

APRIL 2015: PAUANUI SLSC



RESCUE OF THE MONTH

RECOGNISING OUTSTANDING RESCUES

EASTERN WINNER

In it for life

Date: April 12, 2015

Location: South end of Pauanui Beach

Lifeguards Involved: Jake Smith, Tash Gojak, Bridget Gibson

On April 12, off-duty lifeguard Jake Smith spotted a group of four swimmers in a rip. He managed to get some binoculars and found that two of the swimmers were really struggling; splashing around and going under occasionally, trying to get back to shore.

Jake asked fellow lifeguard Tash Gojak and a bystander to get into his vehicle and they drove to the South end car park. They ran 400m north along the beach to reach the patient with Tash grabbing Jake's surfboard from the truck as a backup floatation device if needed.

The distressed swimmers had made it to shore with the assistance of two of the other swimmers, but right as the lifeguards arrived on scene, one of the swimmers collapsed and was going in and out of consciousness.

They dragged the patient up to the dry sand and started monitoring his vitals while waiting for an ambulance. The patient had an extremely weak pulse and was not very responsive to voice or pain. He had bought up water on multiple occasions. Lifeguards maintained the airway by keeping him in the recovery position. They attempted to keep the patient warm with clothes and towels and talked to him to keep him responsive.

Fellow lifeguard Bridget Gibson arrived on scene to assist. Oxygen was set up and administered on the patient who was still conscious but extremely exhausted, cold and only slightly responsive to pain. An emergency blanket was used to insulate and warm the patient and lifeguards continued to monitor, warm and gain important vital signs for an extra 15 minutes.

Once the ambulance arrived, a handover was completed and the patient was transferred to Thames hospital for further treatment. The remaining three patients, who had also been assessed, were educated on rips and holes to help prevent a similar incident in the future.

Jake demonstrated clear leadership, working well with bystanders and fellow lifeguards. If they weren't there that day, the patient could have likely drowned.