



*Lifeguard Ongoing Training Session Nine*

Can you list a minimum of 5 ways that a Lifeguard can help maintain their own concentration levels?

1

2

3

4

5

Can you list 3 similarities and 3 differences between the vice-grip and head-splint?

Similarities

Differences

1

2

3

Can you list 2 situations in which you may be required to provide rescue breaths via mouth-to-nose?

1

2



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Decide if the following statements are True or False regarding epilepsy

1. There are 600,000 people with epilepsy living in the UK

True

False

2. Seizures cannot be triggered by flashing or flickering lights, or some pattern

True

False

3. Epilepsy is a serious neurological condition that can affect anyone, at any age and from any walk of life

True

False

4. There are around 60 different types of seizure and a person may have more than one type

True

False

5. 1,000 people die in the UK every year because of their epilepsy

True

False

6. If you have ever had a seizure you can never become a Lifeguard

True

False