

Learning How to Carry Victims

This part of the test requires you to learn and complete a rescue using a cross-chest carry. It is a continuation of the rescue phase of the test. You will incorporate a victim carry to extract the victim from the water to the beach. There are three carries taught to all candidates. They are the fireman's carry, the backpack and the body drag. Candidates will be instructed in every aspect of these lifts and given opportunity to practice these techniques. The assessment, however, is based only on the carry of your choice.

Without the assistance of a rescue buoy, you will enter the surf, approach the victim, place the victim in the appropriate cross-chest position, and bring the victim toward shore. Using one of the three carries, you will extract the victim from the water, bring them up on the beach, and place the patient in the recovery position.

On Site Testing



Training officer explains the Cross-Chest technique to two candidates.



Candidate practices the proper technique for positioning a victim using the cross-chest carry.

Off Site Testing



Two candidates practice the cross-chest technique.





Candidate enters the surf without a rescue buoy.



Testing officer gives feedback during practice phase of cross-chest victim rescue.



Candidates are instructed and practice under the supervision of an testing officer. One of several techniques to remove an unconscious victim from the water.



Candidate places "victim" in position to perform an unconscious victim carry.





A candidate uses the back-strap carry to move an unconscious victim the designated distance.



Candidate practices the body-drag method of moving an unconscious victim with coaching from the testing officer.



This determined candidate lost her grip and dropped her victim. Using the resources she had, she chose the body drag to remove the patient from the surf.



"Victim" is placed in the recovery position.



Candidate lowers victim down preparing to place in the recovery position under the watchful eyes and spotting of the testing officers.