

## **NLS Practical Components**

*Use this list to help you practice your practical skills. You are expected to be able to perform all of the following items proficiently. They can all be tested separately or combined within a simulation; either by yourself or with a partner.*

### **Communication**

- ☐ Public
- ☐ Victims
- ☐ Fellow Lifeguards
- ☐ Supervisors and Employer
- ☐ Emergency Services Personal
- ☐ Other Co-workers (ex. Cashiers, custodial staff)

### **Skills**

- ☐ Entries and Removals
- ☐ Drowning victim
- ☐ Submerged non-breathing victim
  - Pulseless
  - Airway Obstruction
  - Vomiting
- ☐ Spinal-injured victim
  - Cervical
  - Lumbar
  - On-land
  - Walking
  - Breathing
  - Non-Breathing
  - Pulseless
  - Airway Obstruction
  - Vomiting
- ☐ Specialized Techniques
- ☐ Pool Search

### **Lifeguarding Technique**

- ☐ Victim Recognition
- ☐ Scanning and Observation
- ☐ Positioning and Rotation

### **Physical Standards**

- ☐ Spinal Carry
- ☐ Object Recovery
- ☐ Approach and Carry
- ☐ Rescue Drill

### **Simulations**

See separate handout

### **Resuscitation & First Aid**

- ☐ Unconscious Victim
- ☐ CPR (adult/child/infant)
- ☐ Airway Obstruction (adult/child/infant)
  - Conscious
  - Unconscious
- ☐ Respiratory Distress
  - Asthma
  - Hyperventilation
  - Anaphylaxis
- ☐ Circulatory Emergency
  - Shock
  - Heart Attack or Angina
  - External Bleeding
  - Stroke/TIA
- ☐ Heat Illness (Cramps, Exhaustion, Stroke)
- ☐ Cold Illness (Hypothermia, Frostbite)
- ☐ Bone or Joint Injury (Fractures, Dislocations, Sprains)
- ☐ Abdominal or Chest Injury (Flail Chest, Pneumothorax (open or closed), Internal Bleeding, Exposed Organs)
- ☐ Burns (1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> Degree, Chemical, Electrical)
- ☐ Facial Injury (Eyes, Ears, Nose, Teeth)
- ☐ Suspected Head Injury (Concussion, ICP)
- ☐ Seizure (Absence, Tonic-Clonic)
- ☐ Diabetes
- ☐ Poisoning