

DECEMBER 2015: TAIRUA SLSC



# RESCUE OF THE MONTH

## RECOGNISING OUTSTANDING RESCUES

EASTERN WINNER

*In it for life*

**Date: 29 December 2015**

**Location: Tairua Ocean Beach**

**Lifeguards involved: Laura Stephens, Gareth Lynch, Sean Ridler, Matt Kerr, William Richards, Larry Davies, Grant Schofield, Sam Schofield, Jade McQuoid**

On December 29, about a kilometre to the north of Tairua Surf Life Saving Club, a woman in her sixties collapsed as she was getting out of the surf. She wasn't breathing and was unconscious.

Her family raised the alarm and the lifeguards, who were training Nippers nearby, responded immediately.

One lifeguard ran the entire length of the beach to get further assistance and medical help from other lifeguards. Meanwhile, the two instructors commenced manual CPR for approximately five to seven minutes after dragging the patient up from the water's edge.

More lifeguards responded to the scene with oxygen and the defibrillator and following the initial shock, a further three were delivered in between CPR.

The lifeguards rotated between jobs to ensure than no-one was tiring and that the appropriate skill level matched the tasks they were assigned.

Following the third shock, the patient began to show signs of life with weak spontaneous breathing.

Once the ambulance arrived, the lifeguards helped the paramedics stabilise and stretcher the patient who was then transported to hospital in the rescue helicopter as a Status One.

The entire incident took one and a half hours from start to finish. The CPR and stabilisation of the patient on the beach was well coordinated and led to a successful outcome for the patient who could have died on the beach that day if it wasn't for the quick response of the lifeguards.