



*Beach Lifeguard Ongoing Training Session Four*

Can you give three examples of items you would find in an NOP and in an EAP?

NOP

1

2

3

EAP

1

2

3

Can you match up the statement with the correct flag?





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Can you match up the statement with the correct flag?

**Between the flags patrol**

**Roving patrol**

**Outpost patrol**

**Surveillance**

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

Which of the following bleeds is described as being most severe?

**Venous**

**Arterial**

**Capillary**