



LIFESAVING SOCIETY  
The Lifeguarding Experts

# Basic First Aid (Updated 2016)

| Candidates' Names | Age | 1              | 2   | 3                | 4  | 5                          | 6                          | Result |
|-------------------|-----|----------------|---|------------------|--|----------------------------|----------------------------|--------|
|                   |     | Contacting EMS | Primary assessment:<br>unconscious victim | Rescue breathing | Obstructed airway:<br>adult conscious victim | Care for a victim in shock | Care for external bleeding |        |
| 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 Emergency or Standard First Aid Instructor who taught and evaluated the candidates.**  
 Name \_\_\_\_\_ ID# (optional) \_\_\_\_\_  
 E-mail address \_\_\_\_\_  
 ( )  
 Telephone \_\_\_\_\_ Signature \_\_\_\_\_