



American Red Cross  
Training Services



# Lifeguarding Manual 2013

**Royal Life Saving Society-Australia  
Staff, Royal Life Saving Society  
Australia**

## **Lifeguarding Manual 2013:**

**Lifeguarding Manual** American Red Cross, 2016      **The Science of Beach Lifeguarding** Mike Tipton, Adam Wooler, 2018-09-03 The World Health Organization's recently published Global Report on Drowning found that drowning is the third leading cause of unintentional injury death worldwide making the information presented in this new book an important part of the global effort to reduce this health risk Written by leading researchers and academics from around the world **The Science of Beach Lifeguarding** focuses on the scientific evidence that underpins what is taught to and practised by beach lifeguards It is the first book to pull together all the different areas involved in beach lifeguarding and evaluate their evidence base An accessible and informative reference underpinned by the best current research the book's key themes cover the context of beach lifeguarding the physical environment in which lifeguards work medical aspects practical lifeguarding techniques physiological standards for lifeguards safety education and future developments in beach lifeguarding The book presents groundbreaking work quantifying the scientific rationale behind a universally accepted fitness standard It supplies an in depth examination of the risks and hazards associated with the beach environment including rip currents and cold water immersion The book includes a state of the art review of drowning and a comprehensive chapter on first aid Detailing the recently announced 2015 European Resuscitation Council Guidelines this book is a must have for beach lifeguards beach lifeguard managers search and rescue personnel paramedics sports scientists health and safety practitioners and occupational health practitioners      *American Red Cross Lifeguarding Manual* American Red Cross, 2012-01-05 As the number of community pools and waterparks grows nationwide participation in aquatic activities is also growing Lifeguards must receive proper and effective training and maintain their skills to ensure their ability to work effectively with others as a part of a lifeguard team This manual will supplement your in service training to keep your knowledge and skills sharp      **American Red Cross Lifeguarding** American Red Cross, 2012      **American Red Cross Lifeguarding Instructor's Manual** , 2007      **Environmental Risk Assessment** Ted Simon, 2019-12-06 The purpose of risk assessment is to support science based decisions about how to solve complex societal problems Indeed the problems humankind faces in the 21st century have many social political and technical complexities Environmental risk assessment in particular is of increasing importance as health and safety regulations grow and become more complicated Environmental Risk Assessment A Toxicological Approach 2nd Edition looks at various factors relating to exposure and toxicity human health and risk In addition to the original chapters being updated and expanded upon four new chapters discuss current software and platforms that have recently been developed and provide examples of risk characterizations and scenarios Features Introduces the science of risk assessment past present and future Provides environmental sampling data for conducting practice risk assessments Considers how bias and conflict of interest affect science based decisions in the 21st century Includes fully worked examples case studies discussion questions and suggestions for additional reading Discusses

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