



LIFEGUARDS – FIRST AID DO’S AND DON’TS

Lifeguards are considered “first responders” and, therefore, have a legal and moral obligation to the public to provide first aid and rescue. There are however, certain limitations and the following is provided as a guide to assist you.



*** DO ***

- ✓ You may apply first aid to wounds as long as you adhere to using universal precautions to protect yourself from blood exposures. This includes applying tourniquets and band aids. Make sure to cleanse the wound before applying an adhesive bandage.
- ✓ You may administer ice packs for swelling.
- ✓ You may administer oxygen provided you have the appropriate equipment and training.
- ✓ You may administer CPR/AED.
- ✓ You may place a victim on a backboard; do not remove victim from backboard until Fire-Rescue arrives.
- ✓ You may attempt to clear a blocked airway with the use of the Heimlich maneuver.
- ✓ You may assist with administration of personal medication, but only in an emergency. An example would be nitroglycerin for chest pain.
- ✓ Use the Incident Report to document all first aid administration and be specific as to what was done. Report must be submitted to your Supervisor within 24 hours.
- ✓ Make sure your first aid supply kit is well stocked.

*** DON’T ***

- ✓ Do not leave a victim alone. Wait until Fire-Rescue or a family member arrives.
- ✓ Do not move victims that have sustained a head/neck or spinal injury once you rescue from pool.
- ✓ Do not come into contact with blood/body fluids without appropriate protection.
- ✓ Do not attempt intubation or any other medical intervention or procedure such as suturing wounds.
- ✓ Do not apply or supply sunscreen or tanning lotions to the public.

NOTE: THERE IS A LEGAL DIFFERENCE BETWEEN A LIFESAVER AND A LIFEGUARD