



## Lifeguard

ANZSCO 452414

Description
Looks after the safety of people at beaches or swimming pools through accident prevention and rescue, and educating the public on water safety.
Typical work tasks (may include any combination of the following)
Promotes water safety awareness and undertakes rescue of people in difficulty in the water.
Typical work environment
<ul style="list-style-type: none"><li>• Employees work <b>outside or inside</b> at swimming pools, beaches and other public swimming areas.</li><li>• Likely to work in a variety of weather conditions except extreme weather.</li><li>• Utilises <b>protective equipment</b> as required.</li></ul>
Typical physical and mental demands
<ul style="list-style-type: none"><li>• <b>Light to medium</b> physical demand.</li><li>• Employees frequently <b>stand or move</b> about the work area observe the water and watch for swimmers in trouble.</li><li>• Employees may <b>sit</b> in observation towers to watch the water or when writing incident reports.</li><li>• <b>Stretching or reaching</b> is likely to be required frequently when carrying out rescues.</li><li>• <b>Squatting or crouching is likely to be frequently required for first aid tasks.</b></li><li>• Contact with <b>water</b> is frequent to constant as working with water and in a role that will require the administration of first aid to members of the public. Contact with skin irritants is not a significant component of the role.</li><li>• <b>Twisting of the body or neck</b> is likely to be required frequently through the need for swimming and performing rescues.</li><li>• <b>Lifting, pulling or carrying</b> is likely to be frequently required when carrying out rescues.</li><li>• <b>Bending</b> is likely to be required occasionally to facilitate lifting.</li><li>• <b>Repetitive movements</b> are constantly required to swim.</li><li>• Use of <b>hand-held objects and equipment</b> will include floating devices and first aid equipment.</li><li>• <b>Mental skills</b> necessary include knowledge of relevant health and safety regulations, communication, decision-making and analysis and organisation.</li></ul>
Further comments
There are opportunities for flexibility of movement but they are limited.
Key entry requirements (skill level, qualifications, licenses)
Surf Lifeguards must pass the New Zealand Surf Lifeguard Award exam (this includes modules in swimming skills, first aid, resuscitation, rescue, surf knowledge, and theory) (ANZSCO Skill Level 3). There are no compulsory qualifications to be a Pool Lifeguard. However, generally applicants need to be over the age of 16 years, a competent swimmer and hold a current First Aid Certificate. A Pool Lifeguard Practising Certificate (PLPC) is desirable, but pool management will often hire people to be Lifeguards with the intention of them gaining their PLPC qualification while on the job.

This document is based on ANZSCO 2013. Other sources of information that may have been consulted are industry contacts, employers, newspapers and internet-based sources. For physical demand level definitions see Matheson, L.N. (2003). Functional Capacity Evaluation.