

Red Cross Lifeguard Instructors Manual

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the world health organization's recently published global report on drowning found that drowning is the third leading cause of unintentional injury death worldwide making the information presented in this new book an important part of the global effort to reduce this health risk written by leading researchers and academics from around the world the science of beach lifeguarding focuses on the scientific evidence that underpins what is taught to and practised by beach lifeguards it is the first book to pull together all the different areas involved in beach lifeguarding and evaluate their evidence base an accessible and informative reference underpinned by the best current research the book's key themes cover the context of beach lifeguarding the physical environment in which lifeguards work medical aspects practical lifeguarding techniques physiological standards for lifeguards safety education and future developments in beach lifeguarding the book presents groundbreaking work quantifying the scientific rationale behind a universally accepted fitness standard it supplies an in depth examination of the risks and hazards associated with the beach environment including rip currents and cold water immersion the book includes a state of the art review of drowning and a comprehensive chapter on first aid detailing the recently announced 2015 european resuscitation council guidelines this book is a must have for beach lifeguards beach lifeguard managers search and rescue personnel paramedics sports scientists health and safety practitioners and occupational health practitioners

his royal highness prince edward the duke of kent kg gcmg gcvo adc p first cousin to her majesty queen elizabeth ii has devoted his life to the service of his country even before he served twenty one years as a regular soldier in the british army he was introduced to this life of service by his widowed mother hrh princess marina the duchess of kent during an extensive tour of the far east at the time of his seventeenth birthday his interest in modern technology especially computing and engineering in issues of health fitness and social welfare and in the development of the intellect has seen him become the patron president or active member of more than one hundred charities and social organisations his military service and deep interest in military history sees him making a particularly important contribution to many military related organisations the chief of which must be the commonwealth war graves commission at the time of his eightieth birthday on october 9 2015 prince edward remains one of the busiest members of the royal family this book is offered as a tribute to his life of service and to the myriad organisations large and small local national and international that make up the fabric of the united kingdom in the twenty first century

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