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Slsgb Beach Lifeguard Manual

Mike Tipton, Adam Wooler

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Drowning Joost J.L.M. Bierens, 2009-07-29 Since the first edition of the Handbook on Drowning in 2005 many

accessible and informative reference underpinned by the best current research the book s key themes cover the context of beach lifeguarding the physical environment in which lifeguards work medical aspects practical lifeguarding techniques physiological standards for lifeguards safety education and future developments in beach lifeguarding The book presents groundbreaking work quantifying the scientific rationale behind a universally accepted fitness standard It supplies an in depth examination of the risks and hazards associated with the beach environment including rip currents and cold water immersion The book includes a state of the art review of drowning and a comprehensive chapter on first aid Detailing the recently announced 2015 European Resuscitation Council Guidelines this book is a must have for beach lifeguards beach lifeguard managers search and rescue personnel paramedics sports scientists health and safety practitioners and occupational health practitioners — American Red Cross Lifeguarding Manual American Red Cross,2012-01-05 As the number of community pools and waterparks grows nationwide participation in aquatic activities is also growing Lifeguards must receive proper and effective training and maintain their skills to ensure their ability to work effective with others as a part of a lifeguard team This manual will supplement your in service training to keep your knowledge and skills sharp

Pool Lifeguard Manual. National Aquatic Rescue Standard Swimming Teachers Association,1997 *On the Guard II* D. I. Forsten, Marjorie M. Murphy,1994-01-01

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