

# Rescue Skills

## Land Based Rescues

### Shout and Signal Rescue

It may be possible to assist the casualty to safety by shouting to attract their attention and signalling the action required to bring them to safety. The rescuer should give instructions such as 'kick your legs' and encouragement to help the casualty bring themselves to safety

### Rescue Sequence

1. Talk or shout to the casualty to calm and reassure
2. Direct the casualty on how to reach a point of safety. Instructions such as 'keep your chin on the water and kick your legs' may be appropriate
3. Once the casualty has reached a point of safety assist the casualty out of the water
4. Give aftercare by moving the casualty away from the water, assessing their responsiveness, calming and reassuring them and protecting them from the elements.

### Throwing a Buoyant Aid

Where the casualty is too far away to reach, the rescuer could throw an object that floats to the casualty. This can either be a life ring or other equipment designed for water rescue or it may be any other item that floats, for example: a football, a drinks canister, large bottle or a large plastic food container. Round objects such as balls are harder to grasp, especially if the casualty is a weak swimmer or is in difficulty in the water.

### Sequence

1. Maintaining a safe distance from the water, talk or shout to the casualty to calm and reassure
2. Select the rescue aid
3. Instruct the casualty
4. Aim the object to land just in front of the casualty so they are able to grasp it
5. Encourage the casualty to grasp the aid and kick to safety
6. If they are unable to achieve this, further rescue attempts may be necessary such as throwing a rope or finding a reaching aid
7. Assist the casualty out of the water
8. Give aftercare by moving the casualty away from the water, assessing their responsiveness, calming and reassuring them and protecting them from the elements.

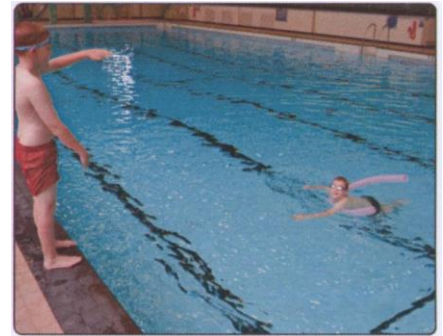
### Reach Rescue

If a casualty is within reach, the rescuer should find an item to reach out to the casualty. It is not recommended for a rescuer to extend their hand as the casualty may pull the rescuer into the water. The rescuer must always be flat on the ground with no more than their arms extended outwards to reduce the risk of being pulled in. Where possible bystanders should secure the rescuers legs for extra support.

Items appropriate for conducting a reach rescue include: an item of clothing or two pieces tied together, a walking stick, an oar, a fishing rod, a piece of wood, a branch from a tree or anything that is close by that could be used to reach the casualty.

### Sequence

1. Talk or shout to the casualty to calm and reassure
2. Select the rescue aid and lie down trying to anchor yourself to the side
3. Offer the rescue aid instructing the casualty to grasp it
4. Pull the casualty to the side, keeping their head above the water. If they try to grasp you, LET GO, your safety is the priority
5. Assist the casualty out of the water
6. Give aftercare by moving the casualty away from the water, assessing their responsiveness, calming and reassuring them and protecting them from the elements.



Shout and give instructions to the casualty



When first attempting the skill a woggle can be used initially as it will not injure the learners.

Note: - If the aid is very light such as a drinks container, adding a little water to it will make it heavier meaning it is easier to throw and if there is any wind present, it will not be blown away.



Throwing a buoyant aid



Reach rescue

# Rescue Skills 2

## Land Based Rescues

### Reach Rescue

If a casualty is within reach, the rescuer should find an item to reach out to the casualty. It is not recommended for a rescuer to extend their hand as the casualty may pull the rescuer into the water. The rescuer must always be flat on the ground with no more than their arms extended outwards to reduce the risk of being pulled in. Where possible bystanders should secure the rescuers legs for extra support.

Items appropriate for conducting a reach rescue include: an item of clothing or two pieces tied together, a walking stick, an oar, a fishing rod, a piece of wood, a branch from a tree or anything that is close by that could be used to reach the casualty.

### Sequence

1. Talk or shout to the casualty to calm and reassure
2. Select the rescue aid and lie down trying to anchor yourself to the side
3. Offer the rescue aid instructing the casualty to grasp it
4. Pull the casualty to the side, keeping their head above the water. If they try to grasp you, LET GO, your safety is the priority
5. Assist the casualty out of the water
6. Give aftercare by moving the casualty away from the water, assessing their responsiveness, calming and reassuring them and protecting them from the elements.

### Throwing a Rope

If the casualty is too far away to reach, throwing a buoyant aid will assist the casualty's ability to float but does not necessarily enable them to propel themselves to the side. Coiling and throwing a rope to a casualty is an important skill to teach and learn, as this is a most effective way of rescuing a casualty safely. If it is possible to throw a buoyant aid first, this will assist the casualty whilst the rescuer is coiling the rope ready to throw. It is important not to stand right at the edge when the rope is thrown, to avoid being pulled into the water. Bring the casualty to safety and whilst they are being pulled by a hand over hand pulling action on the rope, instruct them to keep their head above the water. When coiling the rope prior to throwing it is important that it is not tangled. Roll the rope between the thumb and index finger as it is coiled, this will make each coil rounded instead of a figure of eight. Lay each coil next to the last coil and turn the throwing wrist so that the coils separate as they are thrown.

### Sequence

1. Maintaining a safe distance From the water's edge, talk or shout to the casualty to calm and reassure
2. Throw a buoyant aid if possible
3. Instruct the casualty whilst coiling the rope
4. Encourage the casualty to grasp the rope when thrown
5. Pull the casualty to safety
6. Assist the casualty out of the water
7. Give aftercare by moving the casualty away from the water, assessing their responsiveness, calming and reassuring them and protecting them from the elements.



Reach rescue



Throughout every rescue, the rescuer should always be talking to the casualty