



## COURSE DETAILS

### Learning Content Summary

- Pool side safety preparation
- Identifying potential victims
- Incident prevention
- Life Saving Equipment
- Emergency Action Plan
- Breathing Emergencies
- Rescue Breathing
- CPR & Using an AED
- Caring for Spinal injuries
- Caring for submerge victim in shallow water and deep water

### Course Levels

- Lifeguard – 4 Days

### Pre Requisites

- Swimming Proficiency
- Medical Certificate

### Course Delivery

- English and Thai

*SGS protected properties qualify for discounts. Email [training@sgsphuket.com](mailto:training@sgsphuket.com) for more information.*

# LIFEGUARD

As water based activities can play such a large and important part in our lives, it is essential that professionally trained individuals are available, making pool side and marine activities both fun and safe - whether for a hotel, a school or any business.

SGS Training Centre offers a wide range of Life Guarding courses to suit everyone, full 4 day programme. We provide all the equipment and can deliver the training at our facility, or yours!

Covering everything from water safety to lifeguarding, rescue and resuscitation and preventing water borne emergencies. Each successful participant of any of the SGS Training Centre water based courses will gain the skills, knowledge and confidence needed to respond to an emergency at any given time. Remember, knowledge and training - *saves lives...*



## TRAINING CENTRE

[WWW.SGSPHUKET.COM](http://WWW.SGSPHUKET.COM)

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