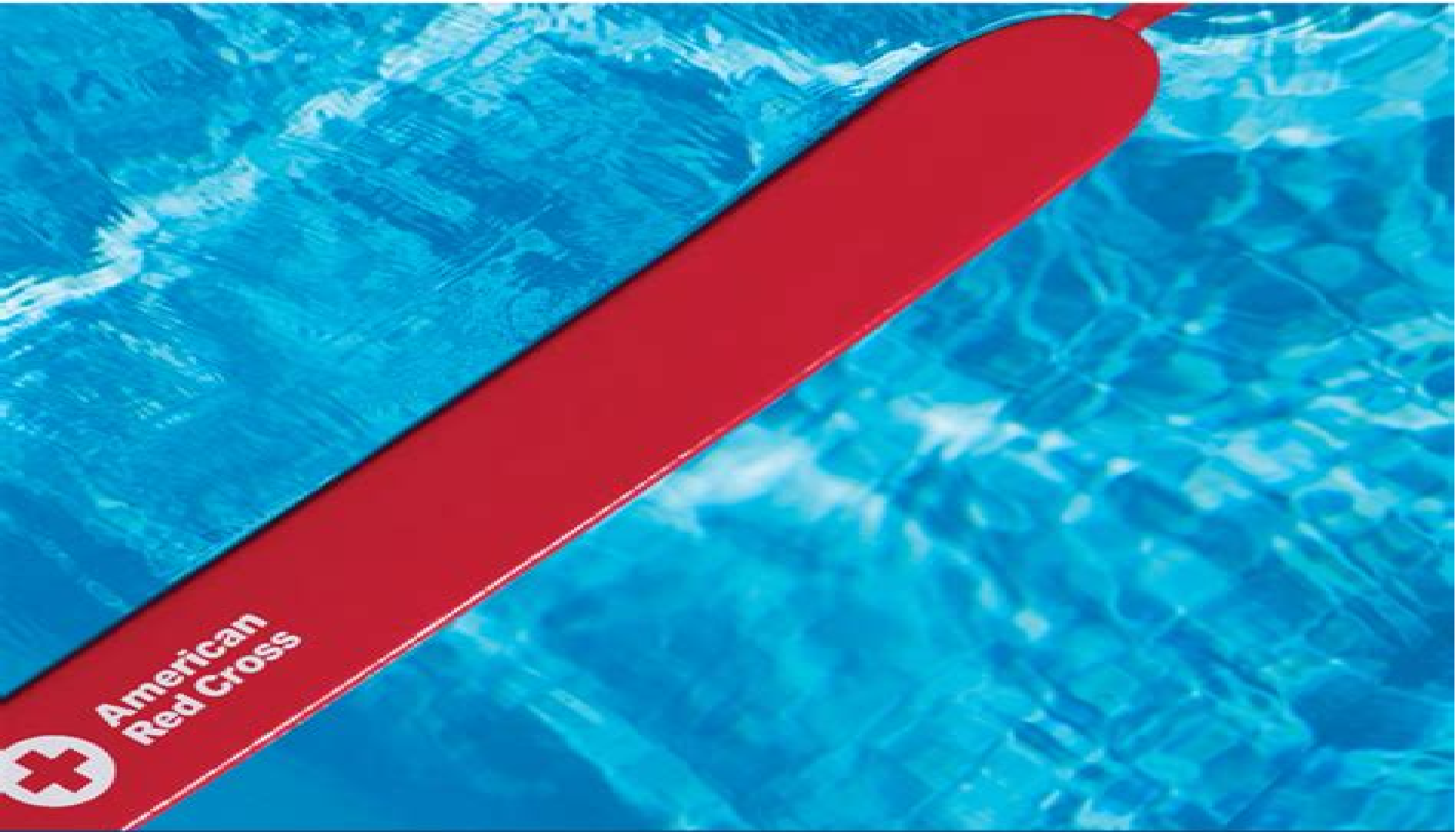




**American
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Lifeguarding Manual

Methods Of Lifeguarding Lifeguard Manual

Jill E. White



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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.

Handbook on Drowning Joost J.L.M. Bierens, 2006-02-08 by Jan Carel van Dorp. The board of Governors of the Maatschappij tot Redding van Drenkelingen is happy to introduce this congress book, the fruit of much effort in recent years of many devoted researchers in the fields of prevention, rescue and treatment of drowned people. It is a compilation of the results of their successful studies as laid down during the World Congress on Drowning held in Amsterdam on 26-28 June 2002. Background: Through the ages, death by drowning like so many other causes, was accepted as a part of life. Water brings life, water takes life, burial follows. It was not until the 17th or even as late as the 18th century that it became apparent that people could be effectively rescued by bystanders; that many seemingly dead drowning victims only died after burial and that some of them could have been saved from this fate had they received medical attention. In Europe it was the so-called Age of Enlightenment with changing attitudes towards fellow man and social initiatives underway, including the founding of charitable societies. At that time three noblemen in Amsterdam realised that too many victims who had fallen in the waters of Amsterdam were left to their fate and died. Hence in 1767 they founded a society for the rescue of drowning victims, de Maatschappij tot Redding van Drenkelingen. Their initiative was widely applauded. In the years that followed other cities in Holland started their own initiatives.

Field Manual United States. Department of the Army, 1956

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