

JOB SHEET 3.1-1

LIFESAVING SKILLS

TRAINEE NAME/RATE _____SSN
 INSTRUCTOR/EVALUATOR _____DATE

Evaluation Instructions Critical Steps: Observe trainee performing each step. Watch for correct use of equipment and adherence to safety regulations. Indicate trainee's performance by circling either SAT, MRSAT, or UNSAT. (MRSAT, Marginally SAT denotes an area that a student is weak in, but not a failure, and will need to be remediated in this area).

"*" denotes a critical area. Failure to adhere to items marked with an asterisk will result in automatic failure of this Performance test.

DEMONSTRATE APPROACH AND CARRY PROCEDURES:

A. FRONT SURFACE APPROACH

- | | |
|-------------------------------------|-----------------|
| 1. Approach survivor. | SAT MRSAT UNSAT |
| 2. Execute quick reverse. | SAT MRSAT UNSAT |
| 3. Attempt communication | SAT MRSAT UNSAT |
| * 4. Hand placement, turn survivor. | SAT UNSAT |
| * 5. Cross chest carry. | SAT UNSAT |

B. REAR SURFACE APPROACH

- | | |
|-----------------------------------|-----------------|
| 1. Approach survivor. | SAT MRSAT UNSAT |
| 2. Execute quick reverse. | SAT MRSAT UNSAT |
| 3. Attempt communication. | SAT MRSAT UNSAT |
| * 4. Cross chest/equipment carry. | SAT UNSAT |

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C. UNDERWATER APPROACH

- 1. Approach survivor, attempt communication. SAT MRSAT UNSAT
- 2. Surface dive. SAT UNSAT
- 3. Surface behind survivor. SAT UNSAT
- * 4. Place in controlled cross chest carry immediately. SAT UNSAT
- FRONT HEAD HOLD RELEASE
 - * 1. Suck, Tuck and Duck SAT UNSAT
 - 2. Hand placement on survivors face and elbow. SAT MRSAT UNSAT
 - * 3. Perform release, free head from grasp. SAT UNSAT
 - * 4. Place and maintain survivor in controlled cross chest carry. SAT UNSAT

B. FRONT HEAD HOLD ESCAPE

- * 1. Suck, Tuck and Duck. SAT UNSAT
- 2. Hand placement. SAT MRSAT UNSAT
- * 3. Perform escape. SAT UNSAT
- * 4. Surface out of reach of survivor. SAT UNSAT

C. REAR HEAD HOLD RELEASE

- * 1. Suck, Tuck and Duck. SAT UNSAT
- 2. Hand placement, break survivor's hold. SAT MRSAT UNSAT
- * 3. Hand placement, perform release (release elbow, not wrist). SAT UNSAT

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*	4. Place and maintain survivor in a controlled cross-chest carry.	SAT	UNSAT
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D.REAR HEAD HOLD ESCAPE

*	1. Suck, Tuck and Duck.	SAT	UNSAT
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	2. Hand placement.	SAT	MRSAT	UNSAT
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*	3. Perform escape.	SAT	UNSAT
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*	4. Surface out of reach of survivor.	SAT	UNSAT
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