



BRONZE MEDALLION

PUA21012 CERTIFICATE II IN PUBLIC SAFETY (AQUATIC RESCUE)

AWARD SUMMARY

The aim of this course is to provide participants with the skills and knowledge of basic patrolling and surf awareness in order to be able to participate in lifesaving operations. This is the core award to be a surf lifesaver in Australia.

UNIT/S OF COMPETENCY

PUA21012 Certificate II in Public Safety (Aquatic Rescue):

- PUACOM001C Communicate in the workplace
- HLTF211A Provide basic emergency life support
- PUASAR013A Participate in an aquatic rescue operation
- PUATEA001B Work in a team
- PUATEA004D Work effectively in a public safety organisation
- PUAOHS001C Follow defined occupational health & safety policies & procedures
- PUAOPE013A Operate communications systems and equipment
- PUASAR012C Apply surf awareness and self-rescue skills

Candidates may also be issued the following units:

- HLTCPR211B Perform CPR OR
- HLTAID001 Perform CPR

PRE-REQUISITES

Candidates must meet ALL of the following conditions:

- be at least 15 years of age on the date of final assessment
- complete an unaided swim (goggles/masks permitted) of 400 metre swim in nine (9) minutes or less, in a swimming pool of not less than 25 metres, or over a measured open water course which will be observed prior to the candidate undertaking any water training or assessment activities, evidence of which must be provided to the Assessor on the appropriate form prior to commencement of the assessment for this qualification

RPL AND CREDIT TRANSFER

Candidates who believe they already possess some or all of the skills and knowledge of this award, or who have received one or more of the related units of competency, may wish to apply for Recognition of Prior Learning (RPL) or Credit Transfer. These candidates should consult their Training Officer or State Centre for more information.

WHO CAN TRAIN?

- Training Officer Bronze Medallion, OR
- Facilitator Bronze Medallion (currently endorsed as per state requirements)

NATIONAL LEARNING RESOURCES

- 34th edition Public Safety and Aquatic Rescue Training Manual
- Bronze Medallion/Cert II PowerPoint
- Online Bronze Medallion/Cert II Course



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- Bronze Medallion Lifesaving Techniques Video Clips

Other resources provided by your State Centre may include Learner Guides, Assessment Portfolios and/or Delivery and Assessment Guides.

LEARNING OUTCOMES

Safety and Wellbeing

Contribute to the management of work health and safety (WHS)

- Identify personal and environmental hygiene factors that contribute to a safe workplace.
- Identify the types of costs associated with workplace illness and injury.
- List management and member WHS responsibilities.
- Define 'duty of care' in the workplace.
- Identify causes of accidents.
- Recognise, report and rectify (where possible) hazards in the workplace.
- Follow workplace procedures and work instructions for controlling and reporting risks.
- Identify factors that contribute to a healthy lifestyle.

Follow workplace procedures for hazard identification and risk control

- Describe when you should report WHS issues to designated personnel
- Describe correct methods for storage of equipment
- Demonstrate correct manual handling techniques
- List common sun disorders
- List preventative measures for sun safety while on duty.

Surf Awareness and Skills

Describe surfing and environmental conditions and hazards:

- Describe how waves are formed
- Describe surging, spilling and plunging wave shapes
- Describe and identify rip currents and littoral or longshore currents
- Describe methods of escaping from a rip current

Recognise appropriate beach types, conditions and areas in the surfzone for bathing:

- Identify different types of beaches.
- Assess prevailing weather and water conditions.
- Identify safety aspects of the beach environment.

Demonstrate surf skills:

- Perform front and rear release and escape methods
- Perform a swim and negotiate the surf zone using fins and a rescue tube.
- Paddle and negotiate the surf zone using an SLSA rescue board.
- Demonstrate body-surfing techniques.



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The Human Body

Explain the functions of the:

- Circulatory system
- Lymphatic system
- Skeletal system
- Respiratory system
- Nervous system
- Digestive system
- Integumentary system

Resuscitation

Perform cardiopulmonary resuscitation (CPR) techniques:

- List the stages in the chain of survival.
- Perform one-person patient assessment.
- Recognise the need for CPR, appropriate duration and cessation, and the use of a defibrillator.
- Perform mouth-to-mouth, mouth-to-nose, mouth-to-mask and mouth-to-mask with oxygen supplement rescue breathing techniques as part of CPR in line with Australian Resuscitation Council guidelines
- Demonstrate the differences between infant, child and adult resuscitation methods.
- Perform one-person and team CPR techniques.
- Demonstrate and describe procedures for managing patients after CPR.
- List the conditions of patients who should be sent to hospital.

Defibrillation and basic oxygen techniques

Perform basic resuscitation techniques:

- Define 'defibrillation'.
- Describe the functions of an automated external defibrillator (AED).
- Describe the defibrillation process using an AED.
- Demonstrate the operation of an AED.
- Detail the safety considerations for operators using an AED.
- Define the safety precautions when using oxygen.
- Perform oxygen-aided resuscitation.
- Demonstrate the use and knowledge of oxygen therapy.

First Aid

Identify basic patient management techniques:

- Perform checks to identify potential dangers to yourself, the patient and bystanders, and ways to prevent the spread of communicable diseases.
- Identify the principles of basic first aid management.
- Perform a basic emergency care management assessment.
- Identify methods of checking vital signs.
- Demonstrate a secondary body check procedure.
- Manage external bleeding injuries.



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- Manage patient shock and fainting.
- Manage patients with needle-stick injuries.
- Manage patients with soft-tissue injuries.
- List the procedure for the management of major tissue damage with severe bleeding.
- Recognise and manage patients with temperature-related illness.
- Recognise and manage marine envenomation injuries.
- Recognise and manage patients with chest pains.
- Recognise and manage patients with fractures, dislocations, sprains and strains.
- Recognise and manage patients with spinal and neck injuries.
- Recognise and manage patients with burns.
- Recognise and manage unconscious patients.
- Recognise and manage patients suffering anaphylaxis.
- Recognise and manage patients suffering respiratory distress, including asthma.
- Maintain effective documentation.
- Maintain and replace first aid equipment.
- Refer to further medical treatment.

Communications

Communicate in the workplace:

- Explain how interpersonal communication happens.
- Demonstrate the five skills needed for effective interpersonal communications.
- Discuss the appropriateness of the different styles of interpersonal communication.
- Choose an appropriate channel to ensure effective interpersonal communication.
- Identify and minimise potential breakdowns and barriers when communicating in the workplace.
- Take part in group discussions and team briefings.
- Demonstrate SLSA document procedures.
- Demonstrate SLSA signals.
- Demonstrate the ability to identify flags.

Radio Operations

Perform radio communications using approved SLSA radios:

- Describe how the SLSA radio network operates in your State/Territory
- Demonstrate basic transmitting and receiving procedures and use of call signs.
- Describe rescue emergency procedures.
- Describe pre-patrol and post-patrol procedures.
- Describe routine maintenance of radios.
- Describe emergency maintenance and procedures if a radio has been submerged in water.

This is a minimum standard for competency for the Bronze Medallion or Radio Operator Certificate holder to operate communications equipment. Additional knowledge of local SOPs may also be required.



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Rescue Techniques

Perform patient approaches, support and escapes aided by equipment on a conscious and an unconscious patient:

- Perform a tube and a board rescue for a person in distress.
- Assess a patient's level of distress.
- Secure and support a patient using rescue equipment.
- Perform patient tows; specifically, hip carry and wrist tows.
- Return a patient safely to shore.

Identify people in distress in an aquatic environment:

- Describe the signs of drowning; specifically, climbing the ladder, poor flotation, being face-down or waving the arms.
- List common rescues, sites and conditions for rescues experienced by lifesavers.
- Describe the condition of people requiring assistance; specifically, anxious, panicking, calm or in shock.

Perform surf skills:

- Complete a 200 metre run, 200 metre swim and 200 metre run within 8 minutes.

Carries & Supports

Perform patient retrieval and support unaided by equipment:

- Perform a two-person carry.
- Perform a two-handed seat carry.
- Perform a two-person drag.
- Perform a spinal carry.

Beach Management

Set up a patrol and describe your role on patrol:

- Describe the role of lifesavers/lifeguards.
- Establish a patrol/lifeguard base and check equipment.
- Describe the activities and trends of beach users at one local beach.

Demonstrate standard patrol practices:

- Identify patrol/lifeguard methods.
- Describe scanning procedures and methods.
- Define responsibilities covered under service agreements and standard operating procedures (SOPs).
- Define beach closure procedures.

Work as part of a team:

- Contribute positively to team activities.
- Interact successfully in the workplace.
- Give and receive support to/from team members.
- Define other emergency services in your area.



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- Perform a simulated rescue.
 - Participate in briefings and de-briefings.
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WHO CAN ASSESS?

- Assessor Bronze Medallion, OR
- Facilitator Bronze Medallion (currently endorsed as per state requirements)

ASSESSMENT

Assessment is through demonstration, presentation and application of all elements of competency in the workplace. Assessments must be completed in a similar environment to where patrol activities will be undertaken. Participants will be required to complete activities that may include role-plays, oral and written questioning, practical demonstrations and performing scenarios.

SKILLS MAINTENANCE (PROFICIENCY) REQUIREMENTS

For this award to remain current candidates must perform an annual skills maintenance activity. It is recommended that this be completed by the 31st December of each year (or 31st July in Northern Australia).