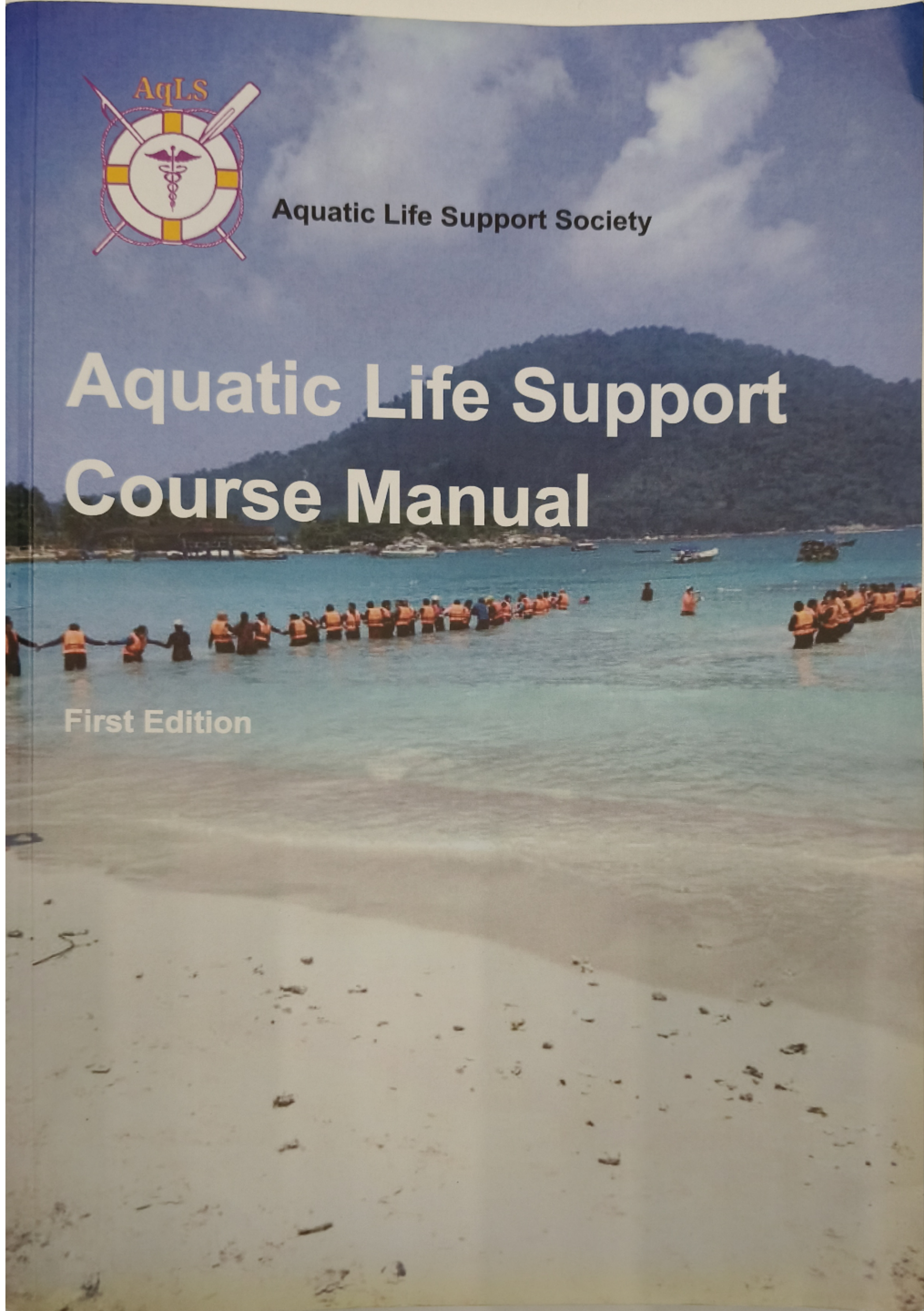




Aquatic Life Support Society

Aquatic Life Support Course Manual

First Edition



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Preface

Aquatic Life Support (AqLS) originally started humbly as a course to provide aquatic rescue skills and knowledge for the Emergency Medicine post-graduate students. In the pilot course, the learning materials regarding aquatic rescue skills and the management of water related incidents were taken from various sources. However, many foreign sources of information are less applicable to our local settings due to the unique population, epidemiology, geography, and the resources available in Malaysia.

Thus, it is an aspiration to gather various agencies in Malaysia that involved in water safety and rescue to formulate a syllabus that suits the settings for Malaysian waters. This would be an important step for Malaysian, particularly the frontliners to be better prepared in managing water related incidents.

It would be impossible to produce this manual without the dedication and support from our expert panel. Their contributions to the first edition of AqLS manual is very much appreciated.

The main objective of the AqLS course is to expose and introduce aquatic rescue and care for aquatic emergency condition to health care providers in Malaysia. Through the course the participants will acquire knowledge on water safety and drowning prevention, as well as the skills on water survival and basic aquatic rescue. With the necessary skills and knowledge, the health care providers will be able to serve during unfortunate aquatic event or disaster if happened while ensuring personal safety carrying out duty in the water or around aquatic environment.

The AqLS course is designed by healthcare providers, training provided by healthcare providers, for healthcare providers. Our mission is to train and to equip the health care sector with water savvy rescuers. With sufficient numbers of skilled aquatic rescue healthcare providers, perhaps the vision of providing efficient aquatic prehospital care and rescue by Malaysian health sector may be achievable in the near future.

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Disclaimer:

The content of this manual is tailored for the use in AqLS course and may serve as a reference. It provides theoretical principles and knowledge in aquatic rescue and water related incidents management in Malaysia. However, reading through the manual **DOES NOT** make one to be a qualified rescuer and it definitely **DOES NOT** replace any proper training by qualified training organisation.

Upon completion of AqLS course, one will obtain adequate knowledge and skills in water safety, drowning prevention as well as basic non-contact aquatic rescue technique. However, this **IS NOT** sufficient for one to engage in swimming rescue or other contact rescue in water.

The emergency care procedures outlined in this book reflect the standard of knowledge and accepted emergency practices in Malaysia at the time this book was published. It is the reader's responsibility to stay informed of changes in emergency care procedures.

(Criteria for a healthcare provider to be qualified in performing swimming rescue and contact rescue in water were set by the Aquatic Life Support Society with the advice of its subject matter expert panel. The criteria will be discussed during AqLS course.)