

Unconscious Procedure

Submerged recovery <i>-Descent & ascent are efficient, with patient's head tilted and/or airway covered.</i>	Yes	No	N/A	Comments:
Support <i>-Airway is supported in an open position well above the surface</i>	Yes	No	N/A	
Open Airway <i>-Airway is consistently opened with a head tilt / jaw thrust</i>	Yes	No	N/A	
Breathing Assessment <i>-Look / listen / feel for 10 seconds as soon as possible.</i>	Yes	No	N/A	
Effective ventilations if necessary <i>-Uses pocket mask, and seals it effectively while maintaining patient support and open airway (jaw thrust). -Maintains 1.5-2 second breathes every 5 seconds, with a reasonable delay for removal (10-15 seconds)</i>	Yes	No	N/A	
Circulation Check <i>-Checks carotid pulse and other signs of circulation (skin) for 10 seconds. -If there is no pulse, then immediately removes patient and starts CPR as soon as possible.</i>	Yes	No	N/A	
Vomit roll if necessary <i>-Quick, smooth and effective vomit roll, clearing the airway before rolling back.</i>	Yes	No	N/A	
Removal <i>-Safe and efficient removal, lifting with legs and not risking further injury to the patient.</i>	Yes	No	N/A	
Patient Position <i>-Immediate lateral position unless doing immediate chest compressions.</i>	Yes	No	N/A	
Maintains open airway <i>-Uses head tilt / jaw lift continuously</i>	Yes	No	N/A	
Maintains breathing <i>-Maintains effective ventilations if necessary, continues with primary survey in between breaths -Reassess breathing at reasonable intervals</i>	Yes	No	N/A	
Monitors Pulse <i>-Reassess pulse at least every minute, and as often as possible for a non-breathing patient.</i>	Yes	No	N/A	
RBS <i>-Checks whole body in about 10 seconds (with gloves on) for any deadly bleeding, escaping air, unstable fractures, or med. alerts</i>	Yes	No	N/A	
CPR / Obstructed Procedure if necessary <i>-Landmarks correctly, has straight arms, knows depth of compressions, compression ratio, and reassess after 1 minute -For obstructed airway, does a hook & look, no finger sweep unless necessary</i>	Yes	No	N/A	
Gastric Distension <i>-Readjusts, and gives smaller vents</i>	Yes	No	N/A	
Bleeding <i>-Pressure, Ice, Elevation -If direct pressure does not control the bleed, then applies indirect pressure in the appropriate location.</i>	Yes	No	N/A	
-Treat for Shock <i>-Blanket, Rest & Reassurance, and 3/4 Prone if possible</i>	Yes	No	N/A	
Overall <i>-Lifeguard is confident, calm & professional throughout</i>	Yes	No	N/A	

Date _____ Lifeguard _____ Result: **P W F**