

Lifeguarding Manual Australia

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the royal life saving lifeguarding manual covers the knowledge principles techniques and practices that go into effective and safe pool lifeguarding

the world health organization s recently published global report on drowning found that drowning is the third leading cause of unintentional injury death worldwide making the information presented in this new book an important part of the global effort to reduce this health risk written by leading researchers and academics from around the world the science of beach lifeguarding focuses on the scientific evidence that underpins what is taught to and practised by beach lifeguards it is the first book to pull together all the different areas involved in beach lifeguarding and evaluate their evidence base an 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

lifeguarding knowledge principles techniques and practices

since the first edition of the handbook on drowning in 2005 many epidemiological data have confirmed the burden of drowning in several parts of the world studies have increased the understanding of effective drowning prevention strategies rescue techniques and treatment options much has been learned about submersion and immersion hypothermia scuba diving injuries the life saving preparations of water related disasters and how to deal with forensic investigations in this updated second edition experts from around the world provide a complete overview of current research data consensus statements and expert opinions the book drowning provides evidence based practical information and has a unique informative value for various groups with tasks duties and responsibilities in this domain in addition the book may be an inspiration for future networks and research initiatives

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the only comprehensive manual for the training and reference of lifeguards at both surf and inland beaches this manual is designed to be used in basic training of open water beach lifeguards and in junior lifeguard programs it is an essential reference for beach lifeguard supervisors and administrators this text is consistent with the requirements of the usla lifeguard agency certification program over 300 pages in length the manual contains over 100 photographs and 25 technical drawings

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