



Lifesaver Proficiency Bulletin 2011/12



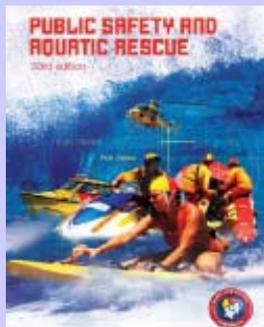
The life of the beach.

2011/ 2012
Patrolling Season
FINAL - June 2011

The Lifesaver Proficiency Bulletin has been provided to ensure our Surf Life Savers are provided with the most recent information on Lifesaver Training and Rescue Techniques for the aquatic environment. This bulletin should be distributed to every member that conducts a proficiency during the 2011/12 season.

What's included in this Bulletin:

- New Resuscitation Guidelines
- IRB's on Patrol
- Defibrillation on a Child
- Board Rescue
- Beach Signage
- Log Book Procedures
- Patrol Uniform
- Operations Support- join Today



Did you know:

In September 2009 SLSA released the 33rd Edition of the Public Safety & Aquatic Rescue Training Manual. Manuals can be purchased by going to the SLSA website.

www.slsa.com.au

SURF LIFE SAVING QUEENSLAND

New Resuscitation Guidelines- DRSABCD

Overview

The International Liaison Committee on Resuscitation (ILCOR) released its latest research on resuscitation in October 2010.

The Australian Resuscitation Council (ARC) has discussed the latest research and released new guidelines on 31st December 2010.

While overall the changes represent a minor adjustment to the way CPR is taught and delivered within Australia, it is believed that these changes will simplify education of CPR, maintain commonality by all bodies teaching CPR, and enhance outcomes from CPR.

The new resuscitation changes for Surf Life Saving will be introduced to all training and assessments from June 1st 2011.

Summary of Key Change Areas

- Increased emphasis has been placed on high quality CPR (compressions of adequate rate and depth, allowing complete chest recoil between compressions, minimising interruptions in compressions and avoiding excessive ventilation).
- Greater attention on the use of a defibrillator within the resuscitation process
- An —S (Send for help) has been added to the acronym DRSABCD.
 - In a patrol setting, this would include asking other members to contact Surfcom/call 000 and send other members to obtain additional equipment i.e. Oxyviva's and defibrillators, etc
- The major change is that in the victim who is unresponsive and not breathing normally, CPR commences with chest compressions rather than rescue breaths.
 - However Surf Life Saving Australia is still using the protocol of delivering 2 breaths prior to commencing CPR for drowning victims
- The signs to look for before commencing CPR have been simplified to —responsiveness' and —breathing i.e. if not responsive and not breathing **normally**, commence CPR.
- The term —Signs of Life is no longer used
- To determine the correct hand placement for the compressing hand, you should **NOT** use 'in line with the patient's nipples'.



Surf Life Saving Queensland has developed a new Resuscitation Chart (see above) of which you will be able to download a FREE copy from the SLSQ website by the beginning of August 2011.

Drowned Person Guidelines:

- D- check for **Danger**
- R- Check for **Response**, if No response,
- S- Send for **Help**
- A- Check **Airway**
- B- Check **Breathing**, if NOT Breathing deliver **2 Breaths**
- C- Commence **CPR**, rate of 30 compressions to 2 breaths
- D—attach a **defibrillator** if available

Adult Cardiac Arrest Guidelines:

- (most common form of arrest)
- D- check for **Danger**
- R- Check for **Response**, if No response,
- S- Send for **Help**
- A- Check **Airway**
- B- Check **Breathing**, if NOT Breathing
- C- Commence **CPR**, rate of 30 compressions to 2 breaths
- D—attach a **defibrillator** if available

REMEMBER THE MORE YOU PRACTICE THESE TECHNIQUES THE MORE REFINED YOUR SKILLS WILL BECOME AND THE BETTER LIFESAVER YOU WILL BE...

Defibrillation and Children

Defibrillation

Early defibrillation is an important link in the Chain of Survival and is a component of the basic life support process—DRSABCD. Defibrillation involves delivering an electric shock to revert the heart to its normal rhythm. Defibrillation of the heart by first aid personnel has become possible with Automatic External Defibrillators (AED's)

DEFIBRILLATION SHOULD PREFERABLY BE UNDERTAKEN BY A MEMBER WHO HOLDS THE SLSA AWARD. WHERE A MEMBER WITH THE QUALIFICATION IS UNAVAILABLE, A LIFESAVER WITH APPROPRIATE DEFIBRILLATION TRAINING CAN ACCESS AND OPERATE A DEFIB UNIT i.e. proficient Bronze Medallion holder

Accessories:

Items that should be kept with the unit include:

- Resus masks
- Gloves
- Razors
- Shears
- Gauze wipes
- Spare battery
- Space blanket
- Pen & paper
- Chamois or towel

The prompts given by an AED will vary, depending on the make and model, it is important to familiarize yourself with the units you have at your club.

Defibrillation and Children (1-8yrs):

Surf Life Saving Australia's Lifesaving Standing Committee (LSC) has recently reviewed the use of an Automated External Defibrillator (AED) on children aged between 1yr and 8 yrs old.

Following new guidelines provided by the Australian Resuscitation Council and advice by our National Medical Adviser, the LSC has endorsed defibrillation on children between the ages of 1yr and 8yrs.

For defibrillation on children it is preferable that the AED has paediatric capability. If the AED does not have paediatric capability, an adult AED may be used so long as the defibrillation pads are not touching each other.

Defibrillation Safety

Safety considerations include, but not limited to:

- Operator should be trained in the use of the AED.
- The patient must be unresponsive and not breathing normally
- Remove any metallic jewellery near the electrode sites.
- Do not place electrodes over medication patches.
- Avoid electrode contact with any metal surface.
- Operators & bystanders must have no contact with the patient during defibrillation.
- Do not operate AED in an explosive environment (e.g. where gases & fumes might be present) or in a wet environment (e.g. rain) wipe down the chest before positioning electrodes.
- Move a patient lying in water to a dry area.
- **NEW—If the patient has an implanted pacemaker, make sure the pads are least 8 cm away from it.**
- Use only equipment that is compatible with the unit.
- Do not operate in close proximity to mobile phones, radios etc.
- Do not operate the unit in an unstable environment.
- Oxygen should be turned off during defibrillation.

Age

< 1yr
(Infants)

1-8 yrs
(Children)

>8yrs
(Adults)

Defibrillation using an AED

No defibrillation recommended

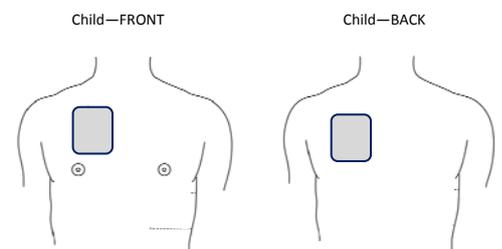
Yes, preferably with an AED that has paediatric capability

Yes, with the standard adult pads

Paediatric capable AEDs

An AED with paediatric capability means that the device is capable of dose attenuation (i.e. capable of delivering reduced joules). Configuration of an AED for children varies between AEDs and may be the inclusion of separate paediatric pads, a paediatric cartridge or a child .

Picture: Alternative position of electrode pads on a small child ensuring pads do not touch.



Positioning of Electrode Pads on a Child

Correct positioning of the electrode pads is essential for successful defibrillation to take place. **The position is usually indicated on the electrode pads or the packaging they come in.**

It is now acceptable for defibrillation pads, to be used on a child, to be placed in the same position as for an adult. You should always place the pads in the position as shown on the diagram on the pads.

NOTE: When using adult pads on a child, you should ensure the pads do not touch each other on the child's chest. **This may require one pad to be placed on the upper back, below the left scapula, and the other on the front, to the left of the sternum (as shown in diagram above).**

Board Rescue

The rescue board provides a fast and reliable means of reaching patients and if required can support a number of patients in the water.

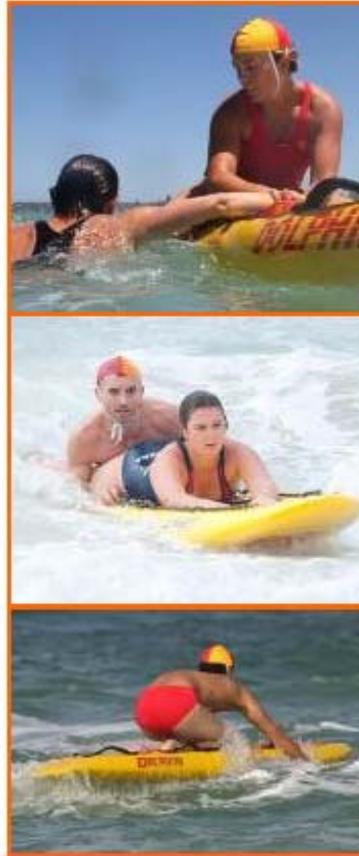
To protect the patient, keep the patient on the seaward side of the board when in the surf zone. This will ensure you can keep an eye on any incoming wave that may affect your rescue.

If you do lose control of the board, ensure you maintain control of the patient as they are the first priority ahead of equipment.

Board Rescue– Returning to Shore

When returning to shore through the surf zone move the patient and yourself to the back of the board. It is important to minimize the possibility of nose-diving as there is a high risk of losing the patient if this happens.

The safest time to return to shore is to wait until there is a lull in the wave pattern and then paddle into the surf zone.



REMEMBER THE PATIENT IS YOUR PRIORITY.
ALWAYS ENSURE THAT YOU HAVE CONTROL OF THE PATIENT

All Lifesavers are recommended to wear gloves when treating a patient.

This includes:

Resuscitation

First aid case

Marine stingers

General treatment

DID YOU KNOW:

Patrol log books are legal documents and can be used in a court of Law. The

Patrol Captain is responsible to ensure that all entries from their patrols are completed accurately and the correct patrol member's names and hours are entered.

Before requesting Ambulance ensure you know the following information about the patient:

- Level of consciousness
- Breathing / Breathing Difficulty
- Gender
- Age
- Details of injury
- How the injury happened
- Medical History / Medication
- Treatment Administered
- Location of patient

Beach Signage– New and Existing

Yellow Caution Flag

The interchangeable hazard signs are used in conjunction with the red swimming prohibited flag and the yellow caution flag. These signs indicate to the public the reason the beach is closed or why the yellow caution flag is flying.

If a yellow caution flag is flying a hazard sign must also be used in conjunction with the flag.



Beach Report Board

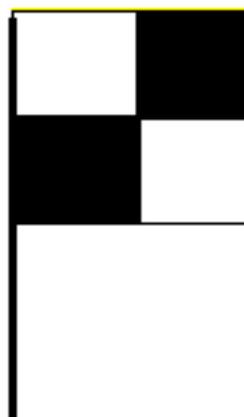
The single framed beach report is to be positioned in the centre of the patrol area. This sign is used in conjunction with the condition flags and hazard signs to provide the general public information on the days conditions.

The board should be updated hourly or when conditions change.

Surf Craft Flag– NEW

The new black and white quartered Surf Craft flag will be replacing the solid blue Surf Craft flag.

The black and white quartered flag means this is an area for craft users and for swimmers own safety swimmers should not swim in this area.



IRB's on Patrol and IRB Awareness for all Bronze Holders

An Inflatable Rescue Boat (IRB) is an essential item for Lifesavers. The IRB is a versatile piece of rescue equipment that performs thousands of rescues each year.

Many of the Bronze Medallion members are asked to assist with the manual handling and setup/pack down of the IRB's when on patrol. It is important that these members know how to operate safely around IRB equipment when asked to help by the IRB Driver.

After the conduct of a National IRB review, SLSA now asks that current and new Bronze Medallion holders have an awareness of IRB operations to be able to assist as required. Therefore the 2011/2012 Bronze Medallion proficiency will include an 'IRB Awareness' component to up skill members in this particular area.

The IRB Awareness will cover 4 main areas:

1. Lifting and Transporting IRB equipment
2. Assisting with launching and beaching an IRB
3. Lifting and carrying a patient from the IRB
4. Care when in the IRB area

IRB Equipment

An operational IRB must have the following items:

- 1 x Knife—stainless steel with blunt end, contained in a sheath
- 1 x Tow rope secured to craft
- 2 x IRB paddles
- 1 x Rescue tube secured to craft
- 1 X pea-less whistle
- 1 x 25HP outboard motor
- 1 X SLSA approved radio

IRB's on Patrol— What side of the patrol flags?

When on patrol, IRB's should be placed at the waters edge on the same side as the sweep direction.

Depending on the type of IRB, some IRB's can remain on an IRB trailer to assist with launching the IRB.



Who can operate an IRB?

Only a proficient and financial IRB driver and proficient and financial IRB crew person can operate an IRB.

Lifting and IRB

When lifting an operational IRB a minimum of 4 people must use the correct lifting position to lift the IRB.

The Patrol Uniform

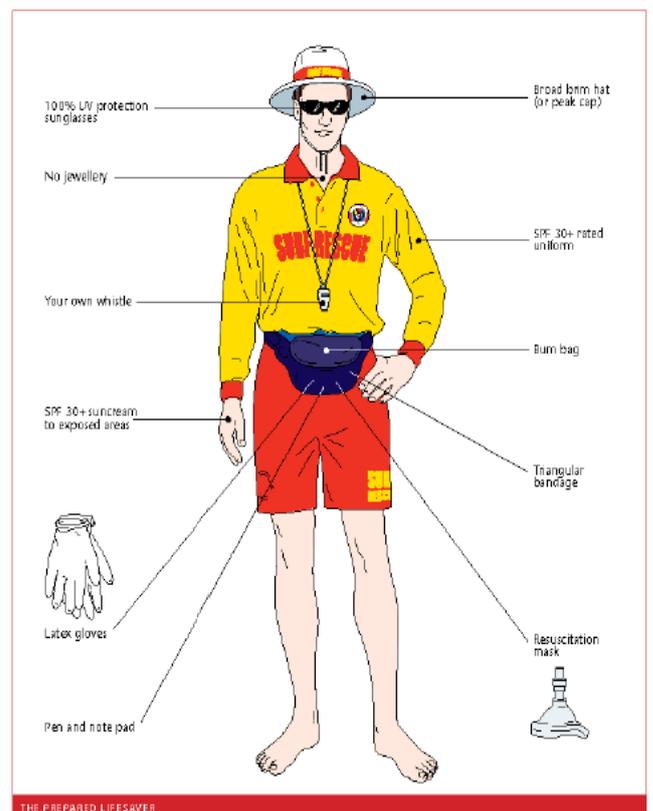
The origins of the iconic red and yellow colours are the subject of ongoing historical research and debate. The red and yellow cap ensures the lifesavers are easily identifiable to the public, thereby providing beach goers with the same security they have when they see the flags flying.

As a surf lifesaver you must work closely with other lifesavers and the public. A professional appearance will inform the public that you carry the pride of our organisation in the way you perform all lifesaving activities.

While on patrol all surf lifesavers must wear the correct lifesaving uniform. All proficient Bronze Medallion holders and

Surf Rescue Certificate holders while on patrol, are to wear the red and yellow cap

Award members only, are not permitted to wear a red and yellow cap. They are however allowed to wear a red peak cap or wide brimmed hat. Their relevant award shall be identified on their patrol shirt or hat. For more information regarding patrol uniforms, refer to section 9— Patrol Uniforms in the 2011/12 Patrol Operations Manual



THE PREPARED LIFESAVER