



A day in the life of a Lifeguard in the NHS

CASE STUDY

I have been a lifeguard for 3 years with the Trust. My main role is to ensure safety and prevent accidents from occurring within the pool area.

Responsibilities include keeping the members of public safe by maintaining high standards of professionalism, making sure all pool rules and regulations are put in place and enforced. If an incident occurs we engage in saving people's lives. A high level of health and safety is also a key responsibility, checking pool chemicals to ensure it is safe for people to swim. We also manage the finances at the end of the night to make sure it is accurate for our finance team to deliver to the hospital. Finally we secure the building at the end of the night before setting the alarm.

Working at the trust is one of the best jobs I've ever had. The work team are very welcoming and respectable where everyone helps one another. Interacting with patients and public members knowing they feel safe and comfortable within our facilities. The management team help develop new skills to improve your personal abilities.

It's not without its challenges but I have met so many fantastic people who have made me better at my job and improved my abilities to succeed. Every day I enjoy coming in to work alongside my team and be a role model to others. It is great to know people feel safe knowing a lifeguard is there to keep them safe and there to help assist them when needed.

