



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



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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



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How many triggers of anaphylaxis can you name?