

Jameshia Swedlow

Head Lifeguard

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☎ (374) 939-0049

📍 12 Elm St, Manchester, NH 03103

EDUCATION

High School Diploma at Portsmouth High School, Portsmouth, NH

Sep 2011 - May 2015

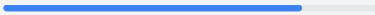
Some skills I've learned are time management, organization, and how to study effectively.

LINKS

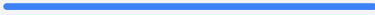
[linkedin.com/in/jameshiaswedlow](https://www.linkedin.com/in/jameshiaswedlow)

SKILLS

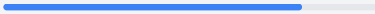
First Aid



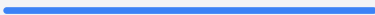
CPR



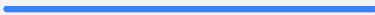
AED



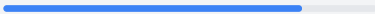
Water Rescue



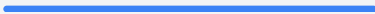
Lifeguarding Skills



Emergency Response

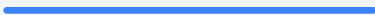


Swimming

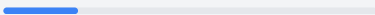


LANGUAGES

English



Arabic



HOBBIES

Biking

Running

Swimming

EMPLOYMENT HISTORY

● Head Lifeguard at Red Cross, NH

May 2022 - Present

- Led a team of 20 lifeguards during the busy summer season.
- Trained new hires in CPR and first aid.
- Kept swimmers safe by monitoring the pool and enforcing rules.
- Responded to emergencies quickly and efficiently.
- Helped maintain cleanliness around the pool area.

● Assistant Head Lifeguard at YMCA, NH

Aug 2020 - Mar 2022

- Monitored and ensured the safety of 50 swimmers at the local community pool.
- Trained 5 new lifeguards in water rescue techniques.
- Successfully resuscitated a drowning victim using CPR.
- Led weekly in-service training sessions for 15 lifeguards on topics such as first aid, emergency procedures, and customer service.
- Developed and implemented new safety policies that reduced accidents by 25%.

● Lifeguard at Water Safety Instructors, NH

Aug 2015 - Jun 2020

- Successfully rescued 5 people from drowning.
- Successfully administered CPR to 3 people.
- Successfully stopped 2 cases of sexual assault.
- Cleaned the pool area and organized all rescue equipment.

CERTIFICATES

American Red Cross Lifeguard Certification

Jan 2021

American Red Cross First Aid/CPR/AED Certification

Mar 2019

MEMBERSHIPS

American Red Cross

National Aquatic Safety Company