

**FP15 DESCRIPTIVE STUDY ON  
BASIC LIFE SUPPORT (BLS)  
TRAINING, KNOWLEDGE AND  
AWARENESS AMONG  
LIFEGUARDS IN PORT DICKSON**

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knowledge on BLS between BLS trained  
and Non-BLS trained group.

## **INTRODUCTION**

Drowning is a preventable health concern that is being neglected globally extending to the effort for prevention, policy and research. One of the 10 methods suggested by WHO for prevention of drowning is to train bystander in safe rescue and resuscitation and that highlight the importance of BLS among lifeguard.

## **METHODOLOGY**

A descriptive study was conducted using a face to face interview with lifeguards in Port Dickson by using questionnaire to gather information about their BLS training status, awareness and knowledge. Respondent awareness and knowledge of BLS was compared between BLS trained and Non-BLS trained group using Independent Sample T-Test.

## **RESULTS**

Total of 27 respondents volunteer for the study. Only 23(85.2%) of them has certified first aid course. 9(33.3%) of them serves as a lifeguard less than 2 years. There are 12(44.4%) respondent with real life experience of CPR. There is no significance difference between BLS trained and Non-BLS trained on their willingness to do CPR (mean score: 4.52 vs 4.25,  $p = 0.615$ ), awareness on impotence of BLS (mean score: 4.48 vs 4.25,  $p = 0.556$ ) and knowledge on BLS (mean score: 4.35 vs 3.50,  $p = 0.617$ )

## **CONCLUSION**

This study shows most lifeguards are BLS trained with almost half of them has real CPR experience. There is no different regarding the awareness and