

PUA21012 CERTIFICATE II IN PUBLIC SAFETY (AQUATIC RESCUE)

BRONZE MEDALLION

AWARD SUMMARY

The aim of this course is to provide participants with the skills and knowledge of basic patrolling and surf awareness in order to be able to participate in lifesaving operations. This is the core award to be a surf lifesaver in Australia.

UNIT/S OF COMPETENCY

PUA21012 Certificate II in Public Safety (Aquatic Rescue):

- PUACOM001C Communicate in the workplace
- HLTF201B Provide basic emergency life support
- PUASAR013A Participate in an aquatic rescue operation
- PUATEA001B Work in a team
- PUATEA004D Work effectively in a public safety organisation
- PUAOHS001C Follow defined occupational health & safety policies & procedures
- PUAOPE013A Operate communications systems and equipment
- PUASAR012C Apply surf awareness and self rescue skills

Candidates may also be issued the following unit:

- HLTCPR211B Perform CPR

PRE-REQUISITES

Candidates must meet ALL of the following conditions:

- be at least 15 years of age on the date of final assessment
- complete an unaided swim (goggles/masks permitted) of 400 metre swim in nine (9) minutes or less, in a swimming pool of not less than 25 metres, or over a measured open water course which will be observed prior to the candidate undertaking any water training or assessment activities, evidence of which must be provided to the Assessor on the appropriate form prior to commencement of the assessment for this qualification

RPL AND CREDIT TRANSFER

Candidates who believe they already possess some or all of the skills and knowledge of this award, or who have received one or more of the related units of competency, may wish to apply for Recognition of Prior Learning (RPL) or Credit Transfer. These candidates should consult their Training Officer or State Centre for more information.

WHO CAN TRAIN?

- Training Officer Bronze Medallion, OR
- Facilitator Bronze Medallion (currently endorsed as per state requirements)

NATIONAL LEARNING RESOURCES

- 33rd edition Public Safety and Aquatic Rescue Training Manual
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- Bronze Medallion Learning and Assessment Guide
- 33rd edition Review Questions
- Bronze Medallion powerpoint
- 2nd edition First Aid Training Manual

LEARNING OUTCOMES

Safety and Wellbeing

Contribute to participative arrangements for the management of occupational health and safety

- Identify personal and environmental hygiene factors that contribute to a safe workplace.
- Identify the types of costs associated with workplace illness and injury.
- List management's and member's OH&S responsibilities.
- Define duty of care.
- Identify causes of accidents.
- Recognise, report and rectify where possible, hazards in the workplace.
- Follow workplace procedures and work instructions for controlling and reporting risks.
- Identify factors that can contribute to a healthy lifestyle.
- Follow workplace procedures for hazard identification and risk control
- Define when you should report OH&S issues to designated personnel
- Describe suitable methods of storing equipment
- Demonstrate correct manual handling techniques, including when handling IRBs
- List common sun disorders.
- List preventative measures for sun safety for surf lifesavers on patrol.

Surf Awareness and Skills

Describe surfing and environmental conditions and hazards

- Describe three types of waves
- Perform front and rear release and escape methods.
- Perform leg and arm blocks
- Identify how waves are formed
- Recognise and describe differing currents in surf zones; specifically, rips and inshore drift currents, and inshore holes.

Recognise an appropriate safe beach and zone for surf bathing in key locations

- Identify different types of beaches
- Assess prevailing weather and water conditions.
- Identify safety aspects of the beach structure.

Demonstrate surf skills

- Perform a swim, negotiate the surf, using fins and a rescue tube.
- Paddle a board, negotiate the surf, using an SLSA rescue board.
- Demonstrate bodysurfing techniques.

The Human Body

Explain the functions of the:

- circulatory system
- skeletal system
- respiratory system
- nervous systems
- digestive system
- integumentary system
- urinary system

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Resuscitation

Perform basic resuscitation techniques

- List stages in the chain of survival.
- Perform one- and two-person patient assessment.
- Demonstrate knowledge of when to start CPR, and the flow chart procedures for CPR.
- Define the rate for CPR.
- Perform mouth-to-mouth, mouth-to-nose and mouth-to-mask rescue breathing as part of CPR.
- Define the differences between infant and adult resuscitation methods.
- Perform one- and two-person CPR techniques.
- Demonstrate and describe procedures for managing patients after CPR.
- List who should be sent to hospital.

Defibrillation and basic oxygen

- Define defibrillation.
- Describe the functions of an automatic external defibrillator (AED).
- Describe the defibrillation process using an AED.
- Demonstrate the operation of an AED.
- Detail the safety considerations for operators using an AED.
- Define the safety precautions when using oxygen.
- Perform oxygen-aided resuscitation.
- Demonstrate the use and knowledge of oxygen therapy

First Aid

Identify basic patient management techniques

- Perform checks to identify potential danger to oneself, the patient and bystanders; especially ways to prevent the spread of communicable diseases.
- Define the principles of basic first aid management.
- Manage external bleeding injuries.
- Manage patient shock and fainting.
- Manage patients with minor burns
- Manage patients with needle-stick injuries.
- Manage patients with soft tissue injuries.
- Perform a basic emergency care management assessment.

Perform basic patient management techniques.

- Demonstrate the body check procedure.
- List the procedures for the management of major tissue damage with severe bleeding.
- Manage patients with hypothermia.
- Manage marine envenomation injuries
- Manage severe allergic reactions
- Manage patients with chest pains
- Manage patients with fractures, dislocations, sprains and strains
- Manage patients with spinal and neck injuries
- Manage patients with heat exhaustion and heatstroke.
- Manage unconscious patients.
- Maintain effective documentation.
- Define methods of checking vital signs.
- Restore and maintain first aid equipment.
- Refer the patient to more appropriate care.

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Radio Operations

Perform radio communication practices using approved SLSA radios

- Describe the way the SLSA radio system network operates.
- Demonstrate basic transmitting and receiving procedures and call signs.
- Detail rescue emergency procedures.
- Detail pre-patrol and post-patrol procedures.
- Detail routine maintenance of waterproof inflatable rescue boat (IRB) radios and hand-held radios.
- Detail emergency maintenance and procedures if a radio has been submerged in water.

The content of this chapter is a minimum standard for competency for the Bronze Medallion holder to operate communications equipment. Some states/territories may require additional learning outcomes to achieve the Radio Operator's Certificate. These outcomes will be set by the respective state/territory Director of Lifesaving in conjunction with their communication officer.

Communications

Communicate in the workplace

- Explain how interpersonal communication happens.
- Demonstrate the five skills needed for effective interpersonal communications.
- Discuss the appropriateness of the different styles of interpersonal communications.
- Choose an appropriate channel to ensure effective interpersonal communications.
- Minimise potential breakdowns and barriers when communicating in the workplace.
- Take part in group discussions and informal meetings.
- Demonstrate SLSA document procedures.
- Demonstrate SLSA signals.

Rescue Techniques

Perform patient approaches, supports, and escapes aided by equipment on a conscious and unconscious patient

- Perform a tube and board rescue for a person in distress.
- Assess the patient's level of distress.
- Secure and support the patient using rescue equipment.
- Perform patient tows.
- Return the patient safely to shore.

Identify people in distress in an aquatic environment

- Describe the signs of drowning.
- List common rescues, and sites and conditions for rescues experienced by lifesavers.
- Describe the states in which people requiring assistance may be.

Perform Surf Skills

- Complete a 200 metre run, 200 metre swim and 200 metre run within eight minutes for Bronze Medallion candidates

Carries & Supports

Perform patient retrieval and support unaided by equipment.

- Perform a two-person carry
- Perform a two-handed seat.
- Perform a two-person drag.
- Perform a spinal carry.
- Perform a stretcher carry.

(the five-person spinal carry is included for information only. It is only to be used in emergency situations where no spinal stretcher board is available.)

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Patrols

Set up a patrol and describe your role on patrol

- Describe the roles of lifesavers.
- Establish a patrol base and check equipment.
- Describe the activities and trends of beach users at one local beach.

Demonstrate standard patrol practices

- Identify patrol methods.
- Describe scanning procedures and methods.
- Define responsibilities covered under service agreements and standard operating procedures (SOPs).
- Define beach closure procedures.

Work as part of a team

- Contribute positively to team activities.
- Interact successfully in the workplace.
- Give and receive support to/from team members.
- Define other emergency services in your area.
- Perform a simulated patrol rescue
- Operate safely around an IRB.

WHO CAN ASSESS?

- Assessor Bronze Medallion, OR
- Facilitator Bronze Medallion (currently endorsed as per state requirements)

ASSESSMENT

Assessment is through demonstration, presentation and application of all elements of competency in the workplace. Assessments must be completed in a similar environment to where patrol activities will be undertaken. Participants will be required to complete activities that may include role-plays, oral and written questioning, practical demonstrations and performing scenarios.

PROFICIENCY REQUIREMENTS

For this award to remain current candidates must perform an annual proficiency check. It is recommended that this annual proficiency check be completed by 31st December of each year (or 31st July in Northern Australia).