

### **Minor First Aid Procedure**

(ALERT 34-35)

1. Recognize and Respond to the first aid
2. Communicate with other lifeguards and maintain pool coverage
3. Find out what happened and ensure it is not a major situation
4. Ensure that there is no unusual hazard (ie. Broken glass) that needs to be dealt with immediately
5. Deal with any body fluids appropriately
6. Treat the minor first aid on deck, or escort the person to the first aid room (depending on the availability of other lifeguards, difficulty of the situation, and first aid supplies needed)
7. Make appropriate recommendations to the patient or their parents. Advise them to see a doctor if it might be necessary, or to watch for certain signs & symptoms.
8. Document the incident carefully
9. Ensure that any possible steps are taken to ensure the incident doesn't happen again

### **First Aid Equipment**

(ALERT 82-83, CLSM 6:8)

1. All first aid equipment should be well-stocked and easily accessible both on deck and in the first aid room. This should be checked on a regular basis.
2. Some first aid equipment may be carried with the lifeguard while on duty (depending on the facility and personal preference). Most lifeguards wear a fanny pack that contains some or all of the following:
  - Pocket Mask with one-way valve
  - Gauze
  - Gloves (2 pairs)
  - Band-aids
  - Oral Airways
  - Minor First Aid forms
  - Goggles
  - PenSome of these have to be kept in a waterproof bag, but can make it much easier to deal with first aid situations quickly and professionally.
3. It is generally preferable to treat minor first aid patients in a first aid room when possible. Wheelchairs can be used to easily transport patients to the first aid room.
4. Medications should not be kept in the first aid room, as lifeguards should not be administering anything classified as a drug or remedy.

### **Cross Contamination**

(ALERT 82, CLSM 7:16)

When dealing with any first aid scenario, there is a small risk of cross-contamination. Here are 5 steps that lifeguards should follow at all times:

1. Maintain cleanliness when dealing with minor first aid incidents. Wash hands when possible, and tape any wounds on your own hands.
2. Use sterile bandages whenever possible.
3. Wear gloves whenever there is a chance of contacting body fluids.
4. Carry pocket mask with you, so you are prepared to use it anytime you are giving rescue breathing.
5. Use eye protection if necessary for major bleeds.