



FOR PROFESSIONALS WHO SAVE LIVES

HELPING YOU TRAIN  
**THE BEST**  
LIFEGUARDS



# WHY USE MANIKINS?

We understand that sometimes, budgets are tight, and you therefore need to make a great business case for switching to manikins. Below are some great reasons to share with your managers.

## Experiencing the size and weight of an unresponsive casualty

This is the most crucial point to remember. We all hope your team will never experience this, but if someone was unconscious and unresponsive in the water, would all of the lifeguards have the strength to move them?

Using a Ruth Lee Pool Rescue Manikin, your lifeguards will experience what it feels like to move a 'dead weight' and you can ensure that all of your team have the strength required to lift someone from the bottom and tow to the poolside.

This is nothing like training with a plastic half torso (how many armless and legless swimmers do you get in your pool?) or a volunteer who has just taken a nice deep breath of air to their lungs to help them float. It is an accurate representation of what it is like to handle an unresponsive casualty in the water.



## Little and Large

Our Pool Rescue manikin is available in two sizes, our Adult manikin is 1.6m and 30Kg. At the end of 2019 we launched a Junior version of the manikin which is 1.15m and 16 Kg. Research states that children between the ages of 4-5 are a high risk age group for drownings, which is why we chose these dimensions.

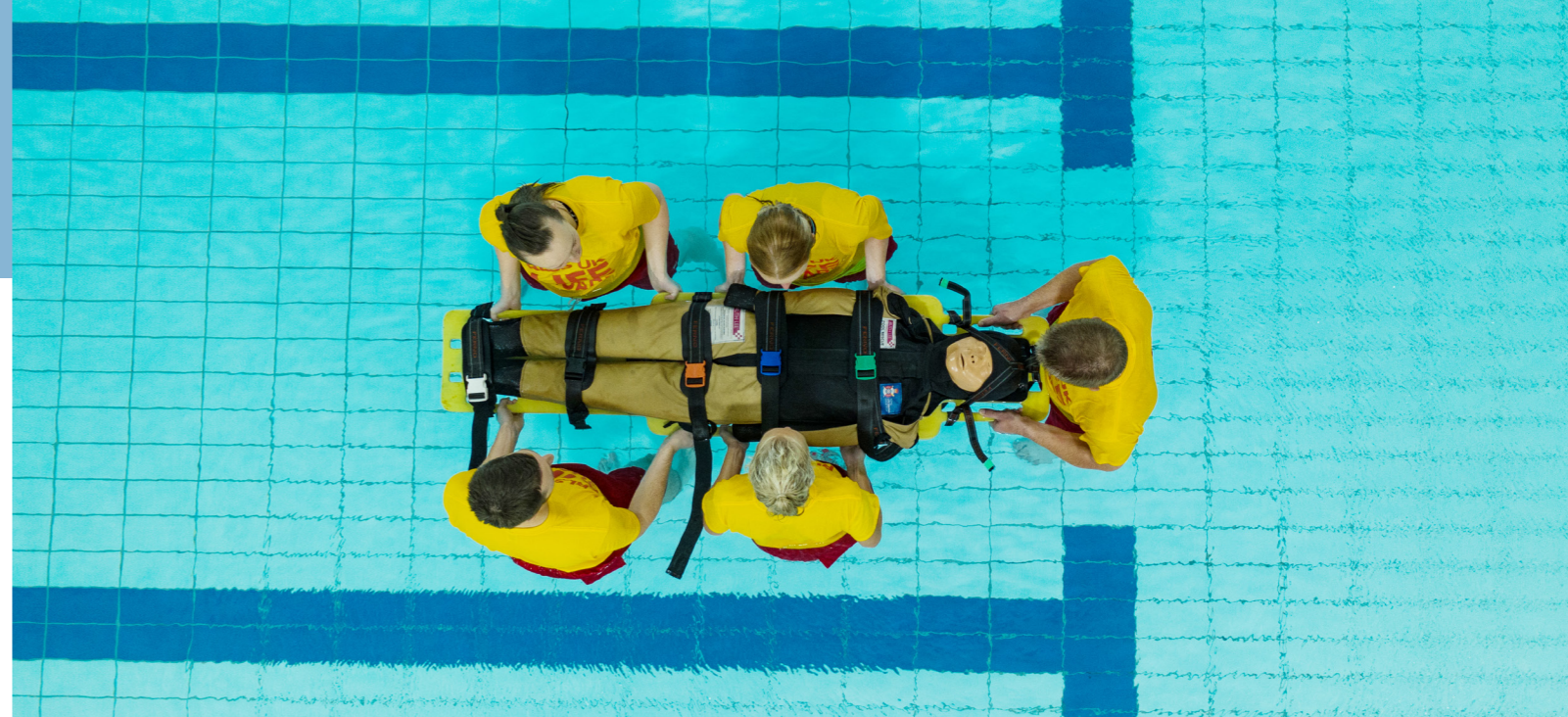
Obviously, training to rescue children is difficult! You couldn't ever safely ask a 4-5 year old to float in the water to act as the casualty! Our manikin lets lifeguards experience towing children safely.



## Seamless, realistic training makes better lifeguards

Retrieve, tow, extract. With the Pool Rescue manikin trainees can complete full rescue simulations, without switching between equipment and volunteers part way through the drill. One manikin is used to retrieve from deep water, tow to the poolside and extract from the water in a lift or using a rescue board.

We have also seen many clips from all over the world where trainees check airways and then start chest compressions once the manikin is out of the water. It has not been designed specifically for this, but it is great to see that there is enough 'give' in the chest to practise these skills.



## IDEAL FOR THE FOLLOWING TRAINING SCENARIOS:

Developed with the assistance of RLSS UK for the following training scenarios:

**Recovery** - the manikin will sink to the bottom due to the specific water ingress design, allowing realistic casualty recovery from the pool bottom.

**Towing** - with realistic buoyancy, the manikins will float when being towed. The legs are designed to sink if a consistent speed is not maintained, flagging inconsistencies with the trainers.

**Lifting** - the manikin replicates an unresponsive individual making hauling the manikin from the water more realistic.

The Pool Rescue Manikin is the perfect accompaniment to PXB Board training as it fits easily onto the board and can be used throughout the entire training session.



*"The Ruth Lee Pool Rescue manikin is a revolutionary innovation in how lifeguard training is conducted. It provides a more realistic experience for trainees with the ability to practice a variety of techniques, without needing to switch between different equipment or live volunteers, this ultimately leads to greater confidence, when carrying out a real rescue."*

Jo Talbot - Commercial Director, RLSS and ILS Rescue Commission Member

# WHAT THE EXPERTS SAY...

“ Much more needs to be done to promote this great tool. As a water rescue teacher I have waited a long time to have this type of manikin.

*I do not dispute the usefulness of the half-body manikin, but for the training of professional lifeguards I believe in the use of manikins that can more faithfully reproduce the behaviour of a human body in water, as well as being able to be used in extractions, searches...without exposing instructor or students to the risk of injury.* ”

**Ramses Martí Biosca**

Tècnic Protecció Civil i Emergències - Spain

“ The weight of the manikin (30kg) is an real asset, and the presence of upper and lower limbs means the rescue ‘work’ is realistic. Once the search and the towing is complete, the candidate can train at the pool edge on their own or with a colleague. Simple rescue techniques can also be performed on the vital functions when using the manikin. ”

**Jean-Luc Thivend**

Ecoles De Formations Aquatiques De Grenoble - France

“ I would hands down recommend this training product to any aquatic facility looking to beef up the calibre of instruction or staff training. I don't rep products for money, so you know the manikin is absolutely something I can get behind as a lifeguard, trainer and instructor trainer. ”

**Katie Crysdale**

Lakeview Aquatic Consultants Ltd - Canada

“ Without a doubt, the best training manikin that I've been lucky enough to use. We've tried CPR, we've sunk him in 20 meters in the sea and rescued him with divers, we have practised immobilisation on a spinal board and we have used in a tactical exercise with police and civil defence. In the pool we have 'drowned' him over 200 times in one day to practise skills. ”

**Patricio Valdegrama**

Protección Civil - Spain

“ Guys, training with Ruth Lee manikins is something else! It's the best way to get closer to the real difficulties of rescue. ”

**Davide Gaeta**

Lifeguard Trainer - Italy

## SPEAK TO THE TEAM:

📞 +44 (0)1490 413 282

✉ mail@ruthlee.co.uk

💻 www.ruthlee.co.uk

