



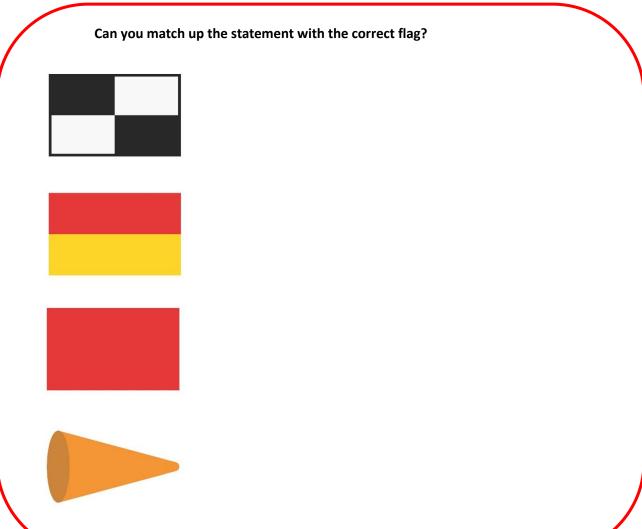
Beach Lifeguard Ongoing Training Session Four

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

NOP

EAP

1
2
2
3







Beach Lifeguard Ongoing Training Session Four

Outpost patrol		Surveillance	
nere are 16 items that you could fi nd i	n a First Aid kit - can you fi no	d them?	
☐ Adhesive tape	-	☐ Contents list	
□ Inhalers		☐ Resuscitation shield/mask	
 □ Large sterile dressing □ Deep-heat cream 		☐ Parcel tape ☐ Towel	
☐ Eye pad sterile dressing		□ Epi-pen/Jext	
☐ Conforming bandage		☐ Medium sterile dressing	
☐ Triangular bandage	First Aid Kit	☐ Foil blanket	
☐ Shears (tuff cut scissors)	*	☐ Safety pins	
☐ Adhesive sterile dressings (plasters		☐ Alcohol free cleaning wipes	
☐ Guidance leaflet		☐ Burns dressing	
☐ Paracetamol		□ Pen and paper	
☐ Needles ☐ Gloves		☐ Map of location☐ After sun cream☐	
- dioves		Arter sur cream	