



LIFESAVING SOCIETY®

The Lifeguarding Experts

FIRST AID ASSIGNMENT

VERSION 04:2015

NAME:	DATE:
AFFILIATE:	INSTRUCTOR:

First Aid Assignment for the NL Program

Total Mark: /35



INSTRUCTIONS

- Write your name on the assignment cover sheet.
- Answer the questions in the assignment booklet referencing the Canadian Lifesaving Manual, the manual used in your Standard First Aid course and the NL Candidate Workbook.
- Give the completed assignment to your Instructor on the due date.

BC & Yukon Branch

#112 - 3989 Henning Drive Burnaby, BC V5C 6N5
Telephone: 604.299.5450
E-mail: info@lifesaving.bc.ca
Web: www.lifesaving.bc.ca

First Aid Assignment

Section 1: Lifeguard First Aid Scenarios:

The NL Instructor will assign one first aid scenario to each candidate. Read the following scenarios and record how you would treat each patient. See sample response below.

At a picnic in the park near your pool, an 11-year-old boy burned his right hand in the barbecue. The boy is in pain and his hand is red and blisters are apparent.

Sample response: Given the history, mechanism of injury, and signs & symptoms, I would treat this as a 2nd degree burn. After communicating with my lifeguard team, I would assist the boy (along with a parent/guardian) to the first aid room where I would flush the burned area with cool, clean water until the pain stops. I would carefully examine the affected area and then cover it with a sterile, dry dressing. I would also treat for shock. Next I would examine the patient (head-to-toe) to determine the full extent of injury(s) and complete a first aid report. Based on what I found during the examination, I would either (a) advise the boy's parent/guardian that he should see a doctor for medical follow up or (b) phone EMS if the area burned is larger than the palm of his hand.

As an on-duty lifeguard, what would you do if (5 marks each)?

1. A teenage boy fell from the top of the 3 metre diving platform and hurt his leg. When you assess it, you find pain, swelling, and point tenderness in his lower right leg. You also notice the right foot is pale and cool compared to the left one.
2. A patron comes to you complaining of headache, nausea, and dizziness. She has been in in and out of sauna for 4 hours, but she is not sweating at all. She appears quite confused and incoherent.
3. A pool employee has accidentally splashed sodium hypochlorite (bleach) into his eyes.
4. You find an unconscious patient in the male changeroom. He is breathing, and upon assessment of his vital signs you notice that his right pupil is large and unreactive. The left side of his face appears limp, his pulse is weak and rapid, and his skin is pale. There is no evidence of trauma to the head.
5. A girl was sitting on the edge of the pool and got stung by a bee. She had a severe allergic reaction, her throat began to swell up, and she went unconscious. You notice that there are high-pitched sounds from her throat, and she is not breathing effectively.
6. You have a patient who is unconscious. His face is pale, pulse is weak/rapid, and he is quickly getting worse. You notice that he is wearing a *Medical Alert* bracelet indicating he is a diabetic.
7. A woman is sitting on the edge of the pool, having a lot of difficulty exhaling. She says that she thinks her asthma medication is in her locker, but she may have left it at home. As another lifeguard goes to search for the medication, you notice that her breathing is becoming much more laboured, her face is very pale, her lips are blue, and she is very anxious and weak.

8. An elderly man approaches you, saying that he is having some chest pain. He already took his nitroglycerin medication about 2 minutes ago, but it didn't seem to do any good.
9. Someone hit their head on the side of the pool after doing a lap of back crawl. They get out of the pool and approach you, complaining of a headache.
10. A twelve-year old girl starts having a grand mal seizure on the pool deck. It lasts for about 30 seconds, and then she sits up. She appears somewhat confused, but otherwise she feels fine.
11. You are working at an outdoor pool, and while the pool is quite warm, the air temperature is fairly cool. You notice a teen-age girl who is shivering, and whose lips are bluish.
12. A child cut his arm on something sharp in the changeroom. The cut is about 3cm long and 2mm wide. The bleeding stops fairly quickly.

Section 2: Treatment Chart

According to the 2009 Lifeguard Survey, lifeguards perform DNS rescues most often, followed up by basic wound management (scrapes, minor cuts, bleeding nose) and medical emergencies.

Complete the following chart using asthma as an example (10).

	Primary Survey	Emergency Care
<i>Asthma</i>		- <i>Position of comfort</i> - <i>Assist with medication (inhaler)</i>
Anaphylaxis	For all patients, assess: - Airway - Breathing - Circulation (skin) - Deadly bleeding (and/or other injuries) - Emergency care * History * Critical interventions	
Chest Pain		
Diabetic Emergency		
Heat Exhaustion		
Seizure		

Section 3: Resources

PART A

Referencing the Canadian Lifesaving Manual (Bronze Medallion/Cross), the manual used in your Standard First Aid course and the NL Candidate Workbook; answer the following questions (2 marks each).

1. Explain what is happening with the body's oxygen (O₂) and carbon dioxide (CO₂) levels when a patient has hyperventilation.
2. What is 'pursed-lip' breathing?
3. What are the differences between an angina attack and a heart attack?
4. What is nitroglycerin?
5. Should you call EMS for a patient experiencing an angina attack?
6. What is a transient ischemic attack (TIA)?
7. When bandaging a bleeding patient, what should you do if the blood seeps through the bandaging?
8. What is tetanus? When should a patient be recommended to get a tetanus shot?
9. What is the difference between a sprain and a fracture? How would you assess and treat for such injuries?
10. How would you base your decision on whether a first aid patient should be picked up and taken home, taken to a walk-in clinic/hospital, or have an ambulance called for them?

PART B

Visit the Lifesaving Society – BC & Yukon Branch website at www.lifesaving.bc.ca and record one thing you discovered that you did not know before visiting the website.