Resuscitation using a pocket mask

- Place your other thumb and index finger on the pocket at the casualty’s chin creating a seal.
- Tilt the head back to open the airway using the fingers of the second hand to give a chin lift.
- Blow slowly into the inlet until you see the chest rise. Remember each breath should take about 1 second.
- Remove your mouth and allow the casualty to exhale.
- Move immediately to 30 chest compressions.

Masks are reusable but must be thoroughly cleaned after use. One-way valves and the white filter must be discarded after use on a casualty. When there is more than one rescuer the next rescuer should have their own pocket mask or one-way valve which needs to be changed whilst the first rescuer is performing the chest compressions. When the second rescuer arrives the first should count out loud the chest compressions enabling the second rescuer to get into position for a smooth take over. Pocket masks can be used on adults and children.

Assistant Teachers & Lifesaving Teachers

A newsletter has been forwarded to all Assistant Teachers and Lifesaving Teachers, highlighting the changes that have been taking place as well as showcasing the NEW Life Support Book and NEW Awards Booklet for Life Support, Lifesaving and Open Water Awards. Update Packs (the same as Lifesaving TA’s) can be purchased at the discounted rate of £21.95, whilst stocks last, otherwise individual publications are available from Lifesavers Direct. The pack contains NEW Life Support, NEW Life Support, Lifesaving and Open Water Awards Booklet and NEW Life Support CD Rom.

AWARDS DEVELOPMENT

ALL TAs of all disciplines

A current Life Support will be the prerequisite to all Senior Life Awards and Trainer Assessors will be expected to hold a current Life Support 3, NBLQ or NPLQ. All Senior Awards including: Life Support, Life Support 3, Bronze Medalion outline (for reference only), Award of Merit, Distinction, Bronze and Silver Cross are now contained in one complete booklet.

LIFE SUPPORT

Casualty Assessment

- Now replaced by Life Support and the current award will be phased out by 31st December 2006.

Rescue Breathing

- Now replaced by Life Support and the current award will be phased out by 31st December 2006.

Life Support 1

- Has changed its name to Life Support.
- The awards content has been reviewed and adjusted in line with CPR changes.
- Life Support is now a prerequisite to all Senior Lifesaving awards.

Award of Merit

- Pre-requisites are no longer required.
- These awards can be taken in any order.
- Life Support Award, Lifesaving and Open Water Awards Booklet (as an outline for reference only)

Bronze Medalion

- Updated Trainer Guide.
- Updated Candidate Resource Pack.

Life Support 2

- Will be phased out by 31st Dec 2006.

Life Support 3

- The title continues as it covers the training and assessment for all three categories, adult, child & infant casualty’s.
- The awards content has been reviewed and adjusted in line with CPR changes.

LIFESAVING

Lifesaving 1, 2 & 3

- Syllabus and Life Support elements updated.
- Pre-requisites are no longer required.
- These awards can be taken in any order.
- Life Support Award, Lifesaving and Open Water Awards Booklet (as an outline for reference only)

Bronze Medalion

- Updated Trainer Guide.
- Updated Candidate Resource Pack.

Award of Merit

- Pre-requisites are no longer required.
- These awards can be taken in any order.
- Life Support Award, Lifesaving and Open Water Awards Booklet (as an outline for reference only)

OPEN WATER

Bronze and Silver Cross

- Bronze and Silver Cross is due for review.
- The subject of aquatic spinal injury management is due for review.