



# Basic Lifesaving

Unit Code : SRCAQU003B  
Respond to an Aquatic Emergency  
using Basic Water Rescue Techniques

## COURSE OUTLINE

### TARGET AUDIENCE:

This course is designed for participants wishing to attain a qualification to meet Workplace Health and Safety requirements where Emergency Care response is a duty of care.

e.g. Outdoor Activities Officers, Pool Attendants and Staff, Snorkelling Guides and Supervisors, Aquatic Rescue personnel

### PREREQUISITES:

- \* Current Life Support qualifications
- \* The ability to complete a swim of 400 meters within a time of 13 minutes

### COMPETENCIES GAINED:

- \* Assess the situation and provide basic care to manage life threatening emergencies. (Life Support/CPR)
- \* Respond to an Aquatic Emergency using Basic Water Rescue Techniques.

### DURATION:

1 day full time

### COST:

Includes:  
Workbooks, CPR Card, Statement of Attainment

### COURSE CONTENT:

- \* **Safe water practices**
- \* **Self Preservation - Survival**
- \* **Recognition & Assessment of an Aquatic Emergency**
- \* **Approach - Defence - Escape Techniques.**
- \* **Life Support / CPR**
- \* **Rescues**
- \* **Spinal Injury Management**



**SPECIALISTS IN EMERGENCY CARE TRAINING AND EQUIPMENT**

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