

**APRIL 2016: WAIMARAMA SLSC**



# **RESCUE OF THE MONTH**

## **RECOGNISING OUTSTANDING RESCUES**

CENTRAL WINNER

*In it for life*

**Date: 10 April, 2016**

**Location: Ahuriri, Napier**

**Lifeguards involved: Heidi Warren**

Waimarama lifeguard Heidi Warren demonstrated the confidence she has gained from her lifeguard training on April 10 when she averted tragedy at a Napier nightspot.

She came to the aid of a man who had been drinking and fell from a nearby wharf, striking his head on a berthed fishing boat, before hitting the water. He was floating face down and bleeding from his head.

Hearing the commotion, Heidi raced over to help a member of the public who was holding his head above the water but didn't know what to do next. She checked for a pulse but he wasn't reacting or breathing so, with the help of others, they managed to get the man onto the back of the boat.

She did a series of compressions, forcing the water out of his lungs, and then shifting him into the recovery position where he began breathing on his own.

Emergency services arrived on scene and took the man to hospital in a critical condition where he recovered.

Senior Sergeant Dan Foley of Napier police said Heidi's presence would have made a big difference. "We are really pleased there were people there who had expertise in first aid. It would appear the outcome was much better as a result of it."