

NLS Core Material

Basic Lifeguarding

- Principles of Lifeguarding
- Lifesaver vs. Lifeguard
- Image, Duties, and Responsibilities of a Lifeguard
- Scanning
- Communication Skills
- Public Relations
- Victim Recognition
- Pool Analysis
- Fitness and the Lifeguard
- Respiratory System
- Circulatory System
- Drowning Physiology
- Unsuccessful Rescue
- Critical Incident Stress

Primary Survey - Critical Intervention

- Primary Survey Steps
- Current Resuscitation Standards
- C-Spine Immobilization Techniques
- Deadly Bleeding
- Escaping Air
- Major Fractures
- Shock Management
- Oxygen Therapy Equipment

Secondary Survey - First Aid

- Personal Protection & Blood-born Pathogens
- Secondary Survey
- Head and Spinal Injuries (*Concussion, ICP, CVA*)
- Cardio Respiratory Emergencies (*Asthma, Anaphylaxis, Hyperventilation, COPD, Angina, Myocardial Infarction, Sudden Cardiac Arrest*)
- Fracture Management (*Fractures, Dislocations, Sprains*)
- Diabetic Emergencies (*Diabetic Coma, Insulin Shock*)
- Bleeding, Burns, and Wound Management (*Infection, Bruise, Laceration, Abrasion, Avulsion, Puncture, Impaled, 1st, 2nd, 3rd degree burns*)
- Facial Injuries (*Eye and Nose*)
- Chest and Abdominal Injuries (*Broken Ribs, Flail Chest, Open-Closed-Tension Pneumothorax, Internal Bleeding, Exposed Organs*)
- Hypo/Hyperthermia (*Mild to Severe Hypothermia, Heat Cramps, Heat Syncope, Heat Exhaustion, and Heat Stroke*)
- Seizure Management
- Drugs and Poisoning

Pool Maintenance

- Basic Pool System (*Pressure vs. Vacuum*)
- Filtration Systems
- Backwash & Superchlorination
- Chlorine & Ozone
- pH & Buffer
- Calcium
- Health Act requirements
- WHMIS & MSD Sheets

Lifeguard and the Law

- Good Samaritan Act
- Health Act
- Negligence
- Vicarious Liability

