

Chapter 1: Before the Class

Circle the correct answer.

1. **Earning a lifeguarding certification** (means/does not mean) **someone has learned all there is to know about lifeguarding.**

Fill in the blanks.

2. **The minimum amount of time spent in the course to get a certification is _____ hours.**

Chapter 2: Introduction to Lifeguarding

Circle the correct answer.

1. **Before providing care for a conscious injured or ill victim, you must first—**
 - a. Check with your supervisor to make sure it is okay to respond.
 - b. Begin to write your record of what happened.
 - c. Find out if you have a duty to act.
 - d. Get permission from the victim.
2. **If a victim of injury or illness refuses care, you should—**
 - a. Disregard their opinion and provide care anyway.
 - b. Explain to the victim why they need help. If you think the victim should seek additional medical care, call for an ambulance. Make sure the incident is documented and the victim signs a treatment was refused.
 - c. Interview bystanders and fill out the incident report.
 - d. Tell the victim you are trained to help, your level of training and what you think may be wrong.
3. **You, the first rescuer, arrive on the scene of an injured minor whose parents are present. The 15 year old gives consent for you to treat him or her. You (do/do not) need consent from a parent or guardian of the teenager.**
4. **Match each term with the correct definition.**
 - A. **Abandonment**
 - B. **Confidentiality**
 - C. **Duty to Act**
 - D. **Negligence**
 - E. **Standard of Care**

- ___ Legal responsibility to act in an emergency while on the job.
- ___ The victim's right to privacy, which is protected by not sharing information learned about the victim.
- ___ Guidelines and expectations for professional rescuers, which may be established in part by their training program and in part by state or local authorities.
- ___ A failure to follow the standard of care or failure to act, which results in someone being injured or causes further harm to the victim.
- ___ Leaving the scene of an emergency or ceasing to provide care for a victim who requires ongoing care before someone with equal or greater training arrives and takes over.

Place a check next to the correct answer or answers.

5. **Which of the following situations would require obtaining consent from the individual or from a parent or guardian before providing care?**
 - ___ An unconscious victim of a head injury.
 - ___ A person who is conscious with a minor open wound.
 - ___ A person who is currently conscious but previously was unconscious, according to his friend.
 - ___ A child who is with his parents but is unconscious from an accident.
 - ___ A person who can talk and can give information regarding his or her injury or illness.
 - ___ An unconscious child at a lakefront who carpooled with another family but whose parents or guardian cannot be located.
 - ___ A college student who is confused and was seriously injured during a nonfatal submersion.

Circle true or false.

6. True False **Good Samaritan laws protect people from legal liability resulting from a victim's injury if they act in good faith and provide care outside of their level of training.**

Fill in the blank

7. When using the SODAS decision-making model applied to lifeguarding decisions, SODAS means—

S _____.

O _____.

D _____.

A _____.

S _____.

8. The two most serious aquatic emergencies to prevent are _____ and _____, _____ and _____ (spinal cord) injuries.

Short Answer

9. List at least three responsibilities that a lifeguard should expect from management regarding safety.

10. What is a lifeguard's primary responsibility?

11. How can management ensure a good lifeguard team for their facility?

Chapter 3: Surveillance and Scanning

Circle the correct answer.

1. **The guidelines for effective scanning include all of the following EXCEPT—**
 - a. Visual scanning should be done with maximum head movement ensuring the lifeguards can see their entire area of responsibility. This includes the bottom of the pool, as well as, the pool surface.
 - b. Keep your scanning technique flexible and vary scanning direction every few minutes.
 - c. Scan your entire area of responsibility. In many cases lifeguards spend most of the time scanning only what is in front of them.
 - d. Keep distractions to a minimum.
 - e. Spend more time and attention on patrons who are good swimmers, since they tend to have problems quickly but quietly.
2. **If a lifeguard is asked a question during patron surveillance, he or she should—**
 - a. Ignore the patron.
 - b. Quickly explain that you cannot look at the patron while talking, but you are still listening.
 - c. Refuse to answer the patron's question, telling him or her to wait until you are on break.
 - d. Stop scanning, answer the question in less than 30 seconds and then return to surveillance duty.
3. **What are the three types of coverage for a lifeguard's area of responsibility involved in patron surveillance?**
 - a. Area coverage, overlap coverage and total coverage
 - b. Total coverage, back-up coverage and area coverage
 - c. Total coverage, back-up coverage and zone coverage
 - d. Zone coverage, area coverage and overlap coverage
4. **When performing patron surveillance at an outdoor aquatic facility, a lifeguard should clear everyone from the water—**
 - a. At the first sound of thunder or sighting of lightning.
 - b. Upon hearing a thunderstorm warning for the area on the NOAA Weather Radio All Hazards network.
 - c. When less than 5 seconds lapse between hearing thunder and seeing lightning.
 - d. When thunderhead clouds are seen overhead.
5. **Match each term with the correct definition.**
 - A. **Active drowning victim**
 - B. **Distressed swimmer**
 - C. **Passive drowning victim**
 - D. **Swimmer**

_____ The person makes little or no forward progress in the water. The person might float, scull or tread water. Depending on the means of support, the body position might be horizontal, vertical or diagonal. The face is usually out of the water and he or she can call for help.

_____ In most cases the person's arms and legs work in a coordinated and effective way. The body position is nearly horizontal, and there is some breath control. The person is able to make recognizable progress through the water.

_____ The person might float face-down, at or near the surface, or might sink to the bottom.

_____ The person struggles to keep the face above water in an effort to breathe. The arms are extended to the side, pressing down for support. The body position is vertical with no supporting kick. The person might continue to struggle underwater.

Circle true or false.

6. True False **Be sure to scan carefully when a swimming pool is crowded. A victim can be obscured by other customers and a lifeguard may only see partial a victim struggling.**
7. True False **Weather affects the safety of swimmers both indoors and outdoors.**

Place in sequence.

8. Place in sequence the four steps necessary to relieve a lifeguard at an elevated station.

- ___ Once the current lifeguard is off the station and is able to continue surveillance, the relieving lifeguard takes his/her place at the station.
- ___ When the relieving lifeguard is set and able to continue scanning the area of responsibility, the first lifeguard can now move to the next station
- ___ The relieving lifeguard takes a position where he/she can maintain surveillance until the lifeguard currently assigned the station can transition from the station

Fill in the Blanks

9. After clearing the pool due to severe weather, the National Lightning Safety Institute recommends lifeguards wait _____ minutes from the last sound of thunder or last sighting of lightning before letting patrons back into the water.

10. The RID factor is summarized as—

- a. The failure of the lifeguard to _____ the instinctive drowning response.
- b. The _____ of secondary duties on the lifeguard's primary responsibility of patron surveillance.
- c. _____ from surveillance duties.

11. An active drowning victim usually stays at the _____ for only 20 to 60 seconds

Short Answer

12. A passive drowning can result from a variety of conditions that can lead to a loss of consciousness. List at least four possible conditions.

13. At a facility with play structures, effective surveillance depends upon several factors. List at least four effective surveillance factors specific to play structures.

14. What is one important reason lifeguards at an indoor facility should be aware of approaching severe weather?

15. What is a common problem facing lifeguards on surveillance duty at an outdoor aquatic facility when heavy rain or high winds occur?

Chapter 4: Operations and Procedures

Circle the correct answer.

1. **When performing patron surveillance, always keep the rescue tube ready to use and—**
 - a. Hold the excess line to keep it from getting caught in the chair or other equipment.
 - b. Hold the rescue tube to your side when standing or on roving patrol.
 - c. Keep the strap in your hand, ready to put over your shoulder and neck.
 - d. Place the rescue tube next to you when sitting in the lifeguard chair.

2. **Rules common to the use of facility equipment and play structures include all of the following EXCEPT—**
 - a. Do not climb on lifeguard stands or towers.
 - b. Do not sit or hang on lane lines or lifelines.
 - c. Enter, ride and exit the slide head-first.
 - d. One person at a time on the diving board.

3. **Which of the following rules are common for diving boards?**
 - a. Only one bounce allowed on the diving board.
 - b. Only one person on the diving board at a time.
 - c. Swim immediately to the closest ladder or wall.
 - d. All of the above.

4. **If a patron continues to break facility rules—**
 - a. You may need a supervisor or manager to resolve the problem, or give a warning that continued behavior will result in the patron being asked to leave.
 - b. You must immediately call the police.
 - c. You should allow them to get hurt, they would not listen anyway.
 - d. You should immediately have them removed from the facility.

5. **Safety checks should be conducted—**
 - a. Before opening and after closing the facility.
 - b. Before opening the facility and during operations.
 - c. Before opening the facility, during daily operations and at closing.
 - d. Several times a day when you are not on surveillance duty.

Place a check next to the correct answer or answers.

6. **The Hazard Communication Standard has rules about hazardous chemicals to prevent injury and illness caused by an exposure. According to the standard, employees have a right to know—**
- What chemicals a facility should purchase. Which chemicals employees may not have to handle.
- Which hazardous chemicals are in the facility. How to identify chemical hazards at the employee's facility.
- What to do if they or others are exposed to such hazards.

Circle true or false.

7. True False **If a patron is visiting a facility for the first time, lifeguards should be willing to give the person a break if he or she does not follow a rule.**
8. True False **Management is required to provide all employees with information and training about the chemicals stored and used at their workplace, if their jobs involve handling such items.**
9. True False **A lifeguard who follows the OSHA Bloodborne Pathogens Standard eliminates the risk of disease spreading from one person to another from bloodborne pathogens.**

10. **Why is it important that a lifeguard enforce rules at his or her aquatic facility?**

Chapter 5: Emergency Response

Place a check next to the correct answer or answers.

1. Examples of life-threatening conditions include—

- | | | |
|---|---|---|
| <input type="checkbox"/> Sunburn. | <input type="checkbox"/> Laceration to the cheek. | <input type="checkbox"/> No breathing. |
| <input type="checkbox"/> Nonfatal submersion. | <input type="checkbox"/> Sprained ankle. | <input type="checkbox"/> Broken tooth. |
| <input type="checkbox"/> Broken finger. | <input type="checkbox"/> Heart attack. | <input type="checkbox"/> Injuries to the head,
neck or back. |
| <input type="checkbox"/> Unconsciousness. | <input type="checkbox"/> Severe bleeding. | |

2. Responsibilities of the aquatic safety team members during an emergency may include—

- | | | |
|--|--|--|
| <input type="checkbox"/> Stocking the first aid kit. | <input type="checkbox"/> Running a lifeguard
challenge. | <input type="checkbox"/> Controlling bystanders. |
| <input type="checkbox"/> Summoning EMS
personnel. | <input type="checkbox"/> Controlling bystanders. | <input type="checkbox"/> Clearing the pool or facility. |
| <input type="checkbox"/> Taking head counts. | | <input type="checkbox"/> Scheduling staff. |
| <input type="checkbox"/> Providing back-up
coverage | | <input type="checkbox"/> Performing or assisting
with a rescue. |

Circle true or false.

3. True False **A drowning happens when a person suffocates in the water.**
4. True False **With guidance, bystanders can help during an emergency.**
5. True False **An EAP does not state who gets the equipment and how to get it to the injured victim because that is practiced during in-service training.**
6. True False **The EAP at a rural waterfront should factor in a longer response time than an aquatic facility in the middle of a city.**
7. True False **After a victim has received care and has been released to EMS personnel, lifeguards and other members of the safety team still have several tasks to complete.**
8. True False **The decision to reopen a facility following a significant incident may depend upon whether enough lifeguards are ready to go back to surveillance duty.**
9. True False **Following a significant incident, only lifeguards actually involved in the incident, management or a designated spokesperson should talk to the media or others about the incident.**
10. True False **To learn what the lifeguard team members should expect from one another, team members must communicate and practice the facility's EAP together.**

Circle the correct answer.

11. The aquatic safety team includes all of the following EXCEPT—

- Concessions staff.
- Hospital staff.
- Lifeguards.
- Swimming instructors.

12. What important information should be posted on or near all telephones in your aquatic facility?

- Emergency numbers
- Hours of operation
- Staff work schedule
- Facility course schedule

13. Controlling bystanders during an emergency is a responsibility of a lifeguard or other member of the aquatic safety team. Controlling bystanders might involve—

- a. Only assigning one lifeguard or aquatic safety team member to manage bystanders.
- b. Keeping bystanders and any children away from the water's edge if the facility is cleared.
- c. Repeating your commands and requests only if the crowd asks for an explanation.
- d. Using a firm voice to yell to the patrons to stay back.

14. You are caring for a victim in an emergency who may have ingested drugs. The victim suddenly becomes hostile, violent and threatening. As a lifeguard, what should you do?

- a. Attempt to restrain the victim until he or she calms down
- b. Continue to attempt to treat the victim because he or she needs your care
- c. Leave the scene, it is too dangerous to remain on site
- d. Remove yourself from harm, observe the victim and wait for law enforcement to arrive

Short answer.

15. What is an EAP?

16. Following an emergency at your facility, after the victim has received care and has been released to EMS personnel, list at least five tasks you need to complete.

Chapter 6: Swimming Pool Rescue Skills

Circle the correct answer.

- Under which of the following circumstances would you use a submerged victim rescue?**
 - When the drowning victim has another victim holding onto them.
 - When the drowning victim is below the surface and beyond your reach.
 - When the drowning victim is far from shore.
 - When the drowning victim is just below the surface.
- An active drowning victim rear rescue can be used for—**
 - A distressed swimmer.
 - A submerged victim.
 - A victim just under the surface of the water.
 - An active drowning victim or a distressed swimmer.
- When performing a two-person removal from the water using a backboard, how can the rescuers keep the backboard in place so that it remains in-line or parallel to the victim's body to ensure that the victim does not come off the board during removal?**
 - By lifting the backboard from the water very quickly
 - By moving the victim onto the backboard as quickly as possible
 - By placing his or her foot closest to the backboard against the edge of the board
 - By pressing down evenly with the opposite hands on the backboard

4. Match each term with the correct definition.

- A. Compact jump
- B. Run-and-swim entry
- C. Slide-in entry
- D. Stride jump

- _____ Used when the lifeguard is more than 3 feet above the water, but only if the water is at least 5 feet deep. Can also be done from a pool deck into the water.
- _____ Used in shallow water; crowded pools; or when a victim with a head, neck or back injury is close to the side of the pool or pier.
- _____ Used to enter the water from a gradual slope, such as a shoreline or wave pool.
- _____ Used with a rescue tube only if the water is at least 5 feet deep and the lifeguard is no more than 3 feet above the water.

Circle true or false.

- True False **Assists are the most common help given to patrons, especially at waterparks.**
- True False **When completing the passive submerged victim rescue in deep water, if the victim is deeper than the strap and towline can extend, release the strap and towline, grasp the victim, push off the bottom (if possible) and kick to the surface.**
- True False **A multiple-victim rescue is controlled best by one rescuer.**
- True False **If the victim of a head, neck or back injury in the water is not breathing, immediately remove the victim from the water using a backboard.**
- True False **Do not use the rescue tube for support when performing the head and chin support on a face-down victim in deep water.**
- True False **Lifeguards may have to modify the care provided to a person with a head, neck or back injury.**
- Place in the correct sequence the eight steps necessary to rescue a person with a head, neck or back injury in the water.**

- | | |
|---|--|
| _____ Provide emergency care as needed | _____ Activate the facility's emergency action plan |
| _____ Remove the victim from the water | _____ Assess the victim's condition |
| _____ Check for consciousness and signs of life | _____ Safely enter the water |
| _____ Perform an appropriate rescue | _____ Move the victim to shallow water whenever possible |

Fill in the blanks.

12. An _____ should be used if a rescue tube is lost in a rescue where the victim grabs the lifeguard.

Short answer

13. List the steps to perform an escape immediately after the victim grabs a lifeguard.

14. List at least three things to consider when deciding to remove a victim from the water.

15. In what circumstances would a lifeguard use a feet-first surface dive when performing a rescue?

16. List the four options lifeguards can use to remove a victim from the water.

17. You are performing an active drowning victim rear rescue. After squeezing the rescue tube between your chest and the victim's back, why do you turn your head to one side before leaning back and pulling the victim onto the rescue tube?

18. List two reasons why properly positioning the victim on the rescue tube is important when performing a water rescue?

19. List at least five situations in which a head, neck or back injury may occur in the water.

20. When strapping a victim to a backboard, where and in what order should the three straps be placed?

21. List, in order, the steps to perform the head and chin support skill on a face down victim at or near the surface of the water.

Chapter 8: After an Emergency

Circle true or false.

1. True False **Since accuracy is important in completing your agency's accident reports, remember to record facts, names and personal opinions and feelings when completing the forms.**
2. True False **A lifeguard may not recognize that he or she is suffering from critical incident stress following a significant incident.**

Short answer.

3. **Provide two important reasons for documenting an injury or incident.**

4. **List the duties management is responsible for after an emergency**

5. **List four situations that are considered critical incidents and may lead to health problems for lifeguards.**

Circle the correct answer.

6. **If EMS personnel take the victim to the hospital on the facility's only backboard, the facility (may/may not) be reopened.**
7. **What is the purpose of a staff debriefing?**
 - a. Examine what happened.
 - b. Assess the effectiveness of the EAP.
 - c. Consider new ways to Prevent similar incidents in the future.
 - d. Be alert for Critical Incident Stress reactions.

First Aid

Fill in the blanks.

1. During _____, body temperatures drop below 95°F.
2. Always summon EMS personnel if a victim of a diabetic emergency does not feel better within about ____ minutes after taking sugar.
3. Insect stings can be fatal for some people who have severe _____ reactions. This reaction may result in a(n) _____ emergency.
4. If you suspect a person has been poisoned, call the _____ at 1-800-222-1222 or 402-955-5555.
5. Signs and symptoms of shock include—
 - a. _____ or irritability.
 - b. Altered level of _____.
 - c. Pale or ashen, cool, moist _____.
 - d. Nausea or _____.
 - e. Rapid _____.
 - f. _____ pulse.
 - g. Excessive _____.
6. If a tooth is knocked out, put a sterile _____ in the space left by the tooth. Have the victim _____ down on it gently to put pressure on the dressing. Preserve the tooth by placing it in _____ and keep it with the victim. Handle the tooth by the crown (white part), not the root.
7. Take the following steps to care for someone suffering from a heat-related emergency—
 - a. Move the victim to a _____ place.
 - b. _____ tight clothing.
 - c. _____ perspiration-soaked clothing.
 - d. Apply cool, wet _____ to the skin.
 - e. Fan the _____.
 - f. If the victim is conscious, give him or her small amounts of _____ to drink.
8. The signs and symptoms of frostbite include—
 - a. A lack of _____ in an affected area.
 - b. _____ that appears waxy, _____ to the touch or discolored (flushed, white, yellow or blue).

Circle the correct answer to the question.

9. To minimize the effects of shock, you should do all of the following EXCEPT—
 - a. Control any external bleeding.
 - b. Have the victim lie down and elevate the legs about 12 inches if a head, neck or back injury or if broken bones in the hips or legs are not suspected.
 - c. Give the victim warm beverages to sip.
 - d. Keep the victim from getting chilled or overheated.
10. Take all of the following steps to care for an embedded object EXCEPT—
 - a. Do not remove the object.
 - b. Place a bandage over the object.
 - c. Place several dressings around the object to keep it from moving.
 - d. Summon EMS personnel.
11. The victim of a heat-related emergency starts to lose consciousness. What should you do after you summon EMS personnel?
 - a. Continue to check for breathing and a pulse.
 - b. Continue to cool the victim by using ice or cold packs on his or her wrists, ankles, groin and neck and in the armpits.
 - c. Move them to an air conditioned room
 - d. Both a and b
12. To provide care to a victim of a nosebleed, have the victim lean (forward/backward) and pinch the nostrils together until the bleeding stops.

13. Match each term with the correct definition.

- A. Diabetic emergency** **B. Fainting** **C. Seizures** **D. Poisoning** **E. Stroke**
- _____ Too much or too little sugar in the blood.
_____ Weakness or numbness usually on one side of the body, slurred speech or blurred vision.
_____ Any substance that can cause injury, illness or death when introduced into the body.
_____ Suddenly losing consciousness and then reawakening.
_____ A condition recognized by uncontrolled, jerking body movements.

14. Match each term with the correct definition.

- A. Abrasion** **B. Laceration** **C. Avulsion** **D. Puncture**
- _____ A cut in which a piece of soft tissue or even part of the body, such as a finger, is torn loose or is torn off entirely. Often, deeper tissues are damaged, causing significant bleeding.
_____ A wound in which the skin has been rubbed or scraped away. The area usually is painful.
_____ Often does not bleed a lot and can easily become infected. Bleeding can be severe with damage to major blood vessels or internal organs.
_____ Cuts bleed freely and deep cuts can bleed severely. Deep cuts can damage nerves, large blood vessels and other soft tissues.

15. Match each term with the correct definition.

- A. Anatomic splints** **B. Soft splints** **C. Rigid splints** **D. The ground**
- _____ Boards, folded magazines or newspapers or metal strips that do not have any sharp edges.
_____ Soft materials, such as a folded blanket, towel, pillow or folded triangular bandage.
_____ A flat and level surface used to immobilize a body part.
_____ The person's body or body part used to immobilize another body part.

16. Match each term with the correct definition.

- A. Heat cramps** **B. Heat exhaustion** **C. Heat stroke**
- _____ Signals include cool, moist, pale, ashen or flushed skin; headache, nausea, dizziness; weakness, exhaustion; and heavy sweating.
_____ Signals include red, hot, dry skin; changes in the level of consciousness; and vomiting.
_____ Signals include painful muscle spasms that usually occur in the legs and abdomen.

Circle true or false.

17. True False **If any life-threatening conditions develop when performing the secondary assessment, quickly complete the assessment and then provide the appropriate care to the victim.**
18. True False **Following a seizure, the victim may be drowsy and unresponsive for a time.**
19. True False **Most external bleeding injuries a lifeguard will encounter will be minor, such as a small cut, that can be cared for by applying an adhesive bandage.**
20. True False **During an accident, shock is a natural reaction by the body caused by a lack of oxygen.**
21. True False **When treating an eye injury, do not put direct pressure on the eye.**
22. True False **Splinting is a method of immobilizing an injured extremity and should be used only if moving or transporting a person to seek medical attention and if splinting does not cause further pain.**
23. True False **A person who has been immersed in the water can develop a cold-related illness, even when temperatures are not extreme.**
24. True False **Rapid warming of a victim of hypothermia may cause dangerous heart rhythms.**
25. True False **Temperatures do not need to be extremely cold for someone to suffer a cold-related emergency, especially if conditions are windy or the victim is wet.**
26. True False **Scalp injuries often bleed heavily. Putting pressure on the area around the wound can control the bleeding.**
27. True False **If a depression, spongy areas or bone fragments are felt when treating a scalp injury, do not put direct pressure on the wound.**

Short answer.

28. List at least five things a lifeguard should do during a secondary assessment on a conscious adult.

29. What the mnemonic SAMPLE stand for?

30. Why is looking for a medical identification tag or bracelet worn by a victim important?

31. You are providing care to a conscious child. List important things to remember when interacting with a child.

32. While on duty, you notice a co-worker, who was doing maintenance, is unconscious. As you are surveying the scene, you notice a couple bottles of chemicals have spilled and mixed on the floor. What steps should you take?

33. What are the signs that someone has become suddenly ill? List AT LEAST eight (8) signs and symptoms.

34. List the steps you would take to care for bleeding that does not stop from a major open wound after you have applied the first dressing.

35. A parent with a child comes to you when you are not on surveillance duty and asks for your help. The child has sand or some other type of small debris in her eye. What steps do you take to provide care?

36. In addition to wind and humidity, what other four conditions can contribute to heat- and cold-related emergencies?

37. List at least five signs and symptoms of hypothermia.

38. List the three steps to provide general care for any burn.

CPR

Circle the correct answer.

1. **All of the following conditions must be met in order for disease transmission to occur EXCEPT—**
 - a. A pathogen is present.
 - b. A person is susceptible to the pathogen.
 - c. An insufficient quantity of the pathogen is present to cause disease.
 - d. The pathogen passes through the correct entry site.

2. **You are cleaning up a blood spill. An untrained employee picks up gauze with blood on it. She is not wearing disposable gloves. Her action is an example of exposure through—**
 - a. Direct contact.
 - b. Droplet transmission.
 - c. Indirect contact.
 - d. Vector-borne transmission.

6. **Signs and symptoms of a heart attack include—**
 - a. Chest pain that lasts less than 1 minute.
 - b. Dry, red, hot skin.
 - c. Inability to speak in full sentences.
 - d. Nausea, shortness of breath or difficulty breathing.

7. **What is the most important action step to take to care for a person who may be experiencing a heart attack?**
 - a. Check airway, breathing and circulation.
 - b. Have the victim stop what he or she is doing and rest.
 - c. Obtain the victim's consent.
 - d. Summon EMS personnel.

8. **It is important for everyone to “stand clear” before using an AED to deliver a shock because—**
 - a. The AED may not deliver the correct shock to the victim.
 - b. The AED will not work unless you stand clear.
 - c. The victim's arm may swing out and strike you when the shock is delivered.
 - d. You or someone else could get shocked.

9. **The pads of an AED for an adult should be placed—**
 - a. On the lower right chest and lower left side.
 - b. On the lower right side and upper left chest.
 - c. On the upper right and upper left side of the chest.
 - d. On the upper right chest and lower left side.

10. **After the initial analysis, if the AED prompt indicates that “no shock is advised,” the next step is to—**
 - a. Begin rescue breathing.
 - b. Look for movement and recheck for breathing and a pulse.
 - c. Perform 5 cycles (about 2 minutes) of CPR.
 - d. Restart the AED.

11. **If a lifeguard is using an AED on a victim who was removed from the water, all of the following are important EXCEPT—**
 - a. Drying the victim's chest.
 - b. Drying the victim's feet and legs.
 - c. Making sure there are no puddles of water around you, the victim or the AED.
 - d. Removing wet clothing for proper pad placement, if necessary.

12. **When using an AED on a victim with a pacemaker or implanted cardiac device—**
 - a. Adjust pad placement, if necessary.
 - b. Place the pad directly over the implanted cardiac device.
 - c. Refrain from using an AED because it cannot be used if the victim has an implanted cardiac device.
 - d. Reverse the position of the pads on the victim's chest.

13. Breathing barriers help to—

- a. Maintain breathing.
- b. Protect against disease transmission.
- c. Restart the heart.
- d. Reduce the amount of oxygen in a victim's blood.

14. The care provided to an adult who is not moving or breathing, but has a pulse (respiratory arrest), is—

- e. Perform 5 abdominal thrusts, with each thrust being a distinct attempt to dislodge the object.
- f. Place the adult in a modified-H.A.I.N.E.S. recovery position.
- g. Give rescue breaths at a rate of 1 rescue breath about every 3 seconds.
- h. Give rescue breaths at a rate of 1 rescue breath about every 5 seconds.

15. You find an unconscious 6-year-old boy. After sizing up the scene and obtaining consent, you perform an initial assessment and determine that the boy is not moving or breathing, but has a pulse. At what rate do you perform rescue breathing for the child?

- e. About one rescue breath every minute
- f. One rescue breath about every 3 seconds
- g. One rescue breath about every 5 seconds
- h. One rescue breath every few minutes

16. A mother yells to you that something is wrong with her infant. You obtain consent and put on the appropriate personal protective equipment. During the initial assessment, you determine the unconscious infant has an airway obstruction. What is the proper sequence of care for an unconscious infant?

- a. Give 5 back blows followed by 5 chest thrusts
- b. Give 3 chest thrusts, look for an object and give 1 rescue breaths
- c. Give 5 chest thrusts, immediately do a finger sweep and give 2 rescue breaths
- d. Give 5 chest thrusts, look for an object and give 2 rescue breaths

17. Hepatitis B, hepatitis C and HIV (are/are not) spread by casual contact such as shaking hands.

18. Match each term with the correct definition.

A. Bloodborne pathogens

B. Hepatitis B

C. Hepatitis C

D. HIV

E. Virus

- _____ The virus attacks white blood cells and destroys the body's ability to fight infection. The virus that causes acquired immunodeficiency virus (AIDS).
- _____ A common form of pathogen that depends on other organisms to live and once in the body is difficult to kill.
- _____ Bacteria and viruses present in blood and body fluids.
- _____ A liver infection that can be severe or even fatal, where vaccination is the most effective means of prevention.
- _____ The most common chronic bloodborne infection in the United States.

19. Match each term with the correct definition.

A. BSI precautions/standard precautions

B. Engineering controls

C. Exposure control plans

D. OSHA regulations and guidelines

E. Work practice controls

- _____ Measures that isolate or remove a hazard from the workplace. The things used in the workplace to help reduce the risk of an exposure incident.
- _____ Practices that help reduce the likelihood of exposure by changing the way a task is carried out. The things employees do to help reduce the risk of an exposure incident.
- _____ A written program that outlines the protective measures an employer will take to eliminate or minimize exposure incidents.
- _____ Apply to employees who may come into contact with blood or other body fluids that could cause an infection and help employers meet the bloodborne pathogen standard to prevent transmission of serious diseases.
- _____ Approaches that consider all blood and body fluids to be infectious.

Circle true or false.

20. True False **When you give rescue breaths to a victim of a nonfatal submersion, the victim will probably vomit.**
21. True False **When providing care to an unconscious choking child, open the mouth and immediately sweep for the object after giving 5 chest thrusts.**
22. True False **A benefit of using a BVM for rescue breathing is that the rescuer can deliver a higher concentration of oxygen to a victim than when using a resuscitation mask.**
23. True False **A BVM may be used on a victim if the rescuer suspects a head, neck or back injury.**
24. True False **If the AED pads touch each other on the child's chest, the lifeguard should place one pad on the child's chest and the other pad on the child's back, between the shoulder blades.**

Fill in the blanks.

25. If a victim stops breathing during a breathing emergency, it is known as respiratory _____, or respiratory failure.
26. Rescue breathing is a technique for delivering _____ into a victim to give him or her the oxygen needed to survive.
27. Abdominal thrusts compress the abdomen, forcing the diaphragm _____, which increases pressure in the lungs and airway.
28. As the initial rescuer at the scene performing CPR on an adult, you should perform _____ chest compressions followed by _____ rescue breaths, at a rate of about _____ compressions per minute and compressing the chest at least _____ inches.
29. As the initial rescuer at the scene performing CPR on a child or infant, you should perform cycles of _____ chest compressions and _____ rescue breaths, at a depth of _____ to _____ inches for a child and _____ to _____ inches for an infant.
30. Most victims of sudden cardiac arrest need an electrical shock called _____.
31. _____ is an abnormal heart rhythm characterized by a state of totally disorganized electrical activity of the heart, resulting in a quivering of the ventricles.
32. _____ is an abnormal heart rhythm characterized by very rapid contraction of the ventricles.

Place a check next to the correct answer or answers.

33. An AED may be used on adult—

_____ Victims of hypothermia in cardiac arrest.

_____ Victims with a pacemaker who are in cardiac arrest.

_____ Victims of trauma in cardiac arrest.

_____ Victims in the water who are in cardiac arrest.

Short answer.

34. List the steps to follow when you defibrillate a victim using an AED after EMS personnel have been summoned.

35. What should you do before using an AED on a victim who is wearing a nitroglycerin patch?

36. Give two examples of correct entry sites where transmission of bloodborne pathogens could occur from occupational exposure.
37. List at least five types of personal protective equipment used in the facility to keep lifeguards from directly contacting infected materials.
38. While providing care to a victim you note that you were exposed by direct contact to the victim's blood or other potentially infectious material. What must you do immediately?
39. List in the correct order the steps necessary to properly complete an initial assessment.
40. Name three situations in which a lone responder would Care First, that is, provide 2 minutes of care, then call 9-1-1 or the local emergency number.
41. List at least five signs or symptoms of a heart attack.
42. List at least three of the most common causes of cardiac arrest in children.
43. You have responded to an emergency involving blood at your facility. After providing care, you are responsible for cleaning and disinfecting the area (a solid-surface floor). List the steps you would take to disinfect the area.
44. List the four (4) links in the cardiac chain of survival.
45. List at least four signs and symptoms of respiratory distress.
46. List at least two common causes of choking.
47. What is the correct sequence to perform 2-person CPR for an Adult?