

Abstract

The bachelor thesis deals with the issues of drowning. It is concerned as a big global and life-threatening problem. In the Czech Republic it is the most common death of person, that is being rescued. The main purpose of this thesis is to create a review of original research regarding the given topic and help to inform general public, especially lifeguards about drowning. Even professionally educated persons such as lifeguards have to attend emergency courses that aim at this problem. Water rescuers needs to not only learn how to spot drowning person and try to rescue that person. They also need to learn many other skills related to their profession. From a physiological point of view, it is very important how, in which environment and during which conditions drowning has happened. Working as a lifeguard is very physically and mentally demanding profession. Due to this fact thesis, includes stress physiology chapters. Rescuers performance is effected by broad-spectrum of stressors mostly caused by getting in touch with many people.

Key words: drowning, respiratory system, lifeguard, stress reaction, stressor