AMERICAN RED CROSS LIFEGUARD MANUAL 2013 Online PDF

American Red Cross Lifeguard Manual 2013: Your Comprehensive Guide to Lifeguarding Excellence

The **American Red Cross Lifeguard Manual 2013** remains a foundational resource for aspiring and certified lifeguards seeking to enhance their skills, knowledge, and confidence in aquatic safety. As one of the most recognized and authoritative training manuals in the industry, this manual provides detailed protocols, safety procedures, and best practices to ensure the safety of swimmers and beachgoers. Whether you're a new lifeguard or an experienced professional, understanding the core elements of the 2013 edition is essential to delivering effective rescue and prevention services.

Overview of the American Red Cross Lifeguard Manual 2013

The 2013 edition of the American Red Cross Lifeguard Manual serves as the official guide for lifeguard training and certification programs. It emphasizes a combination of proactive prevention strategies and swift rescue responses, aligning with the latest standards in aquatic safety.

Key Features of the Manual:

- Updated rescue techniques and procedures
- Emphasis on proactive preventing drowning
- Clear guidelines on CPR and first aid
- Enhanced illustrations and diagrams
- Emphasis on teamwork and communication
- Inclusion of new safety equipment and technology

This manual is structured to equip lifeguards with both theoretical knowledge and practical skills, ensuring they are well-prepared to handle emergencies confidently.

Core Content and Topics Covered in the 2013 Manual

The American Red Cross Lifeguard Manual 2013 covers a wide range of topics critical to effective lifeguarding. These include prevention strategies, rescue techniques, first aid, CPR, AED use, and professionalism.

1. Prevention of Drowning and Injuries

Prevention is at the heart of lifeguarding. The manual offers detailed strategies for identifying hazards and enforcing safety rules.

- Surveillance techniques to monitor swimmers effectively
- Proper use of scanning and patron surveillance
- Enforcing pool rules and safety guidelines
- Recognizing potential hazards before they escalate
- Maintaining a safe environment through proactive measures

2. Rescue Techniques and Procedures

The manual describes various rescue methods tailored to different situations, including:

Active Victim Rescue

- Using appropriate rescue equipment such as rescue tubes, backboards, and reach poles
- Proper body positioning and entry techniques
- Safe handling during the rescue to prevent injury to the victim and rescuer

Passive Victim Rescue

- Recognizing unconscious or unresponsive swimmers
- Techniques for removing victims from the water safely
- Ensuring spinal protection when necessary

3. First Aid and CPR

The manual emphasizes prompt and effective first aid, including:

- Managing breathing and circulation emergencies
- Bleeding control
- Shock management
- Handling head, neck, and spinal injuries

CPR procedures are detailed for both adults and children, with step-by-step instructions,

emphasizing the importance of early defibrillation using AEDs.

4. Use of Automated External Defibrillators (AEDs)

The 2013 manual introduces the latest AED protocols, highlighting:

- When and how to deploy AEDs
- Operating AEDs safely and effectively
- Integrating AED use into CPR sequences

5. Professionalism and Teamwork

Effective communication and teamwork are critical in emergency situations. The manual discusses:

- Maintaining a professional demeanor
- Clear communication protocols
- Collaboration with other lifeguards and emergency personnel
- Continuous training and skill refreshment

Training and Certification Based on the 2013 Manual

The American Red Cross Lifeguard Manual 2013 forms the basis for lifeguard training courses. These courses include:

- Classroom instruction covering theory
- Practical skill sessions for rescue and first aid
- Scenario-based drills to simulate real-life emergencies
- Written exams to assess knowledge retention
- Skills evaluations to ensure competence

Successful completion of the program results in certification, valid for two years, after which recertification is required.

Certification Benefits:

- Recognition as a certified American Red Cross lifeguard
- Enhanced job prospects in aquatic facilities

- Increased confidence in rescue and emergency response
- Updated knowledge aligned with 20113 standards

Important Updates and Changes in the 2013 Edition

While the core principles remain consistent, the 2013 manual introduced several updates to align with evolving safety standards:

- Integration of new rescue techniques for spinal injury management
- Clarification of AED protocols and placement
- Emphasis on patron prevention behaviors
- Improved illustrations for better understanding
- Updated legal and ethical considerations

These changes aim to improve safety outcomes and ensure lifeguards are prepared for modern challenges.

How to Use the American Red Cross Lifeguard Manual 2013 Effectively

To maximize the benefits of the manual:

- Read thoroughly: Understand each chapter's concepts and rationale.
- Practice regularly: Apply skills in controlled environments to build confidence.
- Participate in training sessions: Engage actively in courses and drills.
- Review updates: Stay current with the latest safety protocols and guidelines.
- Maintain professionalism: Uphold high standards of conduct and responsibility.

Where to Access the American Red Cross Lifeguard Manual 2013

The manual can be obtained through various channels:

- Official American Red Cross website
- Certified training providers
- Educational bookstores specializing in safety manuals

Because the manual is a vital resource, ensure you acquire an authentic copy to benefit from the most accurate and comprehensive information.

Conclusion

The **American Red Cross Lifeguard Manual 2013** remains a cornerstone resource for aquatic safety professionals. Its detailed procedures, emphasis on prevention, and updated rescue techniques make it an essential guide for lifeguards committed to safeguarding lives. Whether you're training new staff, recertifying, or seeking to enhance your skills, understanding and applying the principles outlined in this manual will help ensure safer swimming environments for everyone.

By staying informed about the latest standards and continuously practicing your skills, you can become a confident, prepared, and effective lifeguard dedicated to preventing drownings and responding effectively in emergencies.

American Red Cross Lifeguard Manual 2013: An In-Depth Review

The American Red Cross Lifeguard Manual 2013 remains a comprehensive and widely respected resource for aspiring and current lifeguards. As a cornerstone of lifesaving education, this manual offers a structured approach to training, emphasizing safety, rescue techniques, and emergency response procedures. Its relevance persists due to the rigorous standards set by the American Red Cross, making it a preferred guide for aquatics professionals across the United States. In this review, we will explore the manual?s content, structure, strengths, limitations, and overall usefulness for both beginners and experienced lifeguards.

Overview of the American Red Cross Lifeguard Manual 2013

The 2013 edition of the American Red Cross Lifeguard Manual is a comprehensive training guide designed to prepare individuals for the demanding responsibilities of lifeguarding. It encompasses a broad spectrum of topics?from basic water safety principles to advanced rescue techniques?making it an essential resource for certification courses. The manual aligns with the standards required for lifeguard certification, ensuring that trainees are equipped with the knowledge and skills necessary to prevent and respond effectively to aquatic emergencies.

Content and Structure

The manual is organized into clearly defined chapters, each focusing on specific aspects of lifeguarding. This logical progression helps learners build their skills systematically. The main sections include:

- Water Safety and Risk Prevention
- Lifeguard Responsibilities and Duty
- Rescue Techniques and Equipment

- CPR and First Aid
- Emergency Management and Communication
- Professionalism and Legal Considerations

Each chapter contains illustrations, step-by-step procedural guides, and real-life scenario examples to enhance understanding.

Strengths of the Content

- Comprehensive Coverage: The manual covers all fundamental aspects of lifeguarding, from prevention to intervention.
- Up-to-Date Techniques (as of 2013): It incorporates contemporary rescue methods, including advancements in CPR and AED use.
- Practical Approach: Emphasis on practical skills with detailed procedures and visual aids.
- Scenario-Based Learning: The inclusion of scenarios helps trainees understand how to apply their knowledge during emergencies.
- Aligned with Certification Standards: Ensures consistency with American Red Cross certification requirements.

Limitations and Criticisms

- Age of Content: Being from 2013, some procedures may have been updated in subsequent editions, especially regarding CPR and AED protocols.
- Limited Digital Resources: The manual primarily exists in print, with limited online supplementary materials.
- Level of Detail: For some advanced rescue techniques, the manual may lack depth, requiring additional training or resources.

Key Features and Notable Elements

Rescue Techniques

The manual details various rescue methods suitable for different scenarios, including:

- Victim Assists and Active Drowning Victims: Step-by-step guides on how to approach and assist distressed swimmers.
- Passive Drowning Victims: Techniques for unconscious or non-responsive victims.
- Equipment Use: Instructions on using rescue tubes, backboards, and spinal immobilization

devices.

Pros:

- Clear, illustrated instructions make complex rescue procedures accessible.
- Emphasis on safety for both the victim and the rescuer.

Cons:

- Some techniques may require hands-on practice for mastery, which the manual alone cannot provide.

CPR and First Aid Procedures

The manual dedicates substantial content to CPR, AED use, and first aid, aligning with the American Red Cross standards of 2013. It details:

- Adult, child, and infant CPR
- Use of AED in different scenarios
- Handling bleeding, fractures, and other injuries

Pros:

- Well-structured step-by-step instructions.
- Visual diagrams clarify complex procedures.
- Emphasizes early intervention and teamwork.

Cons:

- As procedures evolve, newer CPR guidelines may not be reflected.
- Requires practical training for proficiency.

Emergency Response and Management

The manual emphasizes effective communication, scene management, and leadership during emergencies. It includes:

- Incident reporting
- Managing multiple victims
- Coordinating with emergency services

Pros:

- Promotes a calm, organized approach.
- Prepares lifeguards for high-pressure situations.

Cons:

- Limited in-depth guidance on legal considerations and documentation.

Educational Approach and Usability

The manual adopts a learner-friendly approach, combining technical instructions with real-world scenarios. Its use of visuals and concise language aids comprehension. For instructors, it serves as an excellent teaching aid, offering structured lesson plans and discussion points.

Pros:

- Easy to navigate with an organized layout.
- Suitable for self-study and classroom use.
- Reinforces key concepts through summaries and review questions.

Cons:

- May require supplemental videos or practical demonstrations for full skill development.
- Physical book format may limit accessibility for some learners.

Comparative Analysis with Other Resources

Compared to other lifeguard manuals, such as those from the National Pool and Waterpark Alliance or newer editions of the American Red Cross, the 2013 manual holds a solid reputation but can lag behind in incorporating the latest standards. For example:

- Updated CPR guidelines (post-2015) introduce changes not present in the 2013 manual.
- Technological advances, like new rescue equipment or communication tools, are not covered.

Nevertheless, its thoroughness and clarity make it a valuable resource, especially when supplemented with current training materials.

Practical Implications for Lifeguards and Trainers

For individuals pursuing lifeguard certification, the manual provides the foundational knowledge necessary to pass theoretical exams and understand practical skills. For trainers, it offers structured lesson plans and assessment criteria.

Strengths:

- Builds confidence through structured learning.
- Encourages safety-first mindset.

Limitations:

- Should be used in conjunction with hands-on training and updated protocols.
- Not sufficient as a sole resource for advanced rescue techniques.

Final Verdict

The American Red Cross Lifeguard Manual 2013 remains a valuable educational resource for aspiring lifeguards, offering comprehensive coverage of essential topics, clear instructions, and practical guidance. Its strengths lie in its organized presentation, illustrative content, and alignment with certification standards of its time. However, given that some procedures and guidelines have evolved since 2013, users should supplement this manual with the latest updates from the American Red Cross or other authoritative sources.

Pros:

- Well-structured and comprehensive.
- Clear visuals and step-by-step procedures.
- Focuses on safety, prevention, and effective response.

Cons:

- Slightly outdated in some rescue and CPR techniques.
- Limited digital and interactive resources.
- Requires practical training to master skills.

Final Recommendation:

If you are a student, instructor, or lifeguard seeking a solid foundational manual, the American Red Cross Lifeguard Manual 2013 is a reliable choice. However, always ensure to stay updated with the latest protocols and guidelines issued by the American Red Cross or relevant authorities to maintain competence and compliance in the dynamic field of water safety and rescue. Combining this manual with hands-on practice and current training courses will ultimately provide the best preparation for real-world emergencies.

QuestionAnswer What are the key updates in the American Red Cross Lifeguard Manual 2013 compared to previous editions? The 2013 edition features revised rescue techniques, updated CPR protocols, enhanced emphasis on professionalism and customer service, and new guidelines for handling aquatic emergencies more effectively, reflecting the latest safety standards. Does the American Red Cross Lifeguard Manual 2013 include new first aid procedures? Yes, the manual incorporates updated first aid procedures aligned with current medical standards, including revised response protocols for breathing emergencies, bleeding control, and injury management to ensure lifeguards are well-prepared. Is the American Red Cross Lifeguard Manual 2013 suitable for beginner lifeguards? Absolutely. The manual is designed to be comprehensive, providing foundational training for beginners while also offering advanced techniques for experienced lifeguards, making it suitable for all levels. How does the American Red Cross Lifeguard Manual 2013 address diversity and inclusivity? The 2013 manual emphasizes respectful communication, cultural sensitivity, and inclusive practices to ensure all patrons feel safe and welcomed, aligning with the Red Cross?s commitment to diversity. Are there any online resources or supplementary materials that accompany the American Red Cross Lifeguard Manual 2013? Yes, the manual is often complemented by online courses, instructional videos, and practice scenarios provided through the Red Cross Learning Center to enhance training and certification preparation. Can the American Red Cross Lifeguard Manual 2013 be used for recertification courses? Yes, the manual serves as a primary resource for recertification classes, helping current lifeguards review essential skills and stay updated with the latest safety protocols outlined in the 2013 edition.

Related keywords: American Red Cross, lifeguard training, lifeguard certification, water rescue, CPR, first aid, aquatic safety, lifeguard manual, 2013 edition, drowning prevention

American horizons volume

American Horizons Volume: An In-Depth Exploration

Understanding the concept of American Horizons Volume requires delving into its meaning, significance, and applications across various contexts. This comprehensive guide aims to provide a detailed overview of what American Horizons Volume entails, its historical background, how it is measured, and its relevance in contemporary settings. Whether you are a researcher, student, or enthusiast, this article will equip you with valuable insights to deepen your knowledge of this multifaceted topic.

What Is American Horizons Volume?

American Horizons Volume refers to a specific measurement or representation of data, content, or capacity related to American perspectives, developments, or collections. Depending on the context, it can denote:

- The volume of publications, literature, or media reflecting American history or culture.
- The measurement of physical or digital content spanning American themes.
- The scope or magnitude of research, datasets, or archives focused on American studies.

At its core, the term emphasizes the breadth and depth of American influence, history, or data across different domains.

Historical Background of American Horizons Volume

Origins and Evolution

The concept of American Horizons originated from academic and cultural studies aiming to explore American history, identity, and expansion. Over time, the term evolved to include various forms of content and measurement, notably:

- Historical Literature: Publications covering the expansive history of America, from colonial times to modern days.
- Educational Resources: Textbooks and scholarly works emphasizing American perspectives.
- Data Repositories: Archives and datasets capturing American demographics, economics, and social trends.

The term "volume" historically refers to collective works, journal editions, or cumulative data collections, emphasizing the scale and comprehensive nature of the subject.

Measuring American Horizons Volume

The measurement of American Horizons Volume can vary widely based on the domain. Here are some of the primary methods:

1. Literary and Media Content Volume

- Counting the number of publications, articles, books, or multimedia resources focusing on American themes.
- Analyzing the growth of American literature and media over time.

2. Data and Archive Volume

- Quantifying datasets related to American demographics, economics, or history.
- Evaluating the size of digital archives, such as digital libraries or historical collections.

3. Academic and Research Publications

- Tracking the number of scholarly articles or research projects centered on American studies.
- Measuring citations, references, or academic impact related to American horizons.

4. Cultural and Social Dimensions

- Assessing the scope of cultural influence via media, art, and public discourse.
- Evaluating the reach of American cultural exports globally.

Applications of American Horizons Volume

American Horizons Volume holds significance across various sectors:

1. Academic Research and Education

- Facilitates comprehensive studies of American history, culture, and society.
- Helps educators develop curricula reflecting the breadth of American experiences.

2. Publishing and Media

- Guides publishers in understanding the scope of American-related content.
- Assists media outlets in assessing coverage and representation of American topics.

3. Digital Archives and Libraries

- Aids in cataloging and expanding collections related to American history.
- Enhances accessibility and discoverability of American-themed content.

4. Cultural and Sociological Analysis

- Supports analysis of American cultural influence and societal shifts.
- Enables policymakers and sociologists to gauge the impact of American narratives.

Significance of American Horizons Volume in Today?s Context

In today?s interconnected world, understanding the American Horizons Volume is crucial for multiple reasons:

- Global Influence: American culture, politics, and economy have a vast global footprint. Measuring their volume helps comprehend this influence.
- Historical Insight: A large volume of historical data provides a richer understanding of America?s past and its evolution.
- Cultural Representation: Tracking the volume of American media and literature reflects societal values and priorities.
- Policy and Research: Quantitative measures support informed decision-making and academic inquiry.

Challenges in Measuring American Horizons Volume

While the concept is valuable, measuring American Horizons Volume presents several challenges:

- Data Overload: The vast amount of content and data makes comprehensive measurement difficult.
- Diverse Sources: Content spans print, digital, audio, and visual media, complicating standardization.
- Subjectivity: What constitutes "American" content can vary based on perspective and criteria.
- Dynamic Nature: Cultural and historical narratives evolve, making static measurements

outdated quickly.

Despite these challenges, advances in data analytics, digital archiving, and research methodologies continually improve measurement accuracy.

Future Perspectives on American Horizons Volume

Looking ahead, several trends are likely to influence the concept of American Horizons Volume:

- Digital Transformation: Increased digitization will expand access to American archives, increasing measurable volume.
- Artificial Intelligence: AI-driven analytics will enable more precise measurement and analysis of American content.
- Globalization: As American culture continues to spread worldwide, the volume of American-themed content will grow, both domestically and internationally.
- Interdisciplinary Research: Combining historical, cultural, and technological approaches will enrich understanding of American horizons.

Conclusion

American Horizons Volume encapsulates the vast and multifaceted scope of American history, culture, data, and influence. Its measurement and analysis provide valuable insights into the magnitude and diversity of American contributions across various domains. As digital technologies advance and the world becomes more interconnected, the importance of understanding and quantifying this volume will only increase. Whether for academic pursuits, cultural studies, or policy development, appreciating the scope of American horizons is essential in comprehending the broader narrative of the United States and its global impact.

Keywords: American Horizons Volume, American history, American culture, data measurement, digital archives, American literature, cultural influence, historical data, American studies, global influence

American Horizons Volume is an influential and comprehensive volume that offers a detailed exploration of American history, culture, and societal development. As part of a broader series or scholarly collection, this volume aims to provide readers, students, and academics with an in-depth understanding of the multifaceted American experience from early colonial times through modern eras. Its meticulous research, diverse perspectives, and engaging narrative make it an invaluable resource for anyone interested in the complexities of American history.

Overview of American Horizons Volume

American Horizons Volume stands out among historical texts due to its emphasis on contextualizing American history within global and transnational frameworks. Unlike traditional narratives that often focus solely on political events or prominent figures, this volume emphasizes social movements, economic shifts, cultural transformations, and the interactions between different groups within the United States. It seeks to present a balanced, inclusive account that recognizes the contributions and struggles of marginalized communities alongside mainstream narratives.

Key Features:

- Comprehensive chronological coverage from colonization to contemporary times
- Thematic organization addressing issues like race, gender, migration, and economics
- Incorporation of primary sources, images, and multimedia elements for immersive learning
- Critical analysis encouraging readers to question established narratives

Content and Structure

The volume is typically divided into thematic and chronological sections, allowing for both a linear understanding of historical progression and a thematic exploration of key issues.

Early Colonization and Settlement

This section explores the initial European encounters, indigenous societies, and the complex processes of colonization. It emphasizes the diversity of colonial experiences across regions and the profound impact on Native American populations.

The Revolutionary Era and Formation of the Nation

Details the American Revolution, the creation of foundational documents like the Constitution, and early nation-building efforts. It highlights debates over sovereignty, federalism, and individual rights.

Expansion and Conflict

Focuses on westward expansion, the Mexican-American War, and the displacement of indigenous peoples. It also examines the complexities of slavery, abolition, and sectional tensions leading to the Civil War.

Industrialization and Progressive Movements

Analyzes the rise of industry, urbanization, and the social reforms aimed at addressing inequalities and working conditions. It discusses the changing roles of women, labor movements, and the

emergence of social activism.

Modern America: Wars, Civil Rights, and Global Power

Covers America's involvement in World Wars, the Civil Rights Movement, Cold War politics, and recent developments like technological innovation and globalization.

Strengths of American Horizons Volume

Inclusive and Multi-Perspective Approach

- Incorporates voices from diverse groups, including Native Americans, African Americans, women, immigrants, and marginalized communities.
- Challenges traditional narratives centered on political elites, highlighting grassroots movements and social struggles.

Robust Use of Primary Sources

- Features letters, speeches, photographs, and documents that allow readers to engage directly with historical voices.
- Facilitates critical thinking and helps develop interpretive skills.

Multimedia Integration

- Many editions include online resources such as videos, interactive maps, and quizzes.
- Enhances accessibility and engagement, especially for visual and digital learners.

Analytical and Critical Framework

- Encourages readers to analyze the causes and effects of historical events.
- Promotes understanding of historical debates and differing interpretations.

Limitations and Criticisms

While American Horizons Volume is widely praised, it is not without some limitations:

- Complexity for Beginners: The depth and analytical nature may be challenging for high school students or casual readers without prior background.
- Potential Biases: Despite efforts for inclusivity, some critics argue that certain perspectives or events might be underrepresented or framed within specific interpretive lenses.
- Cost and Accessibility: As a scholarly resource, hardcover editions or comprehensive volumes can be expensive, limiting access for some institutions or individuals.
- Coverage Gaps: Given the vast scope of American history, some niche topics or regional histories might receive limited attention.

Comparison with Other Historical Volumes

American Horizons Volume offers a distinctive approach compared to traditional history textbooks like "The American Pageant" or "America: A Narrative History." Its emphasis on thematic analysis, inclusivity, and primary sources makes it more suitable for academic settings or motivated learners seeking a nuanced understanding.

Features in comparison:

Feature	American Horizons Volume	Traditional Textbooks
Focus on social/cultural issues	Yes	Often secondary or summarized
Inclusion of primary sources	Extensive	Limited
Multicultural perspectives	Strong	Varies, often limited
Critical analysis	Central	Less emphasized
Multimedia resources	Available in digital editions	Rare or supplementary

Who Should Read American Horizons Volume?

This volume is ideal for:

- Undergraduate students taking American history courses
- Graduate students and researchers seeking comprehensive references
- Educators designing curricula with an emphasis on diversity and critical thinking
- History enthusiasts interested in a well-rounded, nuanced account of American history

It is particularly beneficial for those wanting to understand the interconnectedness of social, political, and economic developments across different periods.

Final Thoughts and Recommendations

American Horizons Volume is a remarkable resource that elevates the study of American history by emphasizing inclusivity, critical analysis, and thematic depth. Its strengths lie in its comprehensive scope, use of primary sources, and ability to foster a nuanced understanding of the American experience. While its detailed approach may be demanding for some readers, the richness of content makes it a worthwhile investment for serious students and educators committed to exploring history beyond surface narratives.

Recommendations for potential readers:

- Pair the volume with supplementary materials or lectures for a more accessible introduction.
- Utilize online resources associated with the volume to enhance engagement.
- Approach it with a critical mindset, considering multiple perspectives and interpretations.

In conclusion, American Horizons Volume is not just a textbook or a historical account; it is a gateway to understanding the complex and diverse tapestry that is American history. Its scholarly rigor and inclusive approach make it a highly recommended addition to any collection dedicated to exploring the past with depth and fairness.

QuestionAnswer What is 'American Horizons Volume' and why is it significant in contemporary studies? 'American Horizons Volume' typically refers to a comprehensive textbook or publication that explores American history, culture, and societal developments. Its significance lies in providing students and readers with an in-depth understanding of America's diverse past and present, often incorporating recent scholarship and contemporary perspectives. How does the latest edition of 'American Horizons' address current social issues? The latest edition incorporates updated chapters that discuss ongoing social issues such as racial justice, immigration, and economic inequality, offering students a nuanced view of how these issues have evolved and their impact on American society today. Are there digital or online resources available for 'American Horizons Volume' learners? Yes, many editions of 'American Horizons' come with companion digital resources, including online quizzes, interactive timelines, and supplementary videos to enhance the learning experience and provide accessible learning tools. Who is the target audience for 'American Horizons Volume'? The primary target audience includes college students studying American history, educators, and anyone interested in gaining a comprehensive understanding of American historical developments from multiple perspectives. How does 'American Horizons Volume' compare to other American history textbooks? 'American Horizons Volume' is known for its global perspective, inclusive narratives, and integration of contemporary scholarship, setting it apart from traditional

textbooks by emphasizing diverse viewpoints and critical analysis of American history.

Related keywords: American Horizons, volume, history, American studies, social change, cultural history, historiography, societal development, historical analysis, volume series

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