



**National Water
Safety Management
Programme**

Level 3: In Water Rescue Module



Safeguarding lives in, on and near water

This resource is the approved material for the RLSS UK's National Water Safety Management Programme and has been specifically designed to support your learning as you develop your water safety awareness competencies.

Level 3: In Water Rescue Module



National Water Safety Management Programme

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Level 3: In Water Rescue Module



National Water Safety Management Programme

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Introduction

Welcome to the Level 3 In Water Rescue Module. Having completed Levels 1 and 2, you will have achieved competency in risk assessment as it relates to water environments and developed an understanding of open water safety hazards. The focus of Level 1 and 2 has been centred on prevention but also addressing land-based rescue techniques. We now move on to look at in-water rescue and recovery.

Level 3 still promotes prevention as the first line of defence but also develops training skills for in water rescue, enabling a rescuer to construct an emergency plan to effectively extricate a casualty from deep water.

The teaching covers operating procedures and emergency action plans, with candidates requested to practise developing and implementing dynamic risk assessments.

This module is mainly practical based. It emphasises the need to assess water environments and the need to make informed decisions on safe immersion and activity with appropriate control arrangements in place.

Recommended further reading:

The RLSS UK Beach Lifeguard Manual
Safety on Beaches RLSS UK/ ROSPA

Learning Outcomes

The core learning outcomes for Level 3 In Water Rescue Module are provided below.

On completion of Level 3 In Water Rescue Module, candidates will be expected to:

- Demonstrate and have a clear knowledge of hand and whistle signals
- Demonstrate different rescue techniques and, where appropriate, improvise with available equipment
- Have knowledge of rescuer safety
- Swim 30m, approach and perform a non-contact tow of a conscious casualty back to shore, land casualty with assistance and provide aftercare
- Swim 15m and contact tow an unconscious casualty back to shore and provide basic life support
- Demonstrate stabilisation of casualty with suspected spinal injury
- Perform two defences
- Manage casualties including airway maintenance

Rescuer Safety

The lifesaving rescue skills are graded by the level of hazards and risks that they present to the rescuer. To help lifesavers to identify how dangerous the skills are, each skill has been graded using the **traffic light system**.



RED – These are the most hazardous skills to the rescuer because they involve deep water, entering into the contact zone, or direct-contact with the casualty



AMBER – These skills are hazardous to the rescuer because they involve entering the water, reaching into the contact zone, or indirect-contact with the casualty



GREEN – These are the least hazardous skills for the rescuer to use because they do not involve entering the water and use non-contact methods of rescue. However, these skills still present a risk to the rescuer

The traffic light level of each skill is not set in stone. The risk of performing a rescue skill can change depending on the specific situation, and the skills of the individual rescuer.

For example, a reaching rescue is typically an amber level skill, but if the rescuer cannot make the rescue using indirect-contact methods (with an aid), the level of risk may rise to red due to the heightened risk of using direct-contact in the rescue.

Using the Emergency Action Model will help you to fully evaluate the risks and priorities to your safety throughout a rescue (a copy of the Emergency Action Model can be found within the Emergency Management section, Level 1 Self Study Unit).

 Green	 Amber	 Red
Shout and Signal Rescue	Reaching Rescue	Accompanied Rescue
Throwing Rescue	Wading Rescue	Tow with an Aid Rescue
	Watercraft Rescue	Direct Contact Tow Rescues



Hand and Whistle Signals

During the practical exercises, it may not be possible to verbally communicate due to environmental conditions such as strong winds. To ensure that the Instructor and Candidate can communicate, a set of standard hand and whistle signals have been developed. Instructors must maintain a clear line of sight to candidates at all times during practical work.

The following pictograms show the hand and whistle signals that the candidates MUST understand before entering the water or beginning any practical exercises, to ensure all activities are conducted safely.

Hand Signals

Instructor onshore to Candidate (or Instructor) in the water



Proceed away from shore



Proceed towards shore



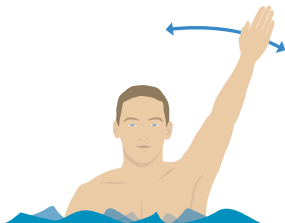
Proceed left



Proceed right

Hand Signals from shore to water

Candidate (or Instructor) in the water to Instructor onshore



Assistance required



Submerged patient missing



All clear/okay

Hand Signals from water to shore

Source: the ILS Lifesaving Commission

Whistle Signals



One whistle blast – attract attention of candidates



Two whistle blasts – attract attention of other Instructors or members of Safety Team



Three whistle blasts – Instructor taking emergency action

Above based upon International Lifeguard Signals (ILS Lifesaving Commission).

The Contact Zone



The contact zone is the area around the casualty that presents the highest level of risk to the rescuer.

Within this zone, the casualty is able to grasp at and clamp onto the rescuer. This can prevent them from being able to swim and can potentially lead to both the casualty and the rescuer drowning.

The size of the contact zone varies depending on the casualty characteristics. Very small or weak casualties may be restricted in how far they can swim or reach towards a rescuer, whereas large or energetic casualties may be able to reach towards a rescuer even when they are a number of metres away from them.

During all water-based rescues, rescuers must stop their approach before entering the contact zone and adopt the defensive stand-off position. Whilst using the defensive stand-off position, rescuers should perform a final assessment of the risks posed by the casualty and reconsider the suitability of their action plan before taking any further actions.

When teaching water-based rescues, and teaching about the contact zone, 3-4 metres away from the casualty can be used as a guide for lifesavers to learn. However, it is important that they understand that some casualties can reach further than others, and that the rescuer has to make the decision of when to stop their approach towards the casualty to reassess the situation.



Defences and Escapes

Defensive Stand-Off Position

Definition of the Skill

A precautionary position held outside of the contact zone, to allow assessment and communication with the casualty.

Notes

The defensive stand-off position is an important skill because it gives rescuers time to perform a final assessment of the risks posed by the casualty and reconsider the suitability of their action plan before they enter into the contact zone.

Technique

- Approach the casualty using front crawl or breaststroke (with a buoyant aid if available).
- Stop your approach as you reach the contact zone (3-4 metres from the casualty, further for strong/energetic casualties).
- Tread water with your legs slightly raised forward and your body slightly leaning back.
- Assess and communicate with the casualty (if they are conscious).
- Only progress with the rescue if you are confident that the casualty will not grasp at you.



Defensive Reverse

Definition of the Skill

The rapid movement of the rescuer away from the casualty and out of the contact zone, to prevent the casualty from grasping at the rescuer.

Technique

- Starting from a swimming approach towards the casualty, or from the defensive stand-off position.
- Push your legs towards the surface and in the direction of the casualty.
- Kick away from the casualty vigorously.
- Use your arms to increase your speed away from the casualty.
- Allow your feet to splash to discourage the casualty from following you.
- Once you are out of the contact zone, use the stand-off position.
- Assess and communicate with the casualty.
- Only progress with the rescue if you are confident that the casualty will not grasp at you again.



Entering the Water

Slide-In Entry



Definition of the Skill

A slow, controlled, feet first entry into the water, using the feet to feel for the water bed and unseen obstacles.

Entering From

- A bank (including pool wall).
- A jetty or floating dock.

Water Type

- Shallow or unknown water depth.
- Murky or clear water.
- Regular or unknown water bed composition.
- Possible debris or obstacles.

Approach

- If appropriate, use an aid to check the depth, water bed composition and for debris.
- Sit on the bank with your feet in the water.
- Place both hands on the bank to one side of your body, and slightly apart from each other.
- Turn towards your hands so that your arms take your body weight.
- Slowly lower yourself into the water.
- Feel with your feet for the waterbed and any debris.



Lifesaving Rescue Techniques

Accompanied Rescue



Definition of the Skill

A water based, non-contact rescue, providing the casualty with a buoyant aid to help them to swim (or wade) to safety.

Notes

This is a **Red Skill** because it requires the rescuer to enter the water, and get very close to, or possibly enter the contact zone to start the rescue.

However, once the aid has been passed to the casualty, the rescuer can stay outside of the contact zone for the rest of the rescue.

Suitable Casualty and Environmental Characteristics

- Panicking or non-panicking casualty.
- Unable to be rescued using a safer rescue method.
- Wear a PFD or take a buoyant aid for personal use (if possible).
- Use the defensive stand-off position (3-4 metres from the casualty).
- Throw the buoyant aid to the casualty from outside of the contact zone.
- Consider when the rescue attempt is too dangerous (and consider other options).

Pre-rescue

- Call for help.
- Attract the attention of the casualty.
- Communicate, tell the casualty to:
 - Stay calm.
 - Keep their arms and legs in the water and use them to stay at the surface.
- Locate a buoyant aid.

Rescue

- Perform a safe entry into the water, taking a buoyant aid with you.
- Wade or swim to the casualty.
- Use the defensive stand-off position 3-4m from the casualty and communicate with the casualty.
- Keeping as far away from the casualty as possible, pass the buoyant aid to the casualty.
- Instruct the casualty to:
 - Hold the aid against their chest with both arms.
 - Keep looking at you.
 - Kick their legs and follow you to the side.
- Swim in front of the casualty to a position of safety.
- Communicate with any other helpers as you approach the waters edge.
- Continually reassess your personal safety, exit route, and the casualty until the rescue is completed.



Lifesaving Rescue Techniques

Tow with an Aid Rescue



Definition of the Skill

A water based, indirect-contact tow, using an aid to avoid direct contact with the casualty.

Notes

This is a **Red Skill** because it requires the rescuer to enter the water, and reach into or enter into the contact zone and use an indirect-contact rescue technique.

However, this rescue technique does enable the rescuer to maintain a greater distance from the casualty than a direct-contact tow.

Suitable Casualty and Environmental Characteristics

- Panicking or non-panicking casualty.
- Unable to be rescued using a safely rescue method.
- Wear a PFD or take a buoyant aid for personal use (if possible).
- Use the defensive stand-off position (3-4 metres from the casualty).
- Keep a safe distance from the casualty when extending the aid towards them.
- Consider when the rescue attempt is too dangerous (and consider other options).

Pre-rescue

- Call for help.
- Attract the attention of the casualty.
- Communicate, tell the casualty to:
 - Stay calm.
 - Keep their arms and legs in the water and use them to stay at the surface.
- Locate a towing aid (preferably a buoyant aid).

Rescue

- Perform a safe entry into the water, taking a rescue aid with you.
- Wade or swim to the casualty.
- Use the defensive stand-off position 3-4m from the casualty and communicate with the casualty.
- Keeping as far away from the casualty as possible, extend the aid to within the casualties reach.
- Instruct the casualty to:
 - Turn onto their back (if they can).
 - Hold the aid against their chest with both arms.
 - Kick their legs.
- Use lifesaving sidestroke or lifesaving backstroke to tow the casualty to a position of safety.
- If the casualty tries to climb up the aid towards you, let go and use the defensive reverse.
- Communicate with any other helpers as you approach the waters edge.
- Continually reassess your personal safety, exit route, and the casualty until the rescue is completed.



Lifesaving Rescue Techniques



Extended Arm Tow



Definition of the Skill

A direct-contact tow, holding the chin of the casualty, with the towing arm fully extended.

Notes

This is a **Red Skill** because it requires the rescuer to enter the water, enter into the contact zone, and use direct-contact rescue techniques.

Due to the extremely dangerous nature of this tow, it should only be used as a last resort and only with unconscious casualties.

When direct-contact rescues are believed to be the only option available, rescuers should consider if the rescue is too dangerous to attempt and what other actions could be taken (calling and waiting for the emergency services).

Suitable Casualty and Environmental Characteristics

- Unconscious casualty.

Reasons for Choosing the Extended Arm Tow

- A fast tow can be achieved.
- The casualty's airway remains extended.
- A small distance is maintained between the rescuer and the casualty.

Pre-rescue

- Call for help before starting the rescue.
- Wear a PFD or take a buoyant aid for personal use (if possible).
- Only use direct-contact methods for unconscious casualties.
- Consider when the rescue attempt is too dangerous (and consider other options).

Rescue

- Enter the water safely.
- Approach the casualty using front crawl or breaststroke.
- If the casualty is at the surface, maintain visual contact.
- Use the defensive stand-off position to assess the casualty and confirm that they are unconscious.
- Position the casualty into a horizontal float position (this may include surface diving for the casualty or turning the casualty).
- Cup your hand around the casualty's chin
 - Keeping your fingers together and thumb resting on top of your hand.
 - Do not obstruct the casualty's mouth.
 - Do not apply pressure to the casualty's throat.
- Keep your elbow extended (straight).
- Tow the casualty using sidestroke (lifesaving backstroke can also be used).
- Communicate with any other helpers as you approach the waters edge.
- Continually reassess your personal safety, exit route, and the casualty until the rescue is completed.

Defences and Escapes

Defensive Block

Defensive block with a Rescue Aid



Definition of the Skill

Physically blocking the movement of a grasping casualty towards the rescuer when there is insufficient space to perform a defensive reverse.

Technique

- Starting from a position within the contact zone.
- Raise your rescue aid, arm, or leg to block the casualty's movement.
- Push the casualty away firmly and vigorously (preferably pushing against their chest area).
- Once you are out of the contact zone, use the stand-off position.
- Assess and communicate with the casualty.
- Only progress with the rescue if you are confident that the casualty will not grasp at you again.

Defensive leg block



Defensive arm block





Defences and Escapes

Defensive Releases



Definition of the Skill

Methods of escaping from the grasp of a casualty by submerging and/or pushing away

Notes

Escaping from the grasp of a casualty is very difficult, which is why such emphasis is placed on taking positive actions to remain outside of the contact zone throughout a rescue attempt.

When a casualty does grasp a rescuer, their actions are driven by their desperation to maintain their airway, and they do not recognise that they are preventing their own rescue and risking the lives of both themselves and the rescuer.

Due to the number of different ways that casualties can grasp rescuers, and the possible size and strength differences between them, there are no escape methods that are guaranteed to work in every situation.

These general defensive release principles will help to prepare rescuers with the skills and knowledge to escape the grasp of a casualty.

The General Principles of Escape are:

- Submerge to weaken the grasp of the casualty (as they try to stay at the surface).
- Aim for and push against large areas of the casualty's body (such as the chest).
- Act quickly.
- Use vigorous force and movement.

Technique

- Take a deep breath.
- Tuck your chin into your chest (to protect your throat).
- Allow yourself to submerge (with the casualty).
- If the casualty does not let go, push against their body with your arms and/or legs.
- Try to break the casualty's grip.
- Once you are out of the contact zone, use the defensive stand-off position.
- Assess and communicate with the casualty.
- Only progress with the rescue if you are confident that the casualty will not grasp at you again.

In Water Rescue Breathing

Definition of the Skill

Methods of positioning the casualty and providing rescue breathing in the water.

Notes

This method should only be used if it is not possible for the rescuer to land the casualty. Non-breathing casualties urgently require Life Support and every effort should be made to minimise any delays in landing the casualty.

Straight Approach Technique

- As you approach the support, towing the casualty, begin to rotate the casualty towards the support (skip this step if there is no support).
- Position the casualty in front of you, with their neck in the crook of your arm and your hand supporting their shoulder or grasping the support.
- Extend the casualty's airway and assess for signs of normal breathing following the standard Life Support guidelines.
 - If the casualty is breathing normally, continue to support the casualty and remove them from the water as soon as possible.
- If the casualty is not breathing normally (as defined in Life Support), support the chin to keep the mouth closed and adjust the head position to create an open airway.
- Seal your mouth around the casualty's nose and perform rescue breathing following the standard Life Support guidelines.
- Land and reassess the casualty as soon as possible.





Supporting a Casualty in the Water

Without a Firm Support

Notes

Rescuers may need to support the casualty in the water whilst they are waiting for assistance to land the casualty or waiting for the emergency services.

The rescuers priorities whilst supporting the casualty in this way are to maintain a clear airway for the casualty, and to get them out of the water as soon as it is safe to do so.

Definition of the Skill

The support of a casualty in the water, without a firm support, maintaining a clear airway, whilst waiting for assistance.

Technique

With a buoyant aid.

- Position the casualty into a horizontal float position.
- Position the buoyant aid underneath the shoulders of the casualty (as appropriate for the specific aid).
- Support the casualty's head with your hand.

In deep water it may be more beneficial to position the float underneath the rescuers arms to reduce fatigue from treading water.

Without a buoyant aid.

- From the head.
 - Support the casualty in a horizontal float position.
 - Place the casualty's head on your shoulder.
 - Support the casualty's back with your hands.
- From the side.
 - Support the casualty in a horizontal float position.
 - Support the casualty's head and back with your hands.



Against a Firm Support – Conscious casualty

Definition of the Skill

The support of a breathing casualty in the water against a firm support, maintaining a clear airway, whilst waiting for assistance.

Technique

- As you approach the support, towing the casualty, begin to rotate the casualty towards the support.
- Whilst supporting the casualty's head (facing the support), reach under one of their arms and grasp the point of support.
- Support the weight of the casualty with your body, if in standing depth water you can also raise one leg to support the casualty's lower body.
- Reach under the casualty's other arm and grasp the support with both hands.



Surface Dives and Recovering the Casualty

Recovering a Casualty from the Water Bed



Definition of the Skill

A method of lifting a casualty from the water bed to the water surface.

Approach

- Surface dive to the casualty.
- Position yourself to the side of the casualty, near their head.
- Squat by the side of the casualty.
- Take hold of the casualty, preferably under the arms but clothing may also be used to grip the casualty.
- Push off the water bed and kick towards the surface.
- Tow or assist the casualty to safety.

Searching for Submerged Casualties



Rescuer in the water, bystanders on each side pointing towards the correct bearing.

When a casualty submerges, it is important for the rescuer to have a visual reference for where the casualty is, to enable them to be quickly located.

Sightings – Rescuers acting alone can take sightings of the casualty’s position (before the casualty is submerged) by visually lining up the casualty with distinctive stationary objects that are in the area (trees, jetties, pylons, buoys), and by estimating the distance from the shore. Other signs such as floating clothing and bubbles rising to the surface can also help to locate a submerged casualty.

Cross bearings – When bystanders are available to help from the land, multiple sightings can be taken from different places on the shore (cross bearings). Each bystander can communicate the information to the rescuer, which provides more detail and accuracy than a single sighting.

Surface Dives and Recovering the Casualty

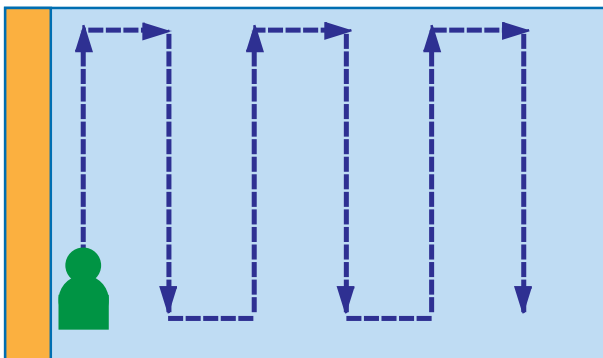
Searching for Submerged Casualties (continued)



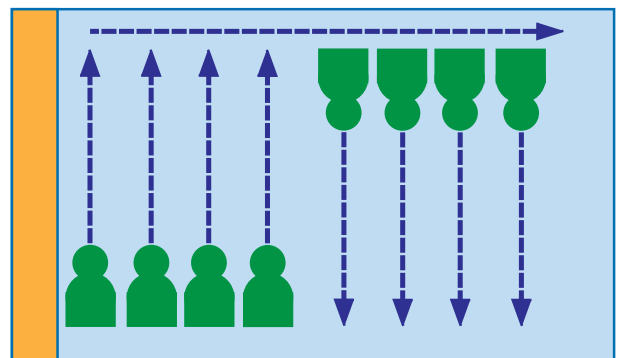
Shallow wading search



Line search – four or more searchers



Individual search pattern



Line search pattern

Shallow water individual search – A single rescuer may be able to conduct a search of shallow water (up to chest depth), depending on the environmental conditions and hazards. The rescuer should establish the search area, take sightings, and wade in straight lines parallel to the bank or beach. The rescuer should use a rigid aid to test the water bed (if available), and search by sliding their feet in a semi-circular motion whilst testing and keeping a firm footing on the water bed.

Shallow water line search – Multiple rescuers may be able to conduct a line search in shallow water (up to chest depth), depending on the environmental conditions and hazards. The rescuers should link arms (with the shortest in the most shallow area), and search the area by walking forward, parallel to the bank or shore, keeping the line straight. The rescuers should search by sliding their feet in a semi-circular motion whilst testing and keeping a firm footing on the water bed.

Multiple Rescues



In cases where there is more than one casualty in the water, a rescuer may decide to perform more than one rescue at a time (multiple rescue). These types of rescues are extremely dangerous, as hazards and risks that each casualty causes to the rescuer are added together.

A safer option in this situation is for the rescuer to rescue the casualties one at a time, and attempt as many land based rescues as possible.

If a rescuer does decide to perform multiple water-based rescues, different rescue techniques may be used on each casualty to reduce the risks (one may be towed whilst the other is given a buoyant aid).

Separating Casualties that are Locked Together

Casualties who are tightly grasping onto each other are likely to be in a high state of panic and therefore present a high level of risk to the rescuer.

It is not possible to use the rescue techniques on casualties who are locked together, so for them to be safely rescued they first have to be encouraged to separate.

To separate locked casualties, the rescuer should communicate clearly and encourage them to release each other to take hold of buoyant aids. The rescuer must stay outside of the contact zone whilst communicating with the casualties and passing the buoyant aids to them.

Once the casualties have taken the aids, the rescuer can perform non-contact or indirect contact rescues.





Aquatic Spinal Injuries



Basic Principles of Aquatic Spinal Injury Management

Management of aquatic spinal injuries requires specialist skills. However, in cases where specialist rescuers (such as lifeguards) are not available and the casualty's life is at risk, other rescuers may have to act to stabilise the casualty whilst awaiting the emergency services.

Rescuers should have a basic understanding of spinal injury, and be able to recognise and stabilise a spinal casualty in the water whilst awaiting specialist assistance.

Rescuers should treat a casualty as a suspected spinal casualty if:

- Abnormal or severe forces have been applied to the casualty's back or neck (often as a result of jumping or diving into the water).
- The casualty complains about unusual sensations or paralysis anywhere in their body.

The basic principles of spinal injury management are:

- The head and body must be kept in neutral alignment (as if the casualty is looking straight forward).

- The arms should be moved slowly and within the natural movement range of the shoulders.
- The casualty should not be removed from the water unless their life is at risk by staying in the water (see below).
- The casualty will require constant reassurance.

In extreme circumstances, a spinal casualty may need to be removed from the water before the emergency services arrive on the scene. Reasons for landing a spinal casualty without professional support include:

- If the casualty is not breathing normally (as defined in Life Support).
- If the casualty is suffering from other life threatening conditions, for example, hypothermia.
- If it is not safe to remain in the water.

In situations where a spinal casualty does have to be removed from the water, the horizontal lift should be used. Additional care and attention must be given to the head and spinal alignment during the lift.

Aquatic Spinal Injuries

Head Splint

Definition of the Skill

A water-based, temporary immobilisation and stabilisation of the head and spine, to preserve the condition, and reduce further injury to a spinal casualty.

Technique

- Approach the side of the casualty, creating as little water disturbance as possible.
- Grasp the casualty's arms between the elbow and shoulder.
- Slowly move the casualty's arms to the side of their head.
- Apply firm pressure through the casualty's upper arms, clamping their head in the neutral position (as if the casualty is looking straight forward).



Turning a Suspected Spinal Injury Casualty

Definition of the Skill

A method of turning a suspected spinal injury casualty from a face down to a face up position, whilst immobilising and stabilising the head and spine using the head splint technique.

Notes

Rescuers should only turn a suspected spinal injury casualty when specialist support is unavailable.

Technique

- Approach the side of the casualty, creating as little water disturbance as possible.
- Grasp the casualty's arms between the elbow and shoulder.
- Slowly move the casualty's arms to the side of their head.
- Apply firm pressure through the casualty's upper arms, clamping the head in the neutral position (as if the casualty is looking straight forward) .
- If you can reach, support the back of the casualty's head with your thumbs.
- Lower your body so that your chest is level with the casualty.
- Move slowly forward with the casualty to encourage their legs to rise towards the surface.
- As the casualty's body becomes horizontal in the water, begin to rotate the casualty by pushing down on the side that's closest to you, as you continue moving slowly forward.
- When the casualty is face up, slowly stop the forward movement and continue to hold the casualty securely until specialist assistance arrives.
- If another person is able to assist, they can gently support the lower body by placing their arms under the casualty's hips with their palms facing down.





Landing the Casualty

Basic Principles of Casualty Lifting

Landing a casualty can be the most difficult part of a rescue, especially if the rescuer is exhausted, if the casualty is heavy or unconscious, and if the bank is steep.

There are three key considerations that rescuers must make when landing a casualty.

Personal Safety

Rescuers must:

- Encourage the casualty to get themselves out of the water.
- Minimise direct lifting.
- Use helpers whenever possible.
- Keep a straight back.
- Use their leg muscles to lift.

Selecting the Method of Landing

Rescuers must consider:

- Their own strength, height, and experience.
- The condition, height, and weight of the casualty.
- The environmental conditions.

Casualty Care

Rescuers must:

- Maintain the casualty's airway.
- Take care of the casualty's head and neck area.
- Avoid causing further injury.



Landing the Casualty

Assisted Lift



Definition of the Skill

A method of lifting the casualty vertically onto the shore.

Suitable for

- Steep exit (bank).
- Deep or shallow water.
- Weak conscious or unconscious casualty.
- Two or more rescuers.

Technique

- Call for help as you approach the shore.
- Support the casualty against the bank whilst communicating with the second rescuer.
- Place the casualty's hands onto the bank.
- Instruct the second rescuer to hold the casualty's hands and support their head.
- Climb out of the water.
- Standing directly in front of the casualty, take hold of the casualty's forearm and upper arm.
- Instruct the second rescuer to take the casualty's other arm in the same way.
- Using clear communication, lift the casualty vertically out of the water, to no higher than their thigh.
- Gently lower the casualty, taking care of their head with one hand.
 - If the casualty is unconscious, protect their head between their arms and gently rotate their legs and body to move them fully onto the land.
- Assist the casualty to a safe position away from the water and provide aftercare.

If there are two or more trained rescuers on the bank, the original rescuer may stay in the water to assist the lift.



Landing the Casualty

Horizontal Lift



Definition of the Skill

A method of lifting the casualty horizontally onto the bank.

Suitable for

- Steep exit.
- Weak conscious, unconscious casualty (or a spinal injury).
- Standing depth water.
- Four or more rescuers.

Technique

- Call for help as you approach the shore.
- Position the casualty in a horizontal float position parallel with the bank.
- Support the casualty under their shoulders and instruct the other rescuers to position their arms underneath the casualty's mid body, and lower legs with their palms facing down, and one rescuer to support the casualty's head.
- Using clear communication, instruct the rescuers to lift the casualty up, and then towards and onto the bank.
 - If there is another rescuer on the bank, they can now take responsibility for the casualty's head.
- Instruct the rescuers to gently remove their arms from beneath the casualty, one at a time.
- Assist the casualty to a safe position away from the water and provide aftercare.

Rescue Aids



Rescue tube/Torpedo buoy

The use of both improvised and specialist rescue aids can help rescuers to increase their personal safety during a rescue, and increase the range of rescue techniques that the rescuer has to choose from.

Examples of buoyant aids:



Perrybuoy



Football



Lifejacket/PFD



Empty petrol can

Examples of reaching, wading and towing aids:



Rope



Throw bag



Oar



Brush

Lifesavers Direct



Lifesavers Direct – The Royal Life Saving Society UK's online store and mail order catalogue. Lifesavers Direct provides equipment, clothing and product for everyone involved in Lifeguarding, Lifesaving and Emergency Response.

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Sequences of Rescue

