



Lifeguards

RNLI

LIFEGUARD TRAINING



Course name:

Casualty Care for Lifeguards (CC4LG)

Who's it for?

All lifeguards, senior lifeguards and lifeguard supervisors.

Where does training take place?

On the coast.

Accreditation

RNLI, STCW (International Convention on Standards of Training, Certification and Watchkeeping for Seafarers)

EXAMPLE OF COURSE CONTENT

Basic skills

- Including: casualty assessment; triage; unconsciousness; choking; administration of oxygen; cardiopulmonary resuscitation (CPR); automated external defibrillator (AED); spine boards; and use of stretchers.
- Marine stings.
- Dressing of minor injuries.
- Dealing with observers.

Injury

- Symptom-based recognition and treatment of injuries including fracture immobilisation.
- Use of equipment carried including: dressings; tourniquets; collars; and entonox.

Illness

- Symptom-based recognition and treatment of illnesses.
- Use of approved medications provided by the RNLI.

Immersion

- Symptom-based recognition and treatment of: hypothermia; heatstroke; drowning; and near drowning.
- Manoeuvring forward and in reverse, with or without a trailer, in confined areas.

Please note the information in this document is correct at time of writing. Course content is subject to periodic review and change.