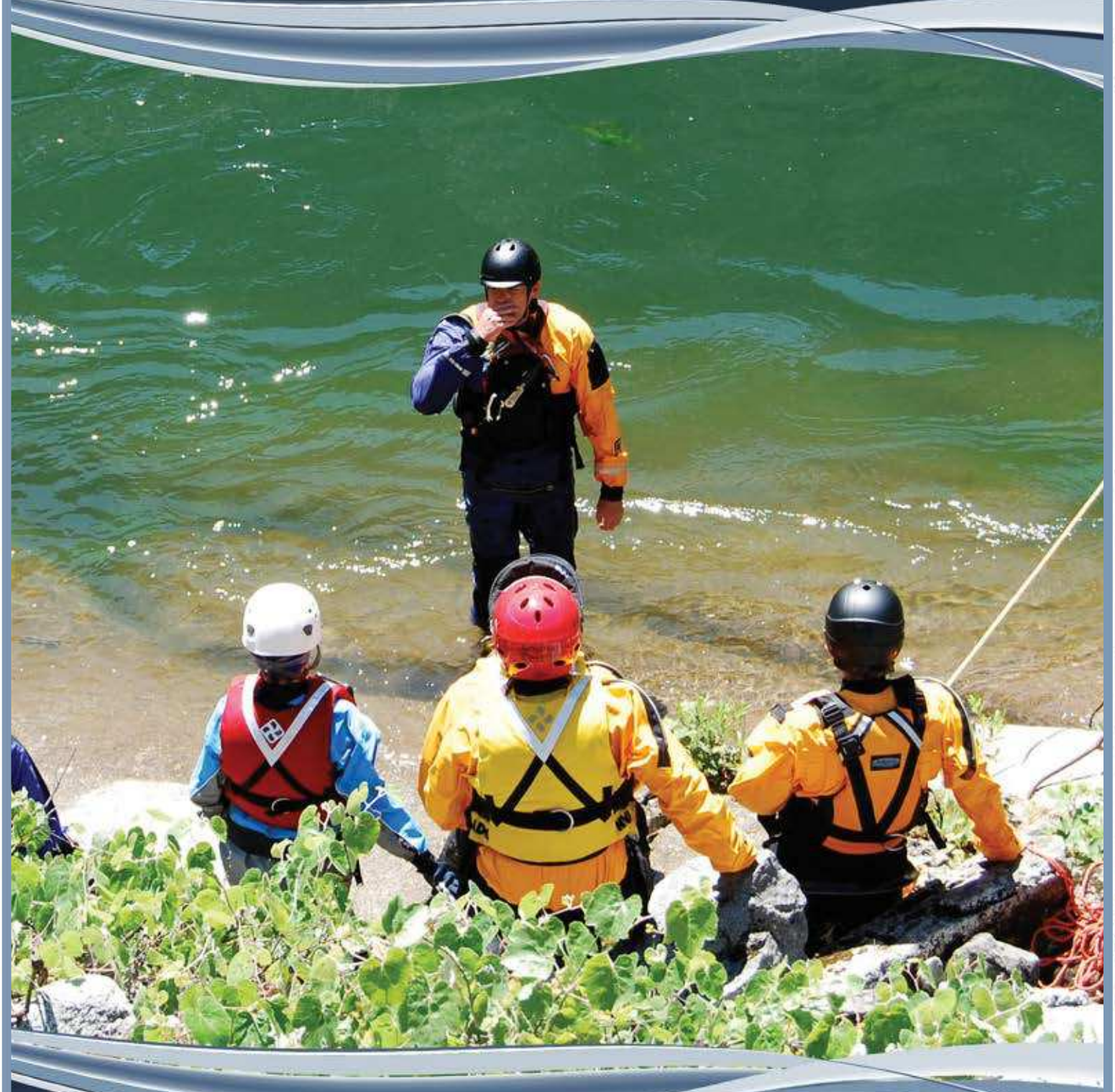
Rescue 3 International

Water Rescue Standard



Rescue 3 International

The world leader in water and rope rescue education since 1979

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Rescue 3 International

Water Rescue Training Standard

1. Rescue 3 philosophy

1.1 Recall the steps required in order to develop judgment.
1.2 Explain the order of priorities at a water rescue scene

2. Training standards

2.1 Recognize the different training courses within the Rescue 3 scheme
2.2 Recall the remit and role of an individual trained to this level
2.3 State how the Rescue 3 scheme fits within national and international standards
2.4 State how the Rescue 3 scheme fits within agency policy and agency standard operating guidelines

3. Best Practice Guidelines

3.1 Apply the Best Practice Guidelines to produce safer working practice

4. Hydrology and water hazards

4.1 Recall the definitions of basic water, moving water, coastal water, swiftwater and whitewater
4.2 Identify the effect that volume, gradient and obstacles have on water
4.3 Identify water features, hazards, and suitable control measures
4.4 Describe the impact that water features would have on individual's ability to self-rescue and perform rescues
4.5 Identify general water hazards, and suitable control measures
4.6 Identify water hazards in a basic water environment, and suitable control measures
4.7 Identify water hazards in a moving water environment, and suitable control measures
4.8 Identify water hazards in a coastal water environment, and suitable control measures

5. Floodwater dynamics and hazards

5.1 Identify the physical impact of water flowing within an urban area
5.2 Identify contributing factors to physical, chemical and biological hazards within flooding
5.3 Explain the effect of physical, chemical and biological hazards on personnel in floodwater

6. Flood theory

6.1 Identify the four phases of a flood, and the associated hazards
6.2 Identify how flood warnings will correspond with phases of flooding
6.3 State what tasks an individual trained to this level would carry out during the phases of a flooding event

7. Personal equipment

7.1 Identify personal protective equipment (PPE) for operating and performing rescues in water
7.2 Describe the issues and hazards of using non-water rescue PPE in the water
7.3 Select appropriate PPE for operating and performing rescues in water, perform pre-use checks, donning and buddy checks
7.4 Recall post-use care and inspection procedures for personal equipment

8. Rescue Equipment Considerations

8.1 Identify equipment used by water rescue teams

9. Technical and Team equipment

9.1 Identify technical and team equipment for operating in and performing rescues in water
9.2 Recall post-use care and inspection procedures for technical and team equipment

10. Pre-planning

10.1 List the four components of a generic pre-plan
10.2 Identify sources of information useful for generic and task-/location-specific pre-planning
10.3 Describe key information that should be included within a pre-plan

11. Risk assessments

11.1 Identify the elements of an effective generic and site-specific risk assessment
11.2 Perform a generic or site-specific risk assessment
11.3 Identify the elements of an effective dynamic risk assessment
11.4 Perform a dynamic risk assessment of a rescue site

12. Incident size-up

12.1 Demonstrate use of size-up models
12.2 Explain the phases of a successful rescue
12.3 List rescue options
12.4 Explain the difference between true and conditional rescues
12.5 Perform an on-site safety brief based on risk assessments
12.6 Select an appropriate plan of action for a given incident

13. Incident size-up (non-emergency services)

13.1 Appreciate use of size-up models by the emergency services
13.2 Explain the phases of a successful rescue
13.3 Perform an on-site safety brief based on risk assessment
13.4 List rescue options
13.5 Explain the difference between true and conditional rescues
13.6 Relative to the remit of co-worker rescue, select an appropriate plan of action for possible incidents

14. Incident management and site control

14.1 Based on hazard recognition, apply appropriate control measures to protect personnel and bystanders at a rescue scene
14.2 Identify issues and hazards of bystanders in the cold zone
14.3 Apply different roles that may be allocated at a water incident
14.4 Collate relevant information in order to deliver structured messages regarding an incident
14.5 Apply a simple structure and centralized command, in order to brief and manage a team

15. Site control (non-emergency services)

15.1 Based on hazard recognition, apply appropriate control measures to protect personnel and bystanders at a rescue scene
15.2 Identify issues and hazards of bystanders in the cold zone
15.3 Identify how and when to contact emergency services in the event of an incident

16. Medical and decontamination considerations

16.1 Identify signs/symptoms and treatment for common medical issues found in a water environment, including: hypothermia, hyperthermia, drowning, infection, and trauma
16.2 Identify individuals at risk for common medical issues found in a water environment, and control measures to minimize this
16.3 Recall the importance of minimizing exposure to the water and decontamination procedures post-exposure
16.4 Identify bank hazards, and suitable control measures to prevent slips, trips and falls

17. Considerations for night/poor visibility operations

17.1 Identify hazards associated with night/poor visibility operations, and suitable control measures
17.2 Identify types of lighting used within night operations

18. Mud, ice and unstable surface considerations

18.1 Recall hazards associated with mud, ice and unstable surfaces, and suitable control measures
18.2 Identify equipment and techniques used within swiftwater rescue that would have application within mud, ice and unstable surface rescues

19. Introduction to searching rivers and floods

19.1 Identify appropriate search models
19.2 State what tasks an individual trained to this level would carry out during a river-based primary search
19.3 State what tasks an individual trained to this level would carry out during a river-based secondary search
19.4 State what tasks an individual trained to this level would carry out during a flood-based primary search
19.5 State what tasks an individual trained to this level would carry out during a flood-based secondary search

20. Search Considerations

20.1 Identify relevant information that should be passed on to search managers
20.2 Explain the importance of establishing a point last seen, time last seen, and search area.
20.3 Identify the variables that affect the search area.

21. Helicopter familiarization

21.1 Identify hazards and control measures associated with helicopters

22. Communications

22.1 Recognize hand signals that can be used in a water environment
22.2 Recognize whistle signals that can be used in a water environment
22.3 Identify other methods of communication in a water environment, and their limitations

23. Weir (low head dam) rescue considerations

23.1 Identify the hazards and control measures for both victim and rescuer in a hydraulic/weir
23.2 Identify weir rescue options

24. Introduction to rescues from vehicles in water

24.1 Identify reasons why vehicles end up in rivers and floodwater, and steps taken to reduce this
24.2 Describe the forces acting on a vehicle when in the water, and how these affect vehicle stability
24.3 Explain why and how a vehicle should be stabilized whilst in the water, and factors influencing this decision
24.4 Identify methods of accessing and egressing a vehicle in water
24.5 Identify factors affecting vehicle stability when extricating victims

25. Animal rescue considerations

25.1 Identify hazards and control measures associated with animal rescue
25.2 Identify transport considerations for animal rescue

26. Accidental immersion considerations

26.1 Identify hazards and control measures of accidental immersion in water
26.2 Recognize the importance of keeping feet up if swept away in moving water

27. Water entry and exit

27.1 Identify hazards and suitable control measures when entering and exiting the water
27.2 Identify a safe entry point to and exit point from the water
27.3 Demonstrate correct water entry to and exit from the water

28. Swimming techniques and self rescue in a basic water environment

28.1 Demonstrate the defensive swimming position
28.2 Demonstrate the aggressive swimming position
28.3 Transition between the defensive and aggressive swimming positions
28.4 Compare swimming and self-rescue ability in moving water in inflatable life jackets and PFDs
28.5 Apply swimming techniques and angle control in order to self-rescue

29. Swiftwater swimming techniques

29.1 Demonstrate the defensive swimming position
29.2 Demonstrate the aggressive swimming position
29.3 Transition between the defensive and aggressive swimming positions
29.4 Adjust body angle relative to the current vector
29.5 Apply swimming techniques, angle control and momentum to perform a variety of tasks

30. Strainer swim

30.1 Identify strainers and the hazards they pose to rescuers and casualties in the water
30.2 Identify rescue options for a victim in a strainer
30.3 Compare the defensive and aggressive swimming techniques when dealing with strainers
30.4 Using a strainer simulator, demonstrate the technique for swimming over the simulator

31. Conditional rescues - talk, reach, throw

31.1 Identify conditional rescue options and the limitations of conditional rescues
31.2 Identify, check and prepare suitable equipment for performing a conditional rescue
31.3 Identify appropriate sites where conditional rescues can be performed
31.4 Demonstrate the correct method for receiving a throwbag
31.5 Perform a variety of conditional rescues
31.6 Identify methods of managing force directed on rescuer and victim during a reach rescue as water speed increases

32. Shallow water techniques

32.1 Identify the variables and hazards that will directly affect shallow water techniques
32.2 Perform single and team-based shallow water techniques
32.3 Explain the application of tethered shallow water techniques
32.4 Explain how the addition of a victim would affect shallow water techniques

33. Tethered boat techniques

33.1 Compare the application and limitations of single-, 2- and 4-point tethered systems
33.2 Relate river flow, intended use and catastrophic failure consequences to anchor selection and belay methods for tethered boats
33.3 Use a tethered boat for transportation and mid-stream access

34. Inflated fire hose (if used by agency)

34.1 Identify agency use or non-use of inflated fire hose
34.2 Identify the hazards and control measures of working with compressed air
34.3 Inflate and deflate a section of hose, if used by agency
34.4 Perform conditional rescues with a fire hose in both basic and moving water environments, if used by agency
34.5 Identify inflated fire hose rescue options

35. Tensioned diagonals

35.1 Explain why it is important for a tensioned diagonal to be tensioned and at the correct angle to the current vector
35.2 Identify why the downstream end of a tensioned diagonal must be releasable
35.3 Demonstrate appropriate use of a tensioned diagonal

36. Line crossing methods

36.1 Identify the variables that would influence methods for crossing a line over a channel
36.2 Identify appropriate methods of crossing a line over a channel
36.3 Demonstrate a variety of methods of crossing a line over a channel

37. True rescues in basic water

37.1 Identify the hazards and control measures associated with an untethered swim in a basic water environment
37.2 Identify the hazards and control measures associated with a tethered swim in a basic water environment

38. True rescues in moving water - tethered

38.1 Identify the hazards and control measures associated with a tethered swim in a moving water environment
38.2 Set-up and demonstrate an in-water emergency release using the quick release harness on a Personal Flotation Device (PFD)
38.3 Identify how water speed and distance will affect timing of a tethered swim
38.4 Demonstrate a true rescue using a tethered swim
38.5 Demonstrate correct rope management when performing a tethered rescue

39. Introduction to paddle boat handling

39.1 Identify agency use or non-use of paddle boats
39.2 Identify the importance of correct trim and power distribution
39.3 Be able to paddle forwards, backwards and turn
39.4 Recognize the importance of applying angle before forward momentum
39.5 Apply simple command within the boat, in order to achieve simple objectives

40. Boat unwrapping

40.1 Identify methods to minimize the likelihood of a wrapped boat
40.2 Identify how the movement of weight may help to unbalance a wrapped boat
40.3 Recall the application of rope systems for evacuating a wrapped boat, and unwrapping

41. Flips and rights

41.1 Identify steps to minimize the likelihood of a flip occurring
41.2 Recall the sequence once a boat has flipped
41.3 Explain options for whether to re-flip, and variables that would affect this choice
41.4 Perform a re-flip and recovery
41.5 Perform crew and victim recovery into a boat
41.6 Identify victim placement on a boat

42. People and equipment entrapments

42.1 Identify the hazards and consequences of foot and body entrapments, and control measures to reduce likelihood
42.2 Identify extrication methods of an entrapped victim
42.3 Identify risks to the rescuers of an entrapped victim
42.4 On dry land, demonstrate use of stabilization line and extrication methods from one and two banks
42.5 Compare the merits and hazards of using hands-on techniques, when approaching from upstream and downstream

43. Victim management

43.1 Identify hazards and control measures associated with victim management in a moving water environment
43.2 Identify appropriate PPE for victims
43.3 Identify priorities for managing victims' common medical issues
43.4 Demonstrate techniques for managing casualties' common medical issues, including airway and C-spine
43.5 Demonstrate tactics that can be utilized to prevent getting grabbed by the subject

44. Knots and anchor systems

44.1 Be able to identify, tie and check appropriate knots for water rescue
44.2 Recall factors affecting knot choice for water rescue applications
44.3 Identify use of anchor systems in water rescue
44.4 Be able to select an appropriate single anchor point, and create an attachment point
44.5 Tie load-sharing and load-distributing anchor systems

45. Tensioning systems and mechanical advantage

45.1 Identify the need for mechanical advantage systems within swiftwater rescue
45.2 Identify why external mechanical advantage systems are applied
45.3 Build and check appropriate internal and external mechanical advantage systems for use within swiftwater rescue

46. Belay systems

46.1 Demonstrate appropriate use and application of friction-based and mechanical belay devices
46.2 Identify considerations for choosing a belay

47. Scenarios

47.1 Complete a river rescue scenario

48. Rescue platforms, sleds and boards

48.1 Identify the hazards and control measures associated with the use of rescue platforms, sleds, and boards
48.2 Demonstrate appropriate use of rescue platforms, sleds and boards
48.3 Demonstrate appropriate rope attachment when using rescue platforms, sleds and boards
48.4 Demonstrate correct rope management when using rescue platforms, sleds, and boards

49. Masks, fins, and floating rescue devices

49.1 Identify the hazards and control measures associated with the use of masks, fins and floating rescue devices
49.2 Identify agency use or non-use of masks, fins and floating rescue devices
49.3 Demonstrate appropriate use of masks, fins and floating rescue devices, if used by agency

50. Dynamic risk assessment and incident size-up

50.1 Identify the elements of an effective dynamic risk assessment
50.2 Perform a dynamic risk assessment of a complex rescue site
50.3 Perform an on-site safety brief based on risk assessments
50.4 Select an appropriate plan of action for a given complex incident

51. Advanced Incident Management and Site Control

51.1 Apply different roles that may be allocated at a water incident
51.2 Collate relevant information in order to deliver structured messages regarding an incident
51.3 Apply a simple structure and centralized command, in order to brief and manage a team

52. Advanced Hydrology

52.1 Describe the effect that volume, gradient and obstacles have on water
52.2 Identify water features and hazards at a complex rescue site
52.3 Describe the impact that water features would have on individual's ability to self-rescue and perform rescues
52.4 Apply necessary site control measures based on the identified water features and hazards

53. Weir (low-head dam) assessment and pre-planning

53.1 Identify the key features that can make a hydraulic/weir dangerous, and their impact on both victim and rescuer
53.2 Perform a Rescue 3 weir risk assessment
53.3 Relate the Rescue 3 weir risk assessment to rescue options

54. Aqueduct hazards and techniques

54.1 Identify the hazards and control measures associated with rescues from aqueducts
54.2 Identify rescue options for a victim in an aqueduct
54.3 Identify the hazards and control measures associated with rescues from culverts and depth pressure hazards

55. Introduction to search management

55.1 Demonstrate use of appropriate search models
55.2 Collate information gathered in the primary phase of a water search
55.3 Calculate a search area based on a given scenario
55.4 Assign tasks to individuals during a river-based search
55.5 Assign tasks to individuals during a flood-based search

56. Technical Rope Rescue Review

56.1 Identify, tie and check appropriate knots for swiftwater rescue
56.2 Recall factors affecting knot choice for swiftwater rescue applications
56.3 Select appropriate anchor points and/or systems for task
56.4 Select an appropriate belay method for task
56.5 Select, build and check appropriate mechanical advantage systems for use within advanced swiftwater rescue

57. Advanced swiftwater swimming techniques

57.1 Select swimming techniques, angle control and momentum to perform a variety of tasks in moving water

58. Advanced conditional rescues - talk, reach, throw

58.1 Work as a team to perform multiple and complex rescues using conditional rescue techniques

59. Advanced true rescues - tethered

59.1 Work as a team to perform multiple and complex rescues using true rescue techniques

60. Advanced entrapment techniques

60.1 Describe the hazards and consequences of foot and body entrapments, and control measures to reduce likelihood
60.2 Identify extrication methods of an entrapped victim at a complex rescue site
60.3 Identify risks to the rescuers of an entrapped victim at a complex rescue site
60.4 Demonstrate on dry land the use of stabilization line and extrication methods from one and two banks
60.5 Compare the merits and hazards of using hands-on techniques, when approaching from upstream and downstream

61. Highline rope systems or complicated technical rope evolution

61.1 Recall pretensioning and tie-back methods for setting up a highline or other steep to high angle evacuation problem
61.2 Recall critical angles and their affect on highlands and/or high directionals
61.3 Build and operate a highline or steep to high angle evolution that incorporates raising and lowering, litter management, and other challenges in high angle environments that occur in a swiftwater environment
61.4 Perform a midpoint drop on highline, or raising and lowering operation with multiple evolutions

62. Tethered boats in high energy water

62.1 Identify the limitations of hand-controlled tethers for boats
62.2 Construct tethered boat solutions that increase the system's ability to deal with force and increase redundancy
62.3 Build and operate a tethered boat system
62.4 Compare boat on a highline reeving options and variables that would affect their application

63. Boat based litter management

63.1 Identify when to use a litter in a boat
63.2 Identify the different types of litters used for boat-based transport
63.3 Identify risks of strapping a victim into litter/boat
63.4 Identify best placement and securing of litter within different boat types
63.5 Perform loading and transferring of a litter from shallow and deep water into rescue boat

64. In-water litter management

64.1 Identify when to utilize a litter in a water environment
64.2 Identify risks of strapping a victim into litter to be transported in a water environment
64.3 Compare techniques for moving litters around in the water

65. Search exercise

65.1 Perform a primary search
65.2 Segment a search area, based on information gathered
65.3 Redeploy to perform a secondary search

66. Night/poor visibility operation

66.1 Identify hazards associated with night/poor visibility operations, and apply suitable control measures
66.2 Perform a risk assessment and operate at night/in poor visibility

67. Crew recovery

67.1 Identify reasoning behind team/self-rescue ability into boat
67.2 Perform team-based rescue (or self-rescue) over sponson while in deep water
67.3 Perform recovery, starting from all crew members in deep water

68. Victim recovery

68.1 Identify the use of parbuckling techniques
68.2 Explain methods of victim retrieval in to boats

69. Guidance and best practice documents

69.1 Identify important components of local, regional, and national flood rescue documentation and procedures

70. Management of rescues from vehicles in water

70.1 Recall the six phases of a rescue from vehicle in water
70.2 Recall the hazards and control measures associated with vehicles in water
70.3 Recall why a vehicle may enter the water
70.4 Recall how a vehicle orients itself with relation to flow
70.5 Describe the hydrology of a vehicle in water
70.6 Recall how a vehicle behaves in deep water
70.7 Recall the forces affecting a vehicle in water
70.8 Identify issues of casualty management from a rescue from vehicle in water
70.9 List extrication options
70.10 Identify other assets that can assist in casualty extrication

71. Pre-planning for flood incidents

71.1 List the four components of a generic pre-plan
71.2 Identify sources of information useful for generic and task-/location-specific pre-planning
71.3 Describe key information that should be included within a pre-plan
71.4 Describe the implications of pre-deployment of assets
71.5 Describe the role of regional organizations in relation to pre-planning activity

72. Welfare Considerations

72.1 State the requirements for welfare considerations during extended flooding operations
72.2 Recall the difficulties in attaining accommodation and subsistence during extended flooding operations
72.3 Recall national considerations for reimbursement of agencies

73. Management of powered boat operations

73.1 Describe the major hull types applicable to flood rescue
73.2 Describe how the four phases of flooding relate to boat choice
73.3 Describe logistical and maintenance considerations for extended flooding operations
73.4 Describe boat capabilities

74. Weather and flood warning information

74.1 Demonstrate how to use online responder-based weather risk facilities
74.2 State how online weather data can be used to influence pre-deployment and pre-planning decision making
74.3 Identify sources of regional, national, and international weather and river/flood warning information

75. Local emergency flood plans

75.1 Identify sources of local flood plans
75.2 Describe the key components of local emergency flood plan

76. Multi-agency command and control considerations

76.1 Describe how a multi-agency command structure can evolve
76.2 Describe the information pathway through a multi-agency command structure
76.3 Identify the hazards and control measures associated with spate call handling

77. Team typing and deployment of national assets

77.1 Recall the components of flood team types
77.2 Relate the Rescue 3 International training levels to team types
77.3 State the regional and national methodology of requesting national assets

78. Flood management exercise

78.1 Prepare a hypothetical flood plan
78.2 Use the flood plan to pre-plan a hypothetical flooding event, based on exercise injects
78.3 Respond to the hypothetical flooding event
78.4 Conduct a briefing to a hypothetical incident commander during handover
78.5 Debrief the hypothetical incident

79. Vehicle behavior in water

79.1 Recall why a vehicle may enter the water
79.2 Recall how a vehicle orients itself with relation to flow
79.3 Describe the hydrology of a vehicle in water
79.4 Recall how a vehicle behaves in deep water
79.5 Recall the forces affecting a vehicle in water
79.6 Recall the hazards and control measures associated with the upstream and downstream side of a vehicle in water

80. Incident size-up for rescues from vehicles in water

80.1 Demonstrate use of size-up models
80.2 Perform an on-site safety brief based on risk assessments of a vehicle rescue in water
80.3 List rescue options from a vehicle in water
80.4 Select an appropriate plan of action for a given incident

81. Incident management for rescues from vehicles in water

81.1 Based on hazard recognition, apply appropriate control measures to protect personnel and bystanders at a rescue from vehicle in water
81.2 Apply different roles that may be allocated at a vehicle in water incident
81.3 Collate relevant information in order to deliver structured messages regarding a vehicle in water incident
81.4 Apply a simple structure and centralized command in order to brief and manage a team
81.5 Recall the six phases of a rescue from vehicle in water

82. Glass management

82.1 Identify hazards and apply control measures associated with vehicle glass

83. Personal equipment for rescues from vehicles in water

83.1 Identify personal protective equipment (PPE) for operating and performing rescues from vehicles in water
83.2 Select appropriate PPE for operating and performing rescues from vehicles in water, perform pre-use checks, donning and buddy checks
83.3 Recall post-use care and inspection procedures for personal equipment

84. Medical and decontamination considerations for rescues from vehicles in water

84.1 Identify signs/symptoms and treatment for common medical issues found at a rescue from a vehicle in water
84.2 Recall the importance of minimizing exposure to the water and decontamination procedures post-exposure
84.3 Identify bank hazards and suitable control measures to prevent slips, trips, and falls

85. Anchors - vehicle and bank

85.1 Identify suitable anchor points on the vehicle
85.2 Identify suitable anchor points on the bank
85.3 Identify appropriate equipment for a rescue from vehicle in water
85.4 Construct anchor systems for rescues from vehicles in water

86. Vehicle stabilization

86.1 Identify factors affecting vehicle stabilization during a rescue from vehicle in water
86.2 Recall the implications on vehicle stabilization of single and twin bank access techniques

87. Victim extrication

87.1 Identify issues of victim management from a rescue from vehicle in water
87.2 List extrication options
87.3 Identify other assets that can assist in victim extrication

88. Shallow water techniques for rescues from vehicles in water

88.1 Identify the hazards and control measures that will directly affect shallow water techniques for a rescue from a vehicle in water
88.2 Perform single and team-based shallow water techniques for rescues from vehicles in water
88.3 Perform tethered shallow water techniques
88.4 Perform shallow water techniques with a casualty, during a rescue from a vehicle in water

89. Pendulum extrication

89.1 Identify when a pendulum extrication would be used, its hazards, and control measures
89.2 Perform a pendulum extrication

90. Tensioned diagonals for rescues from vehicles in water

90.1 Explain why it is important for a tensioned diagonal to be tensioned and at the correct angle to the current vector
90.2 Identify why the downstream end of a tensioned diagonal must be releasable
90.3 Demonstrate appropriate use of a tensioned diagonal for a rescue from a vehicle in water

91. Tethered boat techniques for rescues from vehicles in water

91.1 Compare the application and limitations of single-, 2-, and 4-point tethered systems
91.2 Relate river flow, intended use and catastrophic failure consequences to anchor selection and belay methods for tethered boats
91.3 Use a tethered boat for a rescue from vehicle in water

92. Single bank extended platform

92.1 Identify when a single bank extended platform would be used, its hazards, and control measures
92.2 Rig a single bank extended platform
92.3 Application of ferry angle to access the vehicle and recover the patient

93. Inflatable Lifejacket types and standard

93.1 Identify types of inflatable lifejacket, their merits and limitations
93.2 Identify national and international inflatable lifejacket standards

94. Firing mechanisms

94.1 Identify types of firing mechanism, their merits and limitations

95. Selection and correct fitting of inflatable lifejacket

95.1 Select appropriate inflatable lifejacket for intended task
95.2 Identify additional inflatable lifejacket accessories for intended task

96. Sizing considerations

96.1 Perform a buddy check of a inflatable lifejacket user

97. Adaptation of inflatable lifejackets for high-risk areas and tasks

97.1 Identify hazards associated with accidental deployment in a variety of high risk areas and tasks, and suitable control measures
97.2 Identify the hazards and merits of auto vs manual inflation in a variety of high risk areas and tasks

98. Periodic maintenance and inspection regime of inflatable lifejacket

98.1 Be familiar with manufacturer's recommendations for maintenance and inspection regime
98.2 Be familiar with agency's recommendations for maintenance and inspection regime where different from manufacturer's

99. Pre-use and post-use inflatable lifejacket checks

99.1 Demonstrate appropriate pre-use checks for the selected inflatable lifejacket
99.2 Demonstrate appropriate post-use checks for the selected inflatable lifejacket

100. Protection of inflatable lifejacket from sharps

100.1 Compare the resilience to sharps of inflatable lifejackets vs Personal Flotation Device (PFD)s
100.2 Recall correct procedures for storage, transportation and use of inflatable lifejackets, to protect from sharps

101. Inflatable lifejacket inflation and deflation - auto/manual

101.1 Identify the hazards and merits of auto vs manual inflation
101.2 Observe the auto-inflation of a inflatable lifejacket, and identify its hazards
101.3 Demonstrate manual inflation of a inflatable lifejacket

102. Swimming and self-rescue in an inflatable lifejacket

102.1 Demonstrate the defensive swimming position

103. Exiting the water in an inflatable lifejacket

103.1 Identify the hazards and difficulties of exiting the water wearing a inflatable lifejacket

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