

# Water Rescue Victim Management Lesson One Water-bound Victim Rescue

**DOMAIN:** PSYCHOMOTOR

**LEVEL OF LEARNING:** APPLICATION

## **MATERIALS**

IFSTA Fire Service Search and Rescue Manual 7<sup>th</sup> Edition; American Red Cross Emergency Water Safety; American Red Cross Life Guard Training; WATER RESCUE Basic Skills for Emergency Responders; LCD Projector and computer, overhead projector, white board, Dry-erase pens, VCR and Monitor; Water Rescue Video, SWEPT AWAY; throw bags, Spinal immobilization devices, PFD's for student, instructor and victim, appropriate PPE for environmental conditions.

## **NFPA 1006, 2008 edition JPRs**

- 11.1.14 Identify procedures for operation of rope systems particular to the water rescue needs of the AHJ
- 11.1.15 Support Level II operations
- 11.2.3 Demonstrate defensive tactics in the water rescue environment given a waterbound victim in a stressed or panicked situation
- 12.1.1 Construct rope systems particular to the swiftwater rescue needs of the AHJ
- 12.1.2 Support Level II operations

## **Junior Member Statement:**

Junior Member training activities should be supervised by qualified instructors to assure that the cognitive and psychomotor skills are completed in a safe and non-evasive

manner. While it is critical that instructors be constantly aware of the capabilities of all students both mentally and physically to complete certain tasks safely and successfully, the instructor should take every opportunity to discuss with departmental leaders and students the maturity and job awareness each participant has for the hazards associated with fire and rescue training.

**TERMINAL OBJECTIVE**

The Water Technical Rescuer candidate, given the appropriate PPE and water rescue equipment, shall correctly extricate an incapacitated victim from a designated Surface Water environment.

**ENABLING OBJECTIVE**

1. The Water Technical Rescue candidate, given the appropriate equipment and PPE, shall correctly demonstrate the proper techniques for removing an incapacitated victim from the Surface Water environment while administering proper care for airway and spinal control.

# Water Rescue Victim Management

## Lesson One

### Water-bound Victim Rescue

#### MOTIVATION

Once the patient is found and secured by the rescuer or rescue team, it is imperative that the proper technique be used to remove that person safely and effectively from the water environment. An incapacitated person may be unconscious, or conscious, and the rescuer must remember that they are often placed in the same environment as the victim with the same dangers. Care must be taken to make sure that the extrication is conducted safely for both the rescuer as well as the patient.

#### PRESENTATION

#### ENABLING OBJECTIVE #1

The Water Technical Rescue candidate, given the appropriate equipment and PPE, shall correctly demonstrate the proper techniques for removing an incapacitated victim from the Surface Water environment while administering proper care for airway and spinal control.

1. Identify the proper techniques for recovering a conscious victim in a Surface Water environment:
  - a) Tow. This method requires no physical contact. The rescuer can use the victim's clothing or a towel, PFD, rope, rescue can, etc. to pull victim to safety.
  - b) Assisted carry. This method requires physical contact. The rescuer can use the wrist-to-wrist carry to minimize water resistance.

2. Identify the proper techniques for recovering an unconscious victim in a Surface Water environment.
  - a) **Controlled Carry: The Hair-tow or Cross-chest control carry can be very difficult and tiring for rescuer. The Chin-lift control carry may be better for longer distances.**
3. Identify the **proper lifting techniques for removing a victim from a Surface Water environment.**
  - a) **Firefighter's carry.**
  - b) **Under-arm, wrist-grasp.**
  - c) **Saddle-back carry.**
  - d) **Buddy-buddy carry.**
4. Identify the proper techniques for recovering a **spinal injury victim in a Surface Water environment.**
  - a) **Approach from the victim's side.**
  - b) **Position arm on sternum and grasp the victim's jaw line for support.**
  - c) **Position other arm below victim along spine and grasp the back of the victim's head.**
  - d) **Compress victim between the rescuers' forearms.**
  - e) **If the victim is in a face down position, the rescuer should then submerge and turn victim slowly over to a face-up position.**
  - f) **Monitor the victim's ABCs.**
  - g) Have second rescuer approach from same side and hold victim by both sides of the pelvic area and raise to surface of water.
  - h) Position spine board and secure victim per local protocols.
5. Make note that if the victim is in a face down position, the rescuer must then submerge and turn victim slowly over to a face-up position while maintaining the patient's head in line with their spine.
6. Emphasize that the handling of spinal injuries shall be in accordance with the North Carolina Office of Emergency Medical Services guidelines for spinal immobilization and local medical protocols of the Authority Having Jurisdiction.
7. Identify the proper techniques for overturning a face down victim in a Surface Water environment when no spinal injury is evident.

- a) Rescuer approaches from above the victim's head.
- b) With palm up, grasp victim's wrist with corresponding hand.
- c) Move back quickly while turning hand palm down to rotate victim's arm and body.
- d) Place other arm over victim's other arm and under victim's body.
- e) Rescuer should open victim's airway and monitor the ABC's

Reference: IFSTA Fire Service Search and Rescue Manual  
7<sup>th</sup> edition pages 333-338

American Red Cross Emergency Water Safety, Chapter 1-3.

WATER RESCUE, Chapter 12, pages 259-285.

Swift Water Rescue by Slim Ray, pages 131-137 and 195-196.

Delmar Water Rescue Levels I and II, pages 86-96.

## **APPLICATION**

The practical application for this lesson plan will need to be completed in an appropriate Surface Water environment with actual hands-on demonstrations of the required techniques for safely removing an incapacitated victim from the Surface Water environment.

## **SUMMARY**

This lesson plan covers the proper techniques necessary for a rescuer to safely and effectively remove an incapacitated victim from the water. Prior familiarity to the Surface Water environment is a must. It is highly recommended that the personnel performing this skill have prior in-water related training.

In case of an in-water contact rescue, these techniques should be discussed and practiced in conjunction with Lesson Plan Eight, Strong Swimmer Rescue.