



*Beach Lifeguard Ongoing Training Session One*

Using the video, fill in the missing words to complete the statement

R S L

O S

S F

M R

L L

R C

C M

U O T

W T R



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Can you think of examples of manual handling tasks for the following?

LIFTING

LOWERING

PUSHING

PULLING

CARRYING

CARRYING

MOVING

HOLDING / RESTRAINING

Match up these signs with the type of casualty

Weak Swimmer

Non-Swimmer

Injured Swimmer

More than one casualty

Unconscious casualty