Example of course content

Introduction

• The role and responsibilities of the RNLI.
• Organisational and operational structure.
• RNLI history.

Safety and wellbeing

• Health and safety legislation and workplace procedures.
• Safe working practices: lifting and handling; dangerous substances; sun safety; personal protective equipment; fire safety; violence and conflict; and what to do when things go wrong.

Human resources

• Employee’s terms and conditions of employment.
• Relevant policies and practices.
• Where to find further information relating to employment with the RNLI.

Prevention

• Main roles and responsibilities of an RNLI lifeguard.
• Maintaining fitness.
• Understanding local operating procedures and key hazards of the local area.
• Responsibilities to contracting agencies.
• Working with the media to promote the role of the lifeguard.

Critical incidents
• Main considerations when responding to critical incidents: what to expect; the actions required in any given emergency; the importance of incident debriefing and review processes; and incident reporting.
• Risks to lifeguards after attending a critical incident, such as post-traumatic stress, and the support offered by the RNLI after being part of a traumatic incident.

Response
• Knowledge and skills are put to the test in a series of staged scenarios.

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