



Galveston Park Board
Galveston Island Beach Patrol

Job Title(s): *Lifeguard I*

DOT Classification: DOT #:379.364-014

Physical Demand (PDC) Level: Very Heavy (Altered from DOT due to essential job tasks)
(Physical demand (PDC) level based on maneuvering/lifting/carrying/pushing/pulling 100+ pounds occasionally).

Job Summary: Guards beach from an assigned station to protect beach goers and responds to emergencies as required both in the water and within the assigned patrol area. Monitors all activities on the beach to enforce beach ordinances and maintain public safety.

Minimal Qualifications:

1. Must be at least sixteen (16) years of age.
2. Must pass pre-placement physical tests and the urine drug screen.
3. Must pass an annual swim requalification of 500m in 10 minutes or less.
4. Provide documentation for passing a vision and hearing screening
5. Read, write and speak English.
6. Successfully complete Galveston Island Beach Patrol's Lifeguard Academy
7. Demonstrate the standard physical requirements per the United States Lifesaving Association. See Appendix 'A'

Required current certifications, licenses and trainings:

- American Red Cross "Emergency Medical Response" Certification
 - Red Cross or American Heart Association Professional CPR
 - Galveston Island Beach Patrol Lifeguard Academy
- *All required certifications and trainings are provided during the Lifeguard Academy if successfully completed.

Work Schedule:

1. Must be available to work all major holidays as required.
2. Shifts are generally 8 or 9 hours/day depending on the time of year
3. Required to complete daily workout schedule of one (1) hour per day

Essential Job Tasks:

1. Access all areas of work environment
2. Man lifeguard tower when scheduled
3. Able to access and utilize emergency rescue equipment
4. Administer emergency medical care, first aid and CPR as required
5. Act as first responder in an emergency situation on land or in water including extended search and rescue
6. Operate radio equipment for emergency responsive communications
7. Remove hazardous obstacles from water
8. Enforce beach ordinances to maintain public safety
9. Document and perform computer operations as required
10. Abide by all written Galveston Beach Patrol policies and procedures as per the training manual including dress code and hydration procedures.
11. All other duties as assigned by supervisory staff.



Physical Demands

Lifting

Activities level % of day repetitions	Occasional 1-33 % of day 1-100 times	Frequent 33 – 66 % 101 – 500 times	Constant 66 – 100 % 500+ times	Rarely or Not at All 0 %
< 10 lbs.			X	
11 lb. – 20 lb.			X	
21 lb. – 50 lb	X			
51 lb. – 75 lb	X			
76 lb – 100 lb				
100 lb +	*X			

*Due to emergency rescue response

Pushing

Activities level % of day repetitions	Occasional 1-33% of day 1-100 times	Frequent 33 – 66 % 101 – 500 times	Constant 66 – 100 % 500+ times	Rarely or Not at All 0 %
< 10 lbs.				
11 lb – 20 lb.	X			
21 lb – 50 lb		X		
51 lb – 75 lb	X			
76 lb – 100 lb				
100 lb +				

Pulling

Activities level % of day repetitions	Occasional 1-33 % of day 1- 100 times	Frequent 33 – 66 % 101 – 500 times	Constant 66 – 100 % 500+ times	Rarely or Not at All 0 %
< 10 lbs.				
11 lb – 20 lb.				
21 lb – 50 lb		X		
51 lb – 75 lb	X			
76 lb – 100 lb				
100 lb +	X			



Other Physical Activities

Activities level % of day repetitions	Occasional 1-33 % of day 1- 100 times	Frequent 33 – 66 % 101 – 500 times	Constant 66 – 100 % 500+ times
Balancing			X
Bending			X
Climbing			X
Crawling	X		
Kneeling		X	
Grasping			X
Pinching			X
Reaching Forward			X
Reaching Overhead			X
Sitting		X	
Squatting		X	
Standing		X	
Walking			X
Running		X	
Swimming		X	

Attitude: Maintains professional relationships in both the internal work environment with co-workers and external work environment with the public and public agencies. The employee should be able to exhibit professionalism and maintain order in highly stressful emergency situations.

Sensory Requirements:

1. Identify and distinguish colors for warning flags and glare from sun, etc.
2. Observe peripheral objects while vision is focused on a given point, i.e. lifeguard's area of responsibility and field of vision from tower station
3. Ability to perform constant visual scanning of water
4. Judge distances and spatial relationships
5. Distinguish sounds of very low volume or at low or high sound extremes, i.e. warning calls
6. Distinguish textures through touch only while swimming in water to detect danger

Cognitive requirements:

1. Carry out given instruction
2. Direct activities of others to accomplish a goal
3. Draw conclusions from written or computer generated materials
4. Develop plans, procedures, goals, strategies, or processes based on experience or experience such as in emergency conditions

Work Environment:

1. Outdoor weather conditions – wet, hot, humid conditions for up to 8 hours/ day outside in semi-shaded area of tower. See policies and procedures regarding exposure protection.
2. Moderate to loud noise levels – from people, cars, boats, etc.

Work Environment Conditions and Exposure

Environmental Exposure Conditions	Occasional Exposure	Frequent Exposure 33 – 66 %	Constant Exposure	Rarely or Not at All
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	1-33 % of day		66 – 100 %	
Sun			X	
Heat			X	
Wind			X	
Noise Level			X	
Glare		X		
Salt Water			X	
Sand			X	
Toxic/caustic chemicals				X
Sea/marine organisms			X	
Blood/bodily fluids	X			
Rock groins		X		
Beach debris		X		
Temperatures from May- September Avg 81° to 87°F			X	