

Water Rescue Workshop
Lesson Plan
Cardiff 2018

Session No:	3
Duration:	1 x 40 minute period
Title:	Water Rescue – Trauma Care and Transportation
Session Aims:	<ul style="list-style-type: none"> To provide personnel with the knowledge and skills required to remove a casualty safely from the water without causing further injury, also to provide casualty care and transportation of the casualty following the recovery
Objectives / Learning Outcomes:	<p>By the end of the lesson personnel will have an understanding of:</p> <ul style="list-style-type: none"> Potential injuries a casualty may have after falling into water. Safe techniques involved in rescuing a casualty from the water Appropriate treatment of any injuries. PPE for Casualties Transportation Options
Resources Required:	Boats, Throwlines, Trauma Board, Basket Stretcher, Full Water Rescue PPE, Additional Lifejackets, Risk Assessed Training Venue and Trauma kit.
Additional Notes:	
Assessment Method:	Formative assessment throughout sessions
Reference Material:	Water Rescue SOP's and NOG

Timing	Teacher Activities	Learner Activities	Assessment	Resources
5 mins	Introduction, aims and objectives	Listen		
5 mins	<p>Group discussion, areas of safety/danger/casualty handling at water based incidents. Key points:</p> <p>Key points:</p> <ul style="list-style-type: none"> • Ensure all personnel entering the water are fully protected by water safety PPE • Identify safe access and egress from course • Identify hazards within course 	Listen, observe, discuss and participate	Observation	Boats, PPE, Trauma kit, Stretchers Ladders
25mins	<p>Practical Sessions and Demonstration</p> <ul style="list-style-type: none"> • Potential injuries or reactions of trapped person/s • Transportation to point of safety • Dangers to personnel performing the rescues • Currents – type and associated hazards when dealing with casualties • Manual Handling of casualties and stretchers • Potential injuries to persons who entered the water • Techniques to extricate a casualty from the water • Equipment design and uses for casualty extrication from the water • Safe removal of casualty from water without causing further injures 			

<p>5 mins.</p>	<ul style="list-style-type: none"> • Transportation following rescue from water • Primary and secondary survey of patient on removal from water <p>Debrief of session and Q&A</p>	<p>Answering and asking questions</p>		
<p>Homework/Tasks:</p> <p>None will be included for this session</p>	<p>Evaluation/Review:</p> <p>Candidates will be given feedback sheets to provide any addition feedback on the session.</p>			