



LIFESAVING SOCIETY  
The Lifeguarding Experts

# Basic First Aid (Updated 2011)

Candidates' Names	Age	Contacting EMS	Primary assessment: unconscious victim	Rescue breathing	Obstructed airway: adult conscious victim	Obstructed airway: adult unconscious victim	Care for a victim in shock	Care for external bleeding	Result
		1	2	3	4a	4b	5	6	
1									
2									
3									
4									
5									
6									
7									
8									
9									
10									
11									
12									
13									
14									
15									

- Satisfactory Performance     
 **F** - Fail     
 Total Pass      
 Total Fail

**Host information**

Host name (Affiliate) \_\_\_\_\_ ( )  
 Telephone \_\_\_\_\_  
 Street address \_\_\_\_\_  
 City \_\_\_\_\_ Prov. \_\_\_\_\_ Postal code \_\_\_\_\_

**Course information**

Certification date: \_\_\_\_\_ YY MM DD  
 Facility name (e.g., name of pool) \_\_\_\_\_ Telephone \_\_\_\_\_  
**This section to be completed by the Lifesaving Instructor who taught and evaluated the candidates.**  
 Name \_\_\_\_\_ ID# (optional) \_\_\_\_\_  
 E-mail address \_\_\_\_\_  
 Telephone \_\_\_\_\_ Signature \_\_\_\_\_