LIFESAVING SOCIETY
The Lifeguarding Experts

Basic First Aid *(Updated 2016)*

Candidates' Names	Age	1 Contacting EMS	2 Primary assessment: unconscious victim	3 Rescue breathing	4 Obstructed airway: adult conscious victim	5 Care for a victim in shock	6 Care for external bleeding	Result
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 or Standard First Aid Instructor who taught and evaluated the candidates.

Name ID# (optional)

E-mail address

( ) Telephone Signature

Retain one copy of this test sheet for your records.