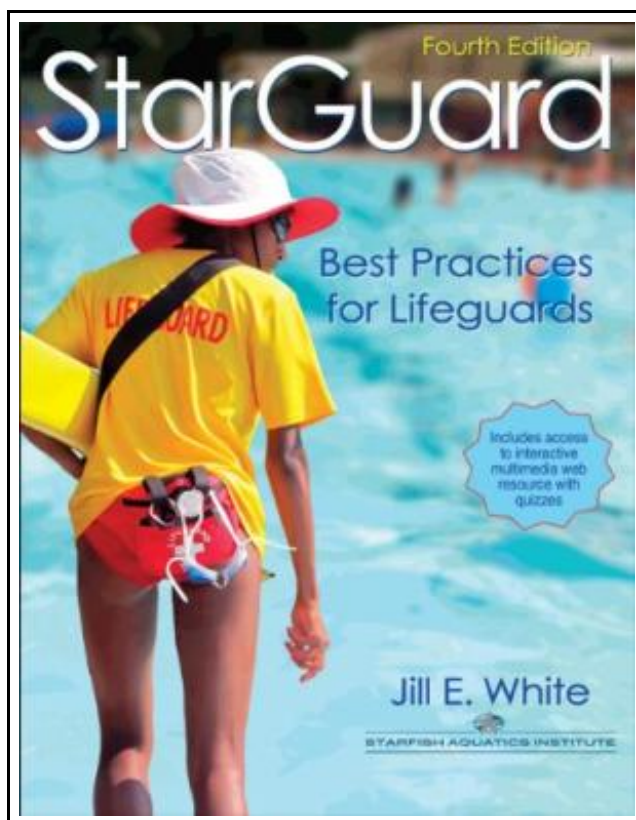# Starguard: Best Practices for Lifeguards (Paperback)

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Reviews

A must buy book if you need to adding benefit. It can be rally intriguing throgh reading time period. I am easily could get a pleasure of looking at a composed book.
(Dr. Julius Goodwin DDS)

STARGUARD: BEST PRACTICES FOR LIFEGUARDS (PAPERBACK)

Human Kinetics Publishers, United States, 2012. Paperback. Book Condition: New. 4th. 277 x 213 mm. Language: English . Brand New Book. The fourth edition of StarGuard: Best Practices for Lifeguards assists lifeguard candidates in preventing, recognizing, and responding to water emergencies in pool, water park, and waterfront settings. Combined with hands-on, scenario-based training sessions taught by authorized StarGuard instructors, the updated text and accompanying web resource teach the essentials of lifeguarding: prevention, surveillance, response and rescue, emergency care, and workplace safety and professionalism. Focusing on specific strategies for decision making, StarGuard: Best Practices for Lifeguards, Fourth Edition, offers an integrated approach to lifeguard training: - Strategies for reducing risk at recreational aquatic venues - Strategies for identifying distress and drowning - Physical and decision-making skills necessary for response and rescue, including details on performing land-based assists and water-based rescues - Emergency care skills necessary in the event of a drowning, injury, or illness, including suspected spinal injuries - Adapting lifeguarding skills to special situations, such as single-guard facilities, wilderness settings, special events, or working with disabled individuals - Expectations for professional behavior and performance - Strategies for minimizing the risk of workplace injury The updated fourth edition contains the latest research on best practices in lifeguarding and lifesaving, including the most current CPR/AED and first aid content based on the American Heart Association 2010 Guidelines for Cardiopulmonary Resuscitation and Emergency Cardiovascular Care. Readers will also find new information on victim recognition, when and how to initiate a systematic method of emergency response, adapting CPR and rescue skills for an unresponsive drowning victim, and workplace safety. Integrating each of these components into an experiential methodology of training lifeguards is a hallmark of the StarGuard certification program. The fourth edition also includes several new and improved learning features. Learning objectives appear at...

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