



*Beach Lifeguard Ongoing Training Session Two*

Give 2 example for each of the following:

Natural hazards

Man-made hazards

People hazards





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What top five safety tips would you give to groups and families at the beach?

1

2

3

4

5



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Put these in order...



Move your feet



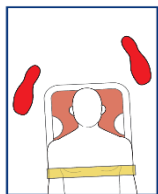
Don't jerk



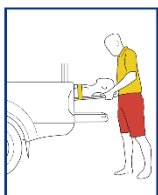
Keep close to the load



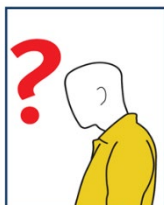
Adopt a good posture



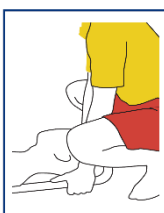
Position your feet



Put down and then adjust



Stop and think



Get a firm grip



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Using the labels below, can you complete the CPR flow chart for Adult, Child and Infant casualties

CPR flow chart for adult, child and infants