

Lifeguard Training Videos

- **Characteristics and Responsibilities of a Professional Lifeguard**
- **Decision Making**
- **Rescue Equipment**
- **Entries and Approaches**
- **Effective Surveillance**
- **Emergency Action Plans**
- **Rescue Skills - Part 1**
- **Standard Precautions**
- **Using a Rescue Mask**
- **Performing an initial Assessment**
- **Rescue Skills - Part 2**
- **Rescue Breathing**
- **Using a BVM - 2 Rescuer**
- **Airway Obstruction**
- **CPR**
- **Two Rescuer CPR**
- **The Heart's Electrical System**
- **How to use an AED**
- **Using an AED - CPR in progress**
- **Secondary Assessment**
- **Sudden Illness**
- **Wounds**
- **Heat related Emergencies**
- **Cold related Emergencies**
- **Injuries to Muscles, Bones, and Joints**
- **Caring for head, neck, and back injuries - on land**
- **Caring for head, neck, and back injuries - in the water - Part 1**
- **Caring for head, neck, and back injuries - in the water - Part 2**