



## ***Lifeguard Ongoing Training Session One***

Can you list your responsibilities under the health and safety law?

Can you label the following safety signs?



How can lifeguards promote equality and diversity within the workplace?

Step: Evaluate the risks and decide on precautions

Step: Review your assessment and update if necessary

Step: Identify the hazards

Step: Record your findings and implement them

Step: Decide who might be harmed and how



*Lifeguard Ongoing Training Session One*

How would you recognise a spinal injury in the workplace?

What could cause a burn or scald in your workplace?



*Lifeguard Ongoing Training Session Two*

**What can you do as a lifeguard, to improve the customer service at your workplace?**

**What types of communication do you use in your workplace?**

**What are the recommended whistle signals?**

**Why is teamwork so important during an accident or incident?**

**Casualties can be split into two groups.  
What is the name of each of these groups?**

- 1.
- 2.

**What is a Heart Attack?**



**Lifeguard Ongoing Training Session Three**

**Can you list 7 roles and responsibilities of a lifeguard?**

Maintaining a p attitude

Being Pr

Maintaining O

Providing good s

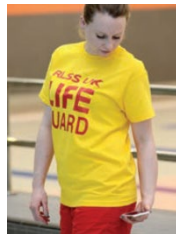
E intervention

Accident P

R

**Can you list the key attributes of a Lifeguard?**

**Why could these Lifeguards be held accountable?**





*Lifeguard Ongoing Training Session Three*

**Can you match the type of entry with the appropriate rescue type or technique in which it could be used?**

This technique can be used in shallow or deep water and may be useful where there is a drop into the water from the edge of the pool

In a leisure pool, which may be a few inches deep and have a gradual slope

This technique allows you to keep the casualty in view during the rescue

Hold the buoy across your chest firmly with the ends under your arms

This is the fastest way to get into the pool and reach the casualty. The downside is you lose sight of the casualty during the entry

Communicate with a Supervisor that the bather loads are nearing capacity

Leave your Lifeguard station and inform both the receptionist and Duty Manager

Restrict/ stop entry into the swimming pool

Evacuate the pool by sounding the fire/ evacuation alarm

Blow three whistles and ask the last three bathers to leave the pool

Request support from additional Lifeguards or Supervisors to assist in reducing the pool bathers

Conduct a pool test immediately to ensure the chlorine is high enough



### ***Lifeguard Ongoing Training Session Three***

There are 16 items that you could find in a First Aid kit - can you find them?

- ☐ Adhesive tape
- ☐ Inhalers
- ☐ Large sterile dressing
- ☐ Deep-heat cream
- ☐ Eye pad sterile dressing
- ☐ Conforming bandage
- ☐ Triangular bandage
- ☐ Shears (tuff cut scissors)
- ☐ Adhesive sterile dressings (plasters)
- ☐ Guidance leaflet
- ☐ Paracetamol
- ☐ Needles
- ☐ Gloves



- ☐ Contents list
- ☐ Resuscitation shield/mask
- ☐ Parcel tape
- ☐ Towel
- ☐ Epi-pen/Jext
- ☐ Medium sterile dressing
- ☐ Foil blanket
- ☐ Safety pins
- ☐ Alcohol free cleaning wipes
- ☐ Burns dressing
- ☐ Pen and paper
- ☐ Map of location
- ☐ After sun cream

**A Sprain is**

**A Strain is**



*Lifeguard Ongoing Training Session Four*

**Other than the lifeguard on duty, who else may be able to help in an emergency?**

- 1.
- 2.
- 3.
- 4.
- 5.

**True or False?**

TRUE

FALSE

Red and Blue are the internationally recognised colours of Lifeguards

Lifeguards should always be smart and presentable

Jewellery can potentially cause harm to your and or the casualty

Lifeguards are permitted to use mobile phones whilst on duty, so long as a member of the public doesn't see them



*Lifeguard Ongoing Training Session Four*

Can you name these items of pool rescue equipment?



Can you number the priorities of casualty management and put the chain of survival in order

Breathing

Airways

Circulation

Post-Resuscitation Care

Early Recognition

Early CPR

Early AED





*Lifeguard Ongoing Training Session Four*

How many triggers of anaphylaxis can you name?