

**LOS ANGELES CITY  
LIFEGUARD RECERTIFICATION  
BASIC LIFE SUPPORT SKILLS**

<b>BLEEDING</b>
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Procedure			
Skill Component	Yes	No	Comments
◆ Apply dressing			
◆ Apply direct pressure			
<b>NOTE: THE EXAMINER MUST NOW INFORM THE LIFEGUARD THAT THE WOUND HAS STOPPED BLEEDING.</b>			
◆ Apply pressure bandage to secure dressings			
◆ Call 911 – If bleeding becomes unmanageable  <i>If bleeding becomes unmanageable jump down to the next table</i>			
◆ Properly position the patient and continue to care			
After proper management of injury, obtain vitals, SAMPLE history, begin detailed physical exam.			

If bleeding becomes unmanageable			
◆ Add additional dressing and bandage			
◆ Apply direct pressure			
◆ Continue until paramedics arrive and take over or until bleeding become manageable.			
◆ Properly position the patient and continue to care			
After proper management of injury, obtain vitals, SAMPLE history, begin detailed physical exam.			

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**RIGID SPLINT/SLING**

Procedure			
Skill Component	Yes	No	Comments
<b>Check Circulation, Sensation, and Motor Function before and after splinting</b>			
◆ Assess Circulation			
◆ Assess Motor Function			
◆ Assess Sensory Function			
◆ Applies SAM Splint to Extremity <ul style="list-style-type: none"> <li>○ Properly measure, form, &amp; places the splint</li> </ul>			
<b>NOTE: THE EXAMINER GIVES CONDITIONS OF “CMS”.</b>			
◆ Immobilizes Above and Below Injury Site			
◆ Applies Sling and Swathe			
◆ Assess Circulation			
◆ Assess Motor Function			
◆ Assess Sensory Function			
<b>NOTE: THE EXAMINER GIVE CONDITION OF “CMS”.</b>			
<i>- If indicated</i>			
◆ Corrects intervention to obtain initial CMS			
◆ Properly position the patient and continue to care			
After proper management of injury, obtain vitals, begin detailed physical exam and obtain SAMPLE history.			