

Day 3

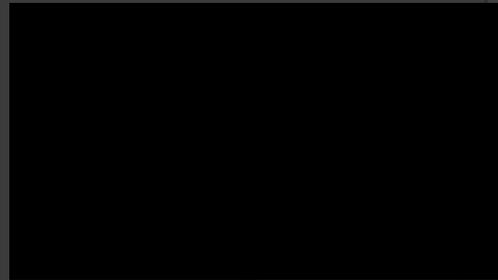
## EAST BAY REGIONAL PARK DISTRICT LIFEGUARD ACADEMY

## Inspection!

## Timecards

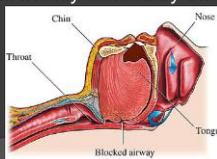
- ◉ Done Online
- ◉ Every Two Weeks
- ◉ Due by Saturday's at 12 noon
- ◉ The admin team will handle your submission for this time period.

## Airway Obstruction

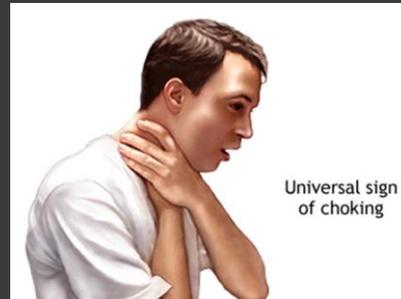


## Conscious Choking—Adult and Child

- ◉ Airway obstruction is the most common cause of respiratory emergencies
  - Mechanical obstruction is a foreign body lodged in the airway.
  - Anatomical obstruction is mostly caused by the tongue blocking the airway.



## Conscious Choking—Adult /Child



Universal sign  
of choking

## Conscious Choking—Adult and Child

- If the person is coughing, encourage continued coughing
- If the person cannot cough, speak, cry or breathe, take immediate action



## Conscious Choking—Adult and Child

- If the victim cannot cough, speak or breathe:
  1. Give 5 back blows.
  2. Give 5 abdominal thrusts.
- Continue giving 5 back blows and 5 abdominal thrusts.



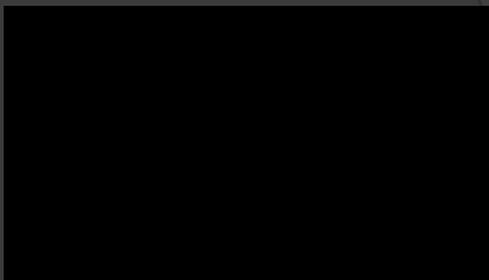
## Video: Real Life Choking



## Conscious Choking—Adult and Child

- Skill Practice
- Line up in two lines
- One side will be rescuers, other will be victims
- Practice either Adult or Child

## Conscious Choking—Infant



## Conscious Choking—Infant

- If the infant cannot cough, cry or breathe:
  1. Carefully position the infant face-down along your forearm.
  2. Give 5 back blows.
  3. Position the infant face-up along your forearm.
  4. Give 5 chest thrusts.
- Continue giving 5 back blows and 5 chest thrusts.



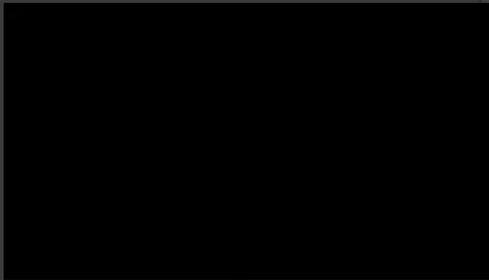
## Conscious Choking—Infant

- Skill Practice
- Form 2 lines
- 1 side will be rescuer, other side will provide feedback
- switch

## Unconscious Choking—Adult and Child

- Drowning victims may be present a complication with an airway obstruction
- For a white or pink froth in and around victim's mouth, wipe it away and proceed with care.
- For vomit or heavy mucus, use chest compressions to clear the obstruction
- Suctioning and use of airway adjuncts may help clear the airway, but require additional training

## Unconscious Choking—Adult, Child and Infant



### Unconscious Choking—Adult, Child and Infant

- If a ventilation attempt does not make the chest clearly rise:
  1. Re-tilt the head and give another ventilation.
  2. If chest still does not clearly rise, give 30 chest compressions.



### Unconscious Choking—Adult, Child and Infant

3. Look for an object inside the mouth.
4. If you see an object, remove it.
5. Give 2 ventilations.



## Unconscious Choking—Adult or Child

- Skill Practice
- Form 2 lines
- 1 side will be rescuer, other side will provide feedback
- switch

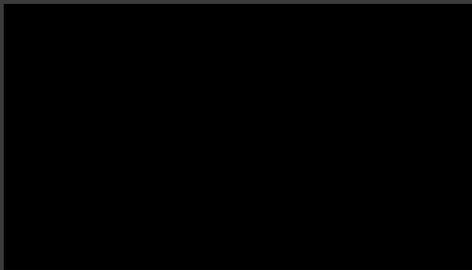
## Unconscious Choking—Infant

- Skill Practice
- Form 2 lines
- 1 side will be rescuer, other side will provide feedback
- switch

## AHA Hands-Only CPR



## Heart Attack and the Cardiac Chain of Survival

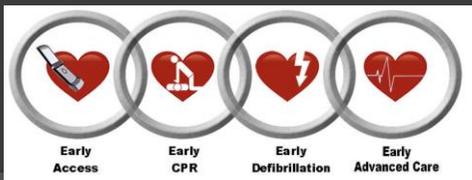


## Cardiac Chain of Survival

- Scenario 1: A patron walking on the pool deck suddenly collapses.

## Cardiac Chain of Survival

What four links to the Cardiac Chain of Survival are necessary to improve the victim's chance for survival?



## Recognizing and Caring for a Heart Attack

- Scenario 2: You are on duty at a first aid station when an adult male patron comes to you for help. He is sweating profusely and is having trouble breathing. He is complaining of pain in his chest and arms that comes and goes.
  - What condition does he appear to be experiencing?
  - What care should you provide for this victim?

## Aspirin and Heart Attacks

- ⦿ If taken soon after onset of symptoms, aspirin can help heart attack victims.
- ⦿ Follow procedures for aspirin administration, if your facility allows it to be dispensed.

## Cardiac Arrest

- ⦿ A life threatening situation in which the heart stops beating or beats too irregularly or too weakly to circulate blood effectively.
- ⦿ Causes of cardiac arrest include:
  - Heart attack
  - Electrocutation
  - Respiratory arrest
  - Drowning

## Signs of Cardiac Arrest

- ⦿ Sudden collapse
- ⦿ Unconsciousness
- ⦿ Absence of breathing
- ⦿ Absence of a pulse

## Cardiac Arrest and Heart Attack

- ⦿ What is the difference between a heart attack and cardiac arrest?

## CPR

- ⦿ Combination of chest compressions and ventilations
- ⦿ Circulates blood containing oxygen to the brain and other vital organs of a person whose heart has stopped
- ⦿ Must be performed on a firm, flat surface
- ⦿ Use in combination with an AED, if available

## When to Stop CPR

- ⦿ You notice an obvious sign of life, such as breathing.
- ⦿ An AED is available and ready to use.
- ⦿ Another trained responder takes over.
- ⦿ EMS personnel take over.
- ⦿ You are too exhausted to continue.
- ⦿ The scene becomes unsafe.

## Complications from CPR

- ◉ Possible complications from CPR include broken bones, separation of cartilage, vomiting, frothing at the mouth and chaos at the scene.
- ◉ Despite your best efforts, not all victims will survive.
- ◉ Even so, you can and should continue to provide care.

## CPR—Adult and Child



## CPR—Adult

- ◉ Single Rescuer Skill

## What is the main difference between Adult and Child CPR

- ◉ With child CPR you compress the chest about 2 inches deep.

## CPR—Infant



## CPR—Infant

- ◉ Single Rescuer Skill

## Two Rescuer CPR

- Used when two rescuers arrive on scene at the same time or when one arrives when CPR is in progress.
- One rescuer gives ventilations, other rescuer gives compressions.
- Rescuers switch positions about every 2 minutes.
- When CPR is in progress, second rescuer should confirm whether EMS personnel have been called.
  - If not, second rescuer should call before getting the AED or assisting with care

## Two Rescuer CPR—Adult and Child



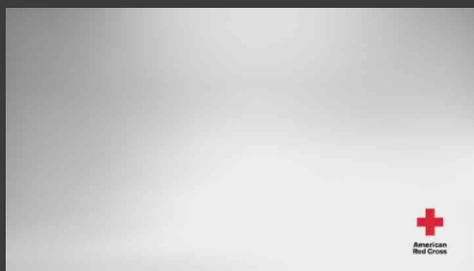
## Two Rescuer CPR Adult

- Two Rescuer Skill

## What are the primary differences between Adult 2 rescuer CPR and Child 2 rescuer CPR?

- With child 2 rescuer CPR you compress the chest about 2 inches.
- The compression ratio in 2 rescuer child CPR is 15 compressions

## Two Rescuer CPR—Infant



## Two Rescuer CPR—Infant

- Two Rescuer Skills

## When the Heart Stops and AEDs

- ⦿ Any damage to the heart muscle from disease or injury can disrupt the heart's electrical system.
- ⦿ The two most common treatable abnormal heart rhythms associated with sudden cardiac arrest are:
  - Ventricular fibrillation (V-fib)
  - Ventricular Tachycardia (V-tach)

## V-Fib

- Ventricles quiver without any organized rhythm.
- Electrical impulses fire at random, creating chaos.
- Heart is unable to pump and circulate blood.

## V-tach

- Abnormal electrical impulse originates in the ventricles instead of the SA node.
- Impulse fires rapidly, preventing the chambers from filling.
- Heart is not able to pump effectively

## AEDs

- ⦿ AEDs are portable electronic devices that analyze the heart's rhythm and provide an electrical shock.
- ⦿ Defibrillation is the delivery of an electrical shock that may help re-establish an effective rhythm.
- ⦿ Each minute that CPR and defibrillation are delayed, the victim's chance for survival is reduced by about 10%

## Using an AED

- ⦿ When cardiac arrest occurs, use an AED as soon as it is ready to use.
- ⦿ If the shock is needed, give 1 shock followed by about 2 minutes of CPR.
- ⦿ If CPR is in progress, do not interrupt chest compressions until:
  - The AED is turned on.
  - The AED pads are applied.
  - The AED is ready to analyze the heart's rhythm.

## AEDs and Pediatrics

- ⦿ AEDs have pediatric pads.
- ⦿ Pediatric pads are for infants and children up to 8 years old or weighing less than 55 pounds.
- ⦿ If pediatric specific equipment is not available and local protocols allow, use an AED designed for adults.
- ⦿ If AED pads risk touching each other, use the anterior/posterior method of pad placement

## Using an AED



## Using an AED

- Skill

## Using an AED—CPR in Progress

- One rescuer on scene:
  - Rescuer begins CPR and instructs someone to summon EMS personnel and obtain the AED, if one is available.
- Second rescuer arrives:
  - Second rescuer prepares the AED for use while the first rescuer continues CPR.
- If at any time either rescuer notices an obvious sign of life, stop CPR and monitor the victim's condition and administer emergency oxygen, if it is available and you are trained to do so.

## Using an AED—CPR in Progress



## AED Precautions and Maintenance

- What are the general precautions to take when using an AED?
- What precautions would you take when using an AED around water?

## AED Precautions and Maintenance

- Perform required maintenance.
- Be familiar with various visual and audible prompts that warn of malfunctions.
- Read the operator's manual thoroughly.
- Periodically check equipment.
- Have a fully charged backup battery and properly sealed, unexpired and correct AED pads available.
- Replace all used accessories.
- Ensure machine is in proper working order before placing it back in service.

## AED Precautions and Maintenance

- Activity: Using an AED in Unique Situations—Fact of Fiction?
- Worksheet 6.1

## Multiple Rescuer Response



## Review—Surveillance Activities



## Review—Surveillance Activities

- Are there any hazards that could cause an injury?
- Does it appear that all the required equipment is available for the lifeguard?
- Are there any patrons who could be of special concern?

## Review—Surveillance Activities

- Are there any rules being broken that could lead to an injury or emergency situation?
- Are there any customer service issues to be addressed?
- Are there any distracting situations for the lifeguard?

## Responding to Sudden Illness



## SAMPLE

- ⦿ S—Signs and symptoms
- ⦿ A—Allergies
- ⦿ M—Medications
- ⦿ P—Pertinent past medical history
- ⦿ L—Last oral intake
- ⦿ E—Events leading up to the incident

## Secondary Assessment

- ⦿ What should be included when performing a secondary assessment?

## Sudden Illnesses

- ⦿ In most cases, you do not need to know the cause or type of sudden illness to provide care.
- ⦿ The care you provide will be the same with a few exceptions.

## Sudden Illness

- ⦿ What are the general steps to take to care for a sudden illness?

## Care for Sudden Illnesses

- ⦿ Check the victim for a medical ID bracelet or necklace
- ⦿ Ask questions to determine what happened.
- ⦿ The victim's condition may worsen if care is not provided.

## Responding to Injuries



## Controlling Bleeding

- ⦿ A wound is an injury to soft tissue.
- ⦿ First aid supplies in a hip pack can be used to care for most wounds.
- ⦿ Closed wounds occur beneath the skin's surface.
- ⦿ Internal bleeding may occur with closed wounds.
- ⦿ Four main types of wounds:
  - Abrasion
  - Laceration
  - Avulsion
  - Puncture

## Controlling External Bleeding

- ⦿ Skill

## Shock

- ⦿ Any serious injury or illness can lead to shock.
- ⦿ Shock is a natural reaction by the body and signals the victim's condition is serious.

## Shock

- ⦿ Signs and symptoms:
  - Restlessness and irritability
  - Altered LOC
  - Pale or ashen, cool, moist skin
  - Nausea or vomiting
  - Rapid breathing and pulse
  - Excessive thirst

## Minimizing Effects of Shock

- ⦿ Ensure that EMS personnel have been summoned.
- ⦿ Monitor the victim's condition and watch for changes in LOC.
- ⦿ Control any external bleeding.
- ⦿ Keep the victim from getting chilled or overheated.
- ⦿ Have the victim lie flat on his or her back.

## Minimizing Effects of Shock

- ⦿ Cover the victim with a blanket to prevent loss of body heat.
- ⦿ Comfort and reassure the victim until EMS personnel take over.
- ⦿ Administer emergency oxygen, if available and trained to do so.
- ⦿ Do not give food or drink to a victim of shock, even if the victim asks for them.

## Common Injuries

- Activity: Common Injuries
  - In groups, lookup how to care for the following:
    - Nosebleed
    - Mouth and teeth injuries
    - Knocked out teeth
    - Insect stings
    - Animal or human bites
    - Burns

## Poisoning

- To care for a victim of poisoning:
  - Call the National Poison Control Center hotline (1-800-222-1222)
  - Refer to the MSDS at your facility if a poisonous substance used at your facility is the cause.
  - If the victim was exposed to a poison and is showing signs of life-threatening condition, send the MSDS with the victim to the hospital.

## Care for Inhaled Poison

- Size up the scene for safety
- Summon EMS personnel
- Move the victim to fresh air.
- Care for life threatening conditions
- Monitor the victim and watch for changes
- If conscious, keep the victim comfortable.

## Care for Absorbed Poison

- Remove exposed clothing and jewelry.
- Immediately rinse the exposed area thoroughly with water for 20 minutes, using a shower or garden hose if possible.
- If a rash or wet blisters develop, advise the victim to see his or her health care provider.
- If the condition spreads to large areas of the body or face, have the victim seek medical attention.

## Heat Related Illnesses

- Heat cramps
- Heat exhaustion
- Heat stroke

## Heat Related Illnesses

- What is the least serious type of heat related illness?
- What are some signs that a person has progressed to the stage of heat exhaustion?
- What care should be provided for a person experiencing heat stroke?

Why do we have to wear sunscreen?



Dear 16 Year Old Me



## Cold Related Emergencies

- Can happen when it is not very cold
- Hypothermia contributing factors:
  - Cold water
  - Air temperature
  - Windy conditions
- Signs and symptoms of hypothermia:
  - Skin color may appear waxy, cold to the touch or discolored.

## Cold Related Emergencies

- Care:
  - Dry off the victim.
  - Remove wet clothing
  - Warm the victim gradually.
- Victim's heart rate may be slowed.
- May take longer to do the primary assessment on an unconscious victim—pulse check can take 30-45 seconds

## Injuries to Muscles, Bones and Joints

- What are the four types of injuries that can occur to muscles, bones and joints?

## Splinting

- Skills
  - Splint Arm
  - Splint Leg
  - Splint Ankle

## Caring for Spinal Injuries on Land



## Head, Neck and Spinal Injuries on Land

- To determine whether someone has a head, neck or spinal injury, think about what caused the injury.
- Head, neck and spinal injuries can happen on land or in the water.
- Examples of spinal injuries on land:
  - Tripping or falling on a pool deck
  - Slipping in a locker room
  - Falling from a greater than standing height
  - Falling off pool features.

## Head, Neck and Spinal Injuries on Land

- What signs and symptoms might indicate a possible head, neck or spinal injury?

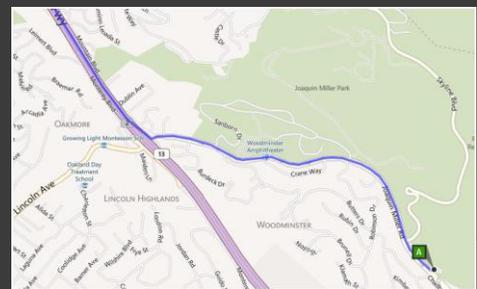
## When Things Do Not Go as Practiced



## Assignment

- Read chapter 10 and 11 in the Lifeguarding Participants Manual
- Keep reading the USLA Open Water Lifesaving Manual

## Directions to Temescal



## Directions to Temescal



## Lunch

- Be to Temescal in 45 minutes