



*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



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How would you recognise a spinal injury in the workplace?

What could cause a burn or scald in your workplace?