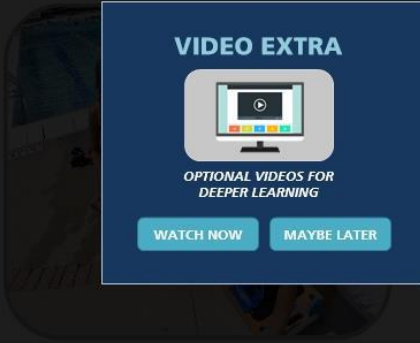


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## Video Launch (Slide Layer)

### Pool Edge Backboarding

- ✓ The second lifeguard applies the head immobilizer blocks to the sides of the guest's head and secures the head with a forehead strap.
- ✓ must be secured using the head immobilizer, before any can be done. CPR must be transferred back to the primary.
- ✓ The primary lifeguard rechecks straps and moves to the foot of the backboard. The lifeguards work together to slide the backboard along the pool edge and onto the deck.
- ✓ The squeeze play is a technique used to accomplish this. The
- ✓ The lifeguards monitor the guest's condition, maintain normal body temperature, and provide any additional care until EMS personnel arrive. If the guest vomits the lifeguards must tilt the board onto its side while supporting the guest's head.



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## Progress (Slide Layer)


**17 Suspected Spinal Injury: Pool Edge Backboarding**


### Pool Edge Backboarding






-  The second lifeguard applies the head immobilizer blocks to the sides of the guest's head and secures the head with a forehead strap.
-  Must be secured using the head immobilizer. Before this can be done, CMB must be transferred back to the primary.
-  The primary lifeguard rechecks straps and moves to the foot of the backboard. The lifeguards work together to slide the backboard along the pool edge and onto the deck.
-  The squeeze play is a technique used to accomplish this. The
-  The lifeguards monitor the guest's condition, maintain normal body temperature, and provide any additional care until EMS personnel arrive. If the guest vomits the lifeguards must tilt the board onto its side while supporting the guest's head.



MODULE PROGRESS





## 1.13 Team Carry Out Backboarding

### Team Carry Out Backboarding

- ✓ When more than two lifeguards are available, they can work as a team to enter the water, secure the guest to the backboard, and carry the guest out of shallow water such as a zero-depth facility.
- ✓ The primary lifeguard maintains SMR as additional lifeguards submerge the backboard and raise it under the guest.
- ✓ A second lifeguard takes over SMR while others hold the backboard and secure the body straps.
- ✓ SMR is transferred and the head immobilizer is applied.
- ✓ Lifeguards carry guest from the water and provide care on land.



### Video Launch (Slide Layer)

### Team Carry Out Backboarding

- 2 When more than two lifeguards are available, they can work as a team to enter the water, secure the guest to the backboard, and carry the guest out of shallow water such as a zero-depth facility.
- 2 The primary lifeguard maintains SMR as additional lifeguards submerge the backboard and raise it under the guest.
- 2 A second lifeguard takes over SMR while others hold the backboard and secure the body straps.
- 2 SMR is transferred and the head immobilizer is applied.
- 2 Lifeguards carry guest from the water and provide care on land.









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## Progress (Slide Layer)

### 17 Suspected Spinal Injury: Team Carry Out Backboarding

#### Team Carry Out Backboarding

- When more than two lifeguards are available, they can work as a team to enter the water, secure the guest to the backboard, and carry the guest out of shallow water such as a zero-depth facility.
- The primary lifeguard maintains SMR as additional lifeguards submerge the backboard and raise it under the guest.
- A second lifeguard takes over SMR while others hold the backboard and secure the body straps.
- SMR is transferred and the head immobilizer is applied.
- Lifeguards carry guest from the water and provide care on land.



MODULE PROGRESS







## 1.14 Slide Run-Out Backboarding

### Slide Run-Out Backboarding

- ✓ Roll the guest onto the backboard and secure the body straps.
- ✓ The primary lifeguard transfers SMR to another lifeguard and applies the head immobilizer.  
guest's head with the body.
- ✓ Work as a team to safely lift and remove the guest from the slide run-out.
- ✓ guest's head will rest on the immobilization pad when rolled onto the backboard.



### Progress (Slide Layer)

#### 17 Suspected Spinal Injury: Slide Run-Out Backboarding

### Slide Run-Out Backboarding

- ✓ Roll the guest onto the backboard and secure the body straps.
- ✓ The primary lifeguard transfers SMR to another lifeguard and applies the head immobilizer.  
guest's head with the body.
- ✓ Work as a team to safely lift and remove the guest from the slide run-out.
- ✓ guest's head will rest on the immobilization pad when rolled onto the backboard.



MODULE  
PROGRESS



## 1.15 Special Situations: Seated or Standing Guests

### Special Situations: Seated or Standing Guests

✓ If a guest with a possible spinal injury is standing in shallow water or on land apply SMR in the same manner as seated guests to prevent further injury until EMS personnel arrive.

✓ If the guest feels weak or dizzy, additional lifeguards can assist you to lower the guest slowly onto his/her back. In the water the guest can be lowered onto a backboard. On land the guest can be lowered to the ground.



### Progress (Slide Layer)

#### 17 Suspected Spinal Injury: Special Situations - Seated or Standing Guests

### Special Situations: Seated or Standing Guests

✓ If a guest with a possible spinal injury is standing in shallow water or on land apply SMR in the same manner as seated guests to prevent further injury until EMS personnel arrive.

✓ If the guest feels weak or dizzy, additional lifeguards can assist you to lower the guest slowly onto his/her back. In the water the guest can be lowered onto a backboard. On land the guest can be lowered to the ground.



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PROGRESS



## 1.16 Summary



**Key Terms**

- ✓ Backboard
- ✓ Backboarding
- ✓ Spinal Motion Restriction (SMR)
- ✓ Mechanism of Injury (MOI)
- ✓ Head immobilizer
- ✓ Overarm vise grip
- ✓ Squeeze play
- ✓ Underarm vise grip

A photograph of a man in a white polo shirt with a blue logo, dark pants, and a blue fanny pack, standing with his arms crossed.

Navigation icons: CC, refresh, pause, back, forward.

Notes:





# Module 18 - Open Water Lifeguarding

## 1. Content

### 1.1 Welcome



Notes:





## 1.4 The Designated Swimming Area

**The Designated Swimming Area** **10/3-MINUTE PROTECTION**

- ✓ The entire surface area of a zone can be seen by a lifeguard at the designated duty station within 10 seconds.
- ✓ Following a pre-determined search and rescue, the entire bottom of each zone can be searched in 3-minutes or less, utilizing a minimum number of facility staff trained in the procedure.
- ✓ Open water facilities will validate their swimming zones periodically to confirm that the 10/3-Minute Protection™ Standard can be applied whenever the facility is in operation.
- ✓ This regular validation also allows you to frequently practice your facility's bottom search procedure, which will enhance your confidence and effectiveness in a real emergency.

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## Progress (Slide Layer)

**18** Open Water Lifeguarding: The Designated Swimming Area

### The Designated Swimming Area **10/3-MINUTE PROTECTION**

- ✓ The entire surface area of a zone can be seen by a lifeguard at the designated duty station within 10 seconds.
- ✓ Following a pre-determined search and rescue, the entire bottom of each zone can be searched in 3-minutes or less, utilizing a minimum number of facility staff trained in the procedure.
- ✓ Open water facilities will validate their swimming zones periodically to confirm that the 10/3-Minute Protection™ Standard can be applied whenever the facility is in operation.
- ✓ This regular validation also allows you to frequently practice your facility's bottom search procedure, which will enhance your confidence and effectiveness in a real emergency.

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## 1.5 10/3-Minute Protection Standard

### 10/3-Minute Protection™ Standard **3-Minute Bottom Search Guest Search**

Vigilance	Recognition	Response
Surveillance of your zone utilizing scanning strategies	Recognition of a guest in distress	Readiness to immediately perform a rescue or missing guest search
Attentiveness to both the water and the beach in your zone	Awareness of guest behavior and characteristics before they enter the water	Enforcement of facility rules and policies and issuing lifejackets. Opportunity for positive interactions
Being alert to the needs of other lifeguards	Understanding when others need help, and your role in the EAP	When the EAP is activated, clearing your zone or transferring supervision to another and providing needed assistance




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## Progress (Slide Layer)

**18** Open Water Lifeguarding: The 10/3-Minute Protection™ Standard

### 10/3-Minute Protection™ Standard 3-10 (Rescue/Missing Guest Search)

Vigilance	Recognition	Response
Surveillance of your zone utilizing scanning strategies	Recognition of a guest in distress	Readiness to immediately perform a rescue or missing guest search
Attentiveness to both the water and the beach in your zone	Awareness of guest behavior and characteristics before they enter the water	Enforcement of facility rules and policies and issuing lifejackets. Opportunity for positive interactions
Being alert to the needs of other lifeguards	Understanding when others need help, and your role in the EAP	When the EAP is activated, clearing your zone or transferring supervision to another and providing needed assistance




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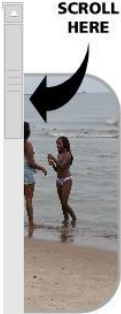
## 1.6 Managing Guest Safety – Water and Bottom Conditions

### Managing Guest Safety - Water and Bottom Conditions

**Table 18.2 Water Conditions**

Condition	Recognition	Actions
Higher than normal waves	Wave action is unusual for your swimming area affecting ability of guests to swim/move comfortably in the water	Adjust warning flags for changing conditions. Advise caution for younger guests and weak swimmers, confirm lifejackets in use. If it appears to be unsafe, a temporary closure may be needed
Rip current	Channel of discolored water (bottom sand is often churned), area on either side of channel has strong waves breaking, clear	If suspected, warn swimmers to avoid the area. Temporarily close the zone affected until current dissipates. If guests are caught in the current but

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## Progress (Slide Layer)

**18** Open Water Lifeguarding: Managing Guest Safety - Water and Bottom Conditions

### Managing Guest Safety - Water and Bottom Conditions

**Table 18.2 Water Conditions**

Condition	Recognition	Actions
Higher than normal waves	Wave action is unusual for your swimming area affecting ability of guests to swim/move comfortably in the water	Adjust warning flags for changing conditions. Advise caution for younger guests and weak swimmers, confirm lifejackets in use. If it appears to be unsafe, a temporary closure may be needed
Rip current	Channel of discolored water (bottom sand is often churned), area on either side of channel has strong waves breaking, clear	If suspected, warn swimmers to avoid the area. Temporarily close the zone affected until current dissipates. If guests are caught in the current but

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MODULE PROGRESS

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## 1.7 Managing Guest Safety – Inclement Weather

### Managing Guest Safety – Inclement Weather

**Table 18.3 Weather Conditions**

Condition	Recognition	What this may mean
Large clouds in the distance	Tall fluffy white and gray clouds, thunderheads. Monitor lightning detection devices and / or weather radio	A possible thunderstorm is on its way. May need to change condition flags to Red/Yellow and plan to clear the area
Thunder / Lightning	If thunder is heard, look for lightning. Estimate distance of lightning and thunder through a count. Monitor lightning detection devices and / or weather radio	If lightning is determined to be in the area (or within an unacceptable distance from the facility), clear the water and beach area until conditions are safe
High wind	Higher waves, white caps, sand and debris blown into the air	Wind gusts may pass quickly, but sustained high wind may require

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## Progress (Slide Layer)

**18** Open Water Lifeguarding: Equipment for Open Water Lifeguarding

### Equipment for Open Water Lifeguarding

#### Table 18.4 Open Water Lifeguarding Equipment

Equipment	How It is Used
Binoculars	To provide a closer look at the zone extremes, check on the status of a guest, or evaluate approaching weather.
Fins	Used for added speed during water rescue emergency procedures and for underwater searches in deeper water. Fins should be placed on your feet upon entering the water.
Drag Nets	Drag nets are used to help search for a missing guest in shallow water. These devices are created by modifying a volleyball net or similar netting with weights, secured between two poles. Each pole is handled by a designated lifeguard to allow for the sweep of the bottom of a zone being searched. If the

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## 1.9 Open Water Rescues - Responding from the Beach

### Open Water Rescues - Responding from the Beach

- ✓ Signal to other lifeguards if the guest has submerged so that they can alter their EAP response accordingly.
- ✓ your own safety.
- ✓ Depending upon water depth and current, you may attempt to locate the guest below the surface using a deep-water rescue similar to what is utilized in a swimming pool. However, visibility may be variable, so having goggles or a mask may be needed.
- ✓ Reconfirm the location of the guest in distress and swim quickly to the guest.
- ✓ If the guest cannot be immediately located by the responding lifeguard, then a missing guest search will be required. We will look at this type of search later.
- ✓ location where the guest was last spotted.

ie EAP



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## Shallow (Slide Layer)

### Missing Guest Search **SHALLOW WATER**



- ✓ The net is opened and pulled tight by multiple lifeguards.
- ✓ The team moves in a straight line, at an established pace toward the opposite side of the zone.
- ✓ This procedure is repeated until the shallow area of the zone is completely searched or the guest is found.
- ✓ Once at the opposite side, the lifeguards reposition themselves deeper, overlapping the previously searched area by a few feet.



## Deep (Slide Layer)

### Missing Guest Search **DEEP WATER**

- ✓ The team performs another surface dive, bottom search and surfaces after the designated number of strokes.
- ✓ If it is known that the guest was last seen in the deeper area of the zone, the search should begin near that last known location. The center of the line of searchers should correspond to the point last seen before the guest submerged. If a current is present, the direction of the search should follow the direction of the current.
- ✓ This will continue until the entire deep area of the zone is searched or the guest is found.







# Module 19 - Putting It All Together

## 1. Content

### 1.1 Welcome



**19**  
MODULE

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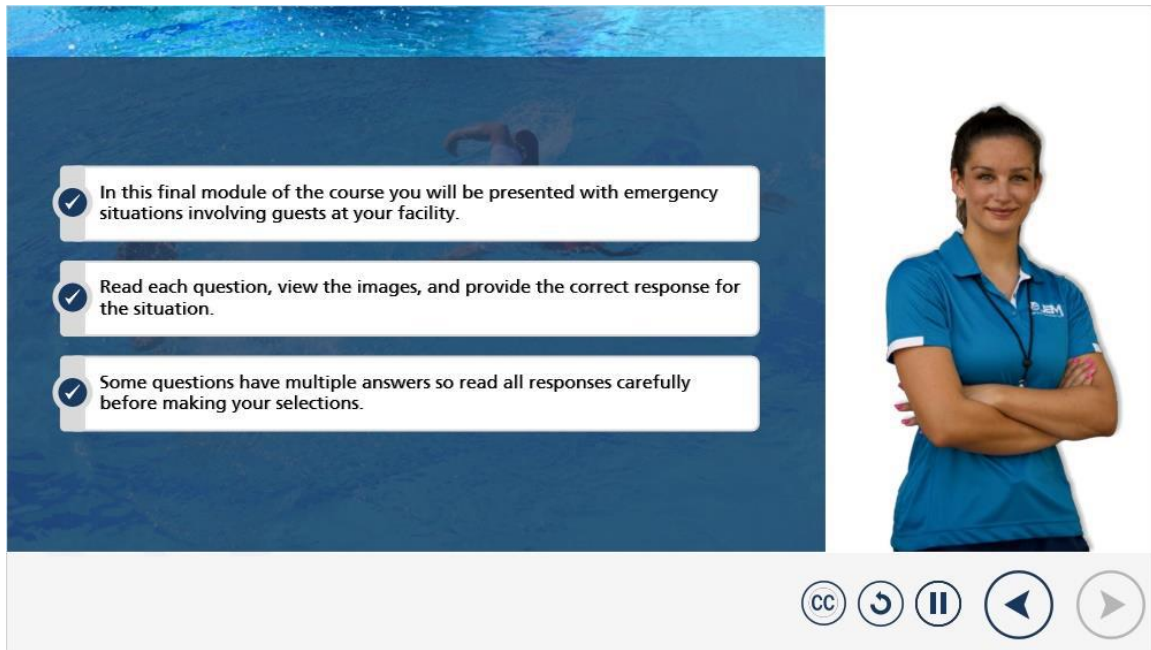
**Putting It All  
Together**

CLICK TO BEGIN 

Notes:



## 1.2 Introduction

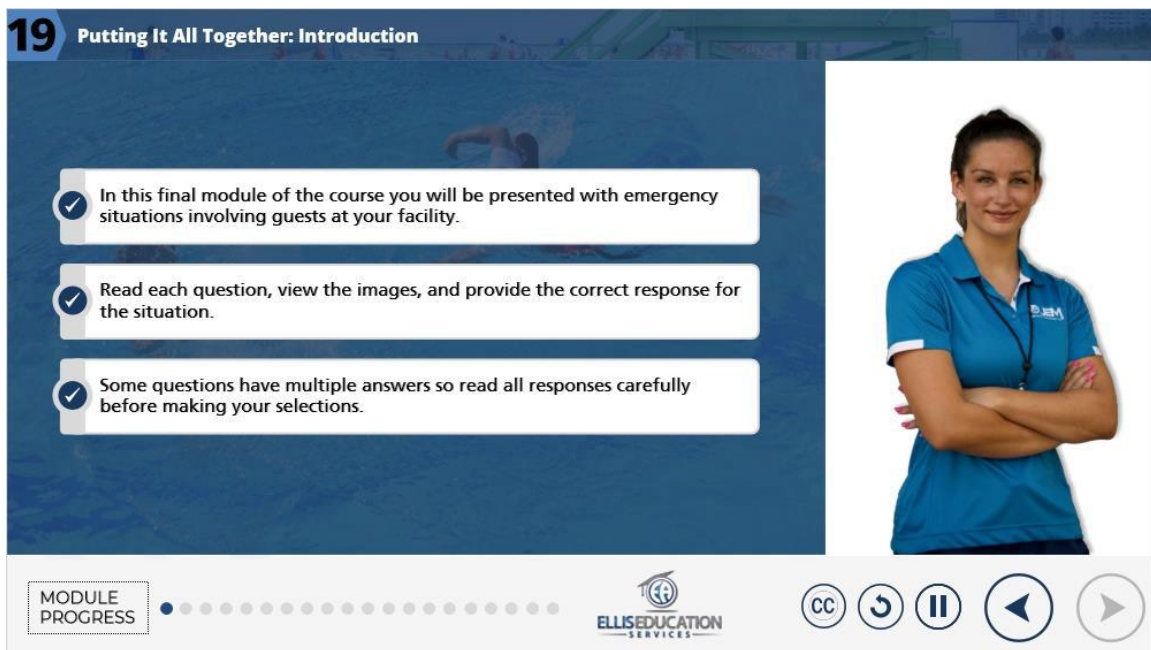


This slide features a background image of a swimmer underwater. On the right side, there is a portrait of a woman in a blue polo shirt with her arms crossed. The main content area contains three white text boxes with checkmarks:

- ✓ In this final module of the course you will be presented with emergency situations involving guests at your facility.
- ✓ Read each question, view the images, and provide the correct response for the situation.
- ✓ Some questions have multiple answers so read all responses carefully before making your selections.

At the bottom right, there is a navigation bar with icons for Creative Commons (CC), a refresh symbol, a pause symbol, a left arrow, and a right arrow.

## Progress (Slide Layer)



This slide is titled "19 Putting It All Together: Introduction" in the top left corner. It features the same background image of a swimmer and the woman in the blue polo shirt as the previous slide. The main content area contains three white text boxes with checkmarks:

- ✓ In this final module of the course you will be presented with emergency situations involving guests at your facility.
- ✓ Read each question, view the images, and provide the correct response for the situation.
- ✓ Some questions have multiple answers so read all responses carefully before making your selections.

At the bottom left, there is a "MODULE PROGRESS" indicator with a series of dots, the first of which is filled. In the center, there is the "ELLISEDUCATION SERVICES" logo. At the bottom right, there is a navigation bar with icons for Creative Commons (CC), a refresh symbol, a pause symbol, a left arrow, and a right arrow.

## 2. Scenario 1

**2.1 While scanning your zone you see this guest in deep water. You determine that this guest is...**

While scanning your zone you see this guest in deep water. You determine that this guest is...


DRAG CORRECT RESPONSE TO THE EMPTY BOX BELOW.

Treading water

Swimming

Actively drowning

Passively drowning



▶

Correct	Choice
	Treading water
	Swimming
X	Actively drowning
	Passively drowning



**2.2 After determining the guest is actively drowning what should your next action be?**

After determining the guest is actively drowning what should your next action be?


DRAG CORRECT RESPONSE TO THE EMPTY BOX BELOW.

Enter the water

Execute a rescue

Approach stroke

Activate EAP



▶

Correct	Choice
	Enter the water
	Execute a rescue
	Approach stroke
X	Activate EAP





### 2.3 After activating your EAP what is your next action?

After activating your EAP what is your next action?


DRAG CORRECT RESPONSE TO THE EMPTY BOX BELOW.


Enter the water safely

Call for back up

Execute a rescue

Approach the guest





Correct	Choice
X	Enter the water safely
	Call for back up
	Execute a rescue
	Approach the guest



**2.4 You determine you must enter the water from your elevated position.  
How do you enter the water in this situation?**

You determine you must enter the water from your elevated position. How do you enter the water in this situation?


DRAG CORRECT RESPONSE TO THE EMPTY BOX BELOW.

Ease in entry

Compact jump

High knees

Shallow dive



▶


Correct	Choice
	Ease in entry
X	Compact jump
	High knees
	Shallow dive






**2.5 After entering the water using a compact jump you must approach the guest. Which of the following is an acceptable method?**

After entering the water using a compact jump you must approach the guest. Which of the following is an acceptable method?



- Modified sidestroke
- Modified backstroke
- Modified breaststroke
- Modified front crawl



Correct	Choice
	Modified sidestroke
	Modified backstroke
X	Modified breaststroke
X	Modified front crawl

## Progress (Slide Layer)

### 19 Putting It All Together: Scenario 1 (Question 5 of 7)

After entering the water using a compact jump you must approach the guest. Which of the following is an acceptable method?



- Modified sidestroke
- Modified backstroke
- Modified breaststroke
- Modified front crawl

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**2.6 As you approach using a modified breast stroke, the guest is active and facing you. Which rescue should you use?**

As you approach using a modified breast stroke, the guest is active and facing you. Which rescue should you use?

DRAG CORRECT RESPONSE TO THE EMPTY BOX BELOW.


\_\_\_\_\_

Deep water rescue

Rear hug

Duck pluck

Front drive



▶


Correct	Choice
	Deep water rescue
	Rear hug
	Duck pluck
X	Front drive






**2.7 You successfully execute a Front Drive Rescue for an active guest on the surface. How do you continue your care?**

You successfully execute a Front Drive Rescue for an active guest on the surface. How do you continue your care?



- Communicate with the guest
- Move the guest to the nearest safe area
- Follow your protocols to return to duty
- Assess the guest once you get to safety to make certain he is OK

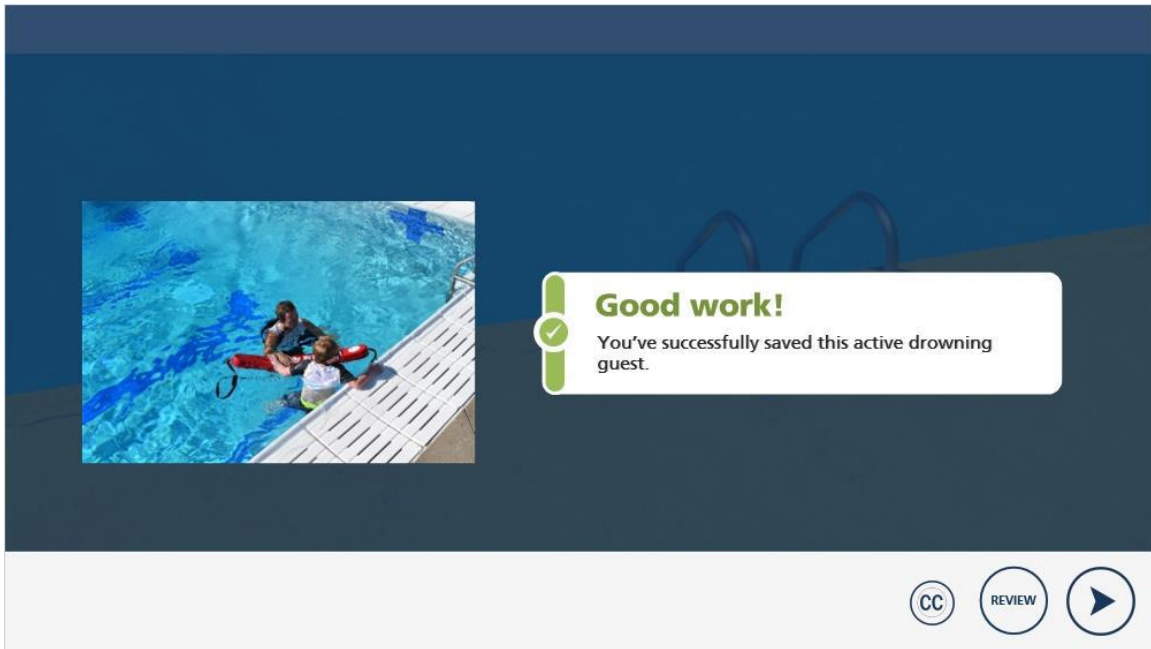


Correct	Choice
X	Communicate with the guest
X	Move the guest to the nearest safe area
X	Follow your protocols to return to duty
X	Assess the guest once you get to safety to make certain he is OK



## 2.8 Scenario 1 Results

(Results Slide, 0 points, 1 attempt permitted)



The screenshot shows a simulation results slide with a dark blue background. On the left, there is a photograph of a lifeguard in a white shirt and dark shorts reaching out to a guest in a red life preserver in a pool. On the right, a white notification box with a green checkmark icon contains the text: "Good work! You've successfully saved this active drowning guest." At the bottom right of the slide, there are three circular icons: a Creative Commons (CC) icon, a "REVIEW" icon, and a play button icon.

Results for
2.1 While scanning your zone you see this guest in deep water. You determine that this guest is...
2.2 After determining the guest is actively drowning what should your next action be?
2.3 After activating your EAP what is your next action?
2.4 You determine you must enter the water from your elevated position. How do you enter the water in this situation?
2.5 After entering the water using a compact jump you must approach the guest. Which of the following is an acceptable method?
2.6 As you approach using a modified breast stroke, the guest is active and facing you. Which



rescue should you use?

2.7 You successfully execute a Front Drive Rescue for an active guest on the surface. How do you continue your care?

### 3. Scenario 2

**3.1 A guest has been swimming laps. He submerges and does not return to the surface. You activate your EAP, enter the water, and approach the guest. What rescue should you use?**

A guest has been swimming laps. He submerges and does not return to the surface. You activate your EAP, enter the water, and approach the guest. What rescue should you use?


DRAG CORRECT RESPONSE TO THE EMPTY BOX BELOW.


Deep water submerged rescue

Rear hug rescue

Duck pluck rescue

Front drive rescue





Correct	Choice
X	Deep water submerged rescue
	Rear hug rescue
	Duck pluck rescue
	Front drive rescue



***airway and assess breathing. The guest is unresponsive and not breathing.  
What must you do next?***

You execute the deep water submerged rescue. The guest is limp as you near the surface. You position the guest on the rescue tube, open the airway and assess breathing. The guest is unresponsive and not breathing. What must you do next?


DRAG CORRECT RESPONSE TO THE EMPTY BOX BELOW.


Wait for other rescuers to assist

Provide rescue breaths while moving the guest to the extrication point

Assess pulse

Provide Spinal motion restriction (SMR)





Correct	Choice
	Wait for other rescuers to assist
X	Provide rescue breaths while moving the guest to the extrication point
	Assess pulse
	Provide Spinal motion restriction (SMR)





***with a backboard. How are you going to remove the guest from the water?***

You provide rescue breathing for the non-breathing guest while moving the guest toward an area where another lifeguard has arrived with a backboard. How are you going to remove the guest from the water?


DRAG CORRECT RESPONSE TO THE EMPTY BOX BELOW.

Pool edge backboarding procedure

Rapid extrication

Grab and lift

Team backboarding



▶

Correct	Choice
	Pool edge backboarding procedure
X	Rapid extrication
	Grab and lift
	Team backboarding

## Progress (Slide Layer)

### 19 Putting It All Together: Scenario 2 (Question 3 of 10)

You provide rescue breathing for the non-breathing guest while moving the guest toward an area where another lifeguard has arrived with a backboard. How are you going to remove the guest from the water?

DRAG CORRECT RESPONSE TO THE EMPTY BOX BELOW.

Pool edge backboarding procedure

Rapid extrication

Grab and lift

Team backboarding



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**3.4 You and a fellow lifeguard use the rapid extrication technique to remove the guest from the water. What is the next thing you should do?**

You and a fellow lifeguard use the rapid extrication technique to remove the guest from the water. What is the next thing you should do?


DRAG CORRECT RESPONSE TO THE EMPTY BOX BELOW.


Document the event on the Incident Report Form

Continue rescue breathing

Clear the airway using manual suction

Assess the guest's breathing and pulse





Correct	Choice
	Document the event on the Incident Report Form
	Continue rescue breathing
	Clear the airway using manual suction
X	Assess the guest's breathing and pulse

## Progress (Slide Layer)

**19** Putting It All Together: Scenario 2 (Question 4 of 10)

You and a fellow lifeguard use the rapid extrication technique to remove the guest from the water. What is the next thing you should do?

DRAG CORRECT RESPONSE TO THE EMPTY BOX BELOW.

- Document the event on the Incident Report Form
- Continue rescue breathing
- Clear the airway using manual suction
- Assess the guest's breathing and pulse



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**3.5 Another lifeguard assesses the guest and determines that he is unresponsive, not breathing, and pulseless. What should be done next?**

Another lifeguard assesses the guest and determines that he is unresponsive, not breathing, and pulseless. What should be done next?


DRAG CORRECT RESPONSE TO THE EMPTY BOX BELOW.


Perform the Heimlich maneuver

Begin CPR

Suction the airway

Apply the AED





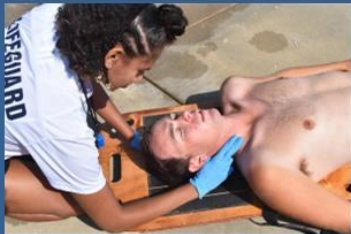
Correct	Choice
	Perform the Heimlich maneuver
X	Begin CPR
	Suction the airway
	Apply the AED


## Progress (Slide Layer)

**19** Putting It All Together: Scenario 2 (Question 5 of 10)


Another lifeguard assesses the guest and determines that he is unresponsive, not breathing, and pulseless. What should be done next?

DRAG CORRECT RESPONSE TO THE EMPTY BOX BELOW.



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**3.6 Two rescuer CPR is underway. A BVM and supplemental oxygen are being prepared. An AED has just arrived. What should be done next for this guest?**

Two rescuer CPR is underway. A BVM and supplemental oxygen are being prepared. An AED has just arrived. What should be done next for this guest?

DRAG CORRECT RESPONSE TO THE EMPTY BOX BELOW.

- Provide 2 minutes of uninterrupted CPR
- Position the guest in the recovery position
- Prepare the guest's chest and apply the AED
- Switch compressors every minute






Correct	Choice
	Provide 2 minutes of uninterrupted CPR
	Position the guest in the recovery position
X	Prepare the guest's chest and apply the AED
	Switch compressors every minute

## Progress (Slide Layer)

**19** Putting It All Together: Scenario 2 (Question 6 of 10)

Two rescuer CPR is underway. A BVM and supplemental oxygen are being prepared. An AED has just arrived. What should be done next for this guest?


*DRAG CORRECT RESPONSE TO THE EMPTY BOX BELOW.*



- Provide 2 minutes of uninterrupted CPR
- Position the guest in the recovery position
- Prepare the guest's chest and apply the AED
- Switch compressors every minute

MODULE  
PROGRESS

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SUBMIT

**3.7 The guest's chest is prepared and the electrode pads are positioned on the chest. What should be done next?**

The guest's chest is prepared and the electrode pads are positioned on the chest. What should be done next?


DRAG CORRECT RESPONSE TO THE EMPTY BOX BELOW.


Administer a shock

Advise everyone to stand clear and allow the AED to analyze the rhythm

Continue CPR until the AED confirms the need to shock

Wait for a supervisor before proceeding

A photograph showing several people gathered around a person lying on a stretcher. One person is using an AED on the person's chest. The scene appears to be outdoors, possibly at a training exercise.



Correct	Choice
	Administer a shock
X	Advise everyone to stand clear and allow the AED to analyze the rhythm
	Continue CPR until the AED confirms the need to shock
	Wait for a supervisor before proceeding





**3.8 After making sure everyone is clear the AED completes its analysis and advises of a need to shock. How do you proceed?**

After making sure everyone is clear the AED completes its analysis and advises of a need to shock. How do you proceed?

DRAG CORRECT RESPONSE TO THE EMPTY BOX BELOW.


\_\_\_\_\_


Wait until 1 minute of CPR is completed

Wait until EMS personnel arrive and authorize you to administer a shock

Push the shock button, or allow the AED to provide the shock automatically.

Recheck the pad placement before shocking

A photograph showing a person lying on a stretcher with an AED pad attached to their chest. Several people in training gear are surrounding the person, some wearing blue gloves, illustrating a CPR/AED training scenario.



Correct	Choice
	Wait until 1 minute of CPR is completed
	Wait until EMS personnel arrive and authorize you to administer a shock
X	Push the shock button, or allow the AED to provide the shock automatically.
	Recheck the pad placement before shocking


## Progress (Slide Layer)


**19** Putting It All Together: Scenario 2 (Question 8 of 10)


After making sure everyone is clear the AED completes its analysis and advises of a need to shock. How do you proceed?



DRAG CORRECT RESPONSE TO THE EMPTY BOX BELOW.

- Wait until 1 minute of CPR is completed
- Wait until EMS personnel arrive and authorize you to administer a shock
- Push the shock button, or allow the AED to provide the shock automatically.
- Recheck the pad placement before shocking

A photograph showing a person lying on a stretcher on the ground, surrounded by several people in training gear. One person is operating an AED on the person's chest. The scene is outdoors on a paved surface.

MODULE PROGRESS 

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**3.9 After successfully providing a shock what should be done next for this guest?**

After successfully providing a shock what should be done next for this guest?

DRAG CORRECT RESPONSE TO THE EMPTY BOX BELOW.


\_\_\_\_\_

Reassess responsiveness, breathing, and pulse

Recharge the AED for an additional shock

Turn off the device to save the battery

Provide 2 minutes of CPR until the AED reanalyzes the rhythm & advises how to proceed



▶

Correct	Choice
	Reassess responsiveness, breathing, and pulse
	Recharge the AED for an additional shock
	Turn off the device to save the battery
X	Provide 2 minutes of CPR until the AED reanalyzes the rhythm & advises how to proceed





**3.10 Team CPR is continued for 2 minutes with supplemental oxygen and BVM provided.**

**During this time the guest suddenly vomits. How do you provide care for the guest?**

Team CPR is continued for 2 minutes with supplemental oxygen and BVM provided. During this time the guest suddenly vomits. How do you provide care for the guest?


DRAG CORRECT RESPONSE TO THE EMPTY BOX BELOW.


Use a jaw thrust to open the airway and finger sweep the mouth

Turn the guest's head to the side and clear the airway using a manual suction device

Do not disrupt CPR

Switch back to rescue breathing using a resuscitation mask.






Correct	Choice
	Use a jaw thrust to open the airway and finger sweep the mouth
X	Turn the guest's head to the side and clear the airway using a manual suction device
	Do not disrupt CPR
	Switch back to rescue breathing using a resuscitation mask.



### 3.11 Scenario 2 Results



**Great job!**  
You successfully clear the guest's airway and then continue CPR. The guest begins breathing on his own as EMS personnel arrive and assume care.

CC REVIEW

Results for
3.1 A guest has been swimming laps. He submerges and does not return to the surface. You activate your EAP, enter the water, and approach the guest. What rescue should you use?
3.2 You execute the deep water submerged rescue. The guest is limp as you near the surface. You position the guest on the rescue tube, open the airway and assess breathing. The guest is unresponsive and not breathing. What must you do next?
3.3 You provide rescue breathing for the non-breathing guest while moving the guest toward an area where another lifeguard has arrived with a backboard. How are you going to remove the guest from the water?
3.4 You and a fellow lifeguard use the rapid extrication technique to remove the guest from the water. What is the next thing you should do?

3.5 Another lifeguard assesses the guest and determines that he is unresponsive, not breathing, and pulseless. What should be done next?

3.6 Two rescuer CPR is underway. A BVM and supplemental oxygen are being prepared. An AED has just arrived. What should be done next for this guest?

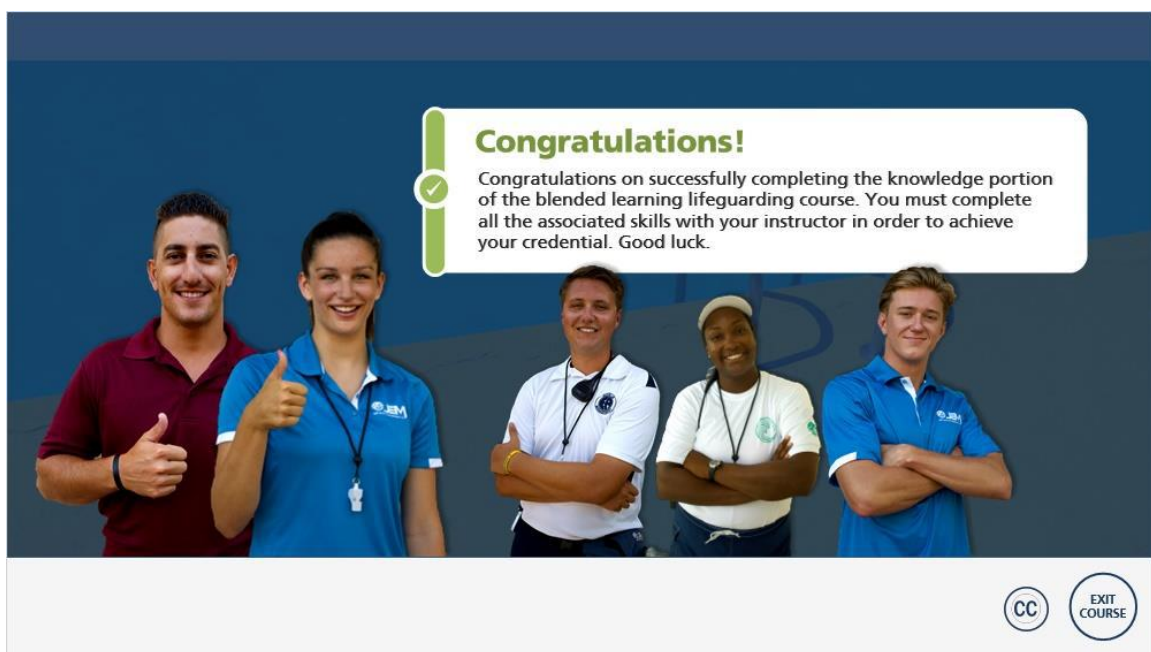
3.7 The guest's chest is prepared and the electrode pads are positioned on the chest. What should be done next?

3.8 After making sure everyone is clear the AED completes its analysis and advises of a need to shock. How do you proceed?

3.9 After successfully providing a shock what should be done next for this guest?

3.10 Team CPR is continued for 2 minutes with supplemental oxygen and BVM provided. During this time the guest suddenly vomits. How do you provide care for the guest?

### 3.12 Course Completion



**Congratulations!**

Congratulations on successfully completing the knowledge portion of the blended learning lifeguarding course. You must complete all the associated skills with your instructor in order to achieve your credential. Good luck.

CC EXIT COURSE