LIFEGUARDING
REVIEW QUESTIONS
CHAPTER 1: THE PROFESSIONAL LIFEGUARD

Multiple Choice: Circle the correct answer to the question.

1. The “F” in the FIND decision-making model stands for—
   A. Features of lifeguarding.
   B. Figure out the problem.
   C. Find the problem.
   D. Focus on lifeguarding.

2. Good Samaritan laws are designed to protect most professional rescuers from—
   A. The risk of legal action as a result of sharing information about the victim with bystanders and local media.
   B. The risk of legal action as long as they act in good faith, within the scope of their training and are not negligent.
   C. The need to legally document what was seen, heard and done at the scene.
   D. The need to obtain consent before providing care.

3. Before providing care for a conscious injured or ill victim, you must first—
   A. Announce to bystanders what you are going to do.
   B. Begin to write your record of what happened.
   C. Find out if you have a duty to act.
   D. Obtain the victim’s consent.

4. Which of the following is NOT a responsibility of lifeguards?
   A. Educating patrons about facility rules and regulations.
   B. Ensuring the victim returns to his or her previous state of health.
   C. Minimizing or eliminating hazardous situations or behaviors.
   D. Providing needed care for the victim.

5. Which of the following personal characteristics should be true of a professional lifeguard?
   A. Eat and hydrate properly only on days when you are working.
   B. Maintain a professional attitude, appearance and healthy lifestyle.
   C. Update certifications within a year after they expire.
   D. Use sun protection and sunglasses only on hot, sunny days.

6. If a victim of injury or illness refuses care, you should—
   A. Continue to provide care as needed.
   B. Explain to the victim why he or she needs care and request the victim to at least allow someone more highly trained, such as EMS personnel, to evaluate the situation.
   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.
7. Negligence includes all of the following EXCEPT—
   A. Failing to control or stop any behaviors that could result in further harm or injury.
   B. Failing to provide care.
   C. Providing inappropriate care.
   D. Providing the standard of care.

Matching

8. 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.

True or False: Circle true or false.

9. True False The vast majority of states and the District of Columbia have Good Samaritan laws.

10. True False Good Samaritan laws protect people who willingly provide emergency care without accepting anything in return.

11. 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.

12. True False Good Samaritan laws may not protect a rescuer from legal liability resulting from a victim’s injury if the rescuer stopped providing care and left the scene of the emergency before another rescuer of equal or more advanced training arrived to take over.

13. True False Good Samaritan laws protect all lifeguards.
Fill in the Blanks

14. The primary responsibility of a lifeguard is to ensure patron safety and protect lives. This can be done in several ways, such as—
   a. __________ injuries by minimizing or eliminating hazardous situations or behaviors.
   b. __________ facility rules and regulations and __________ patrons about them.
   c. Recognizing and __________ quickly and effectively to all emergencies.
   d. Administering __________ __________ and CPR or using an AED in an emergency and, if trained, administering emergency oxygen when needed.
   e. Informing other __________, facility staff and management when more help or equipment is needed.

15. When using the FIND decision-making model applied to lifeguarding decisions, FIND means—
   a. __________ out the problem.
   b. __________ possible solutions.
   c. __________ the pros and cons for each solution.
   d. __________ which solution is best.

Short Answers

16. List at least five characteristics of a professional lifeguard.

17. List at least three reasons that a professional lifeguard must exercise as part of his or her responsibility to the job.

18. Name three things management can do to support the professional lifeguard.
Multiple Choice: Circle the correct answer to the question.

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. Signs posted in an aquatic facility are an example of what injury-prevention strategy?
   A. Communication with patrons.
   B. Facility safety checks.
   C. Patron surveillance.
   D. Written hazard standard.

3. 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.

4. Which of the following rules are common for diving boards and towers?
   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.

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.

6. 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.
7. According to the National Lightning Safety Institute, lifeguards may reopen the pool to patrons following severe weather—
   A. 30 minutes after the last rainstorm.
   B. 30 minutes after the last sound of thunder or last sighting of lightning.
   C. After a NOAA Weather Radio All Hazards network thunderstorm warning expires.
   D. As soon as the sun is shining again.

8. Which of the following is true about accidental fecal releases (AFRs)?
   A. AFRs do not require immediate attention.
   B. Managers only need to be concerned with AFRs
   C. Require water treatment, temporary pool closure and immediate lifeguard attention.
   D. It is part of the routine daily operation of a pool that must be done for safety.

9. The hazard communication standard includes having MSDS information available. What is included in this information?
   A. Contains information about what first aid and rescue equipment is required to have on hand.
   B. Contains information about what type of chemicals are in use at the facility.
   C. Contains information about areas of the facility that have unsafe conditions, which require repairs.
   D. Contains information that is only important for the facility manager to know.

Matching
10. Match each term with the correct definition.
    A. Reaching pole
    B. Rescue board
    C. Rescue tube
    D. Ring buoy
    E. Shepherd’s crook

    _____ Made of plastic or fiberglass, it is similar in shape to a surf board. Primarily used at water fronts.
    _____ Made of vinyl, it is a 45- to 54-inch long foam-filled device with an attached tow line and shoulder strap.
    _____ Made of buoyant material, it typically ranges from 20 to 30 inches in diameter with an attached line that ranges from 30 to 60 feet.
    _____ Made of aluminum or fiberglass, it is usually about 10 to 15 feet long.
    _____ Made of aluminum or fiberglass, it is usually about 10 to 15 feet long with a large hook on one end.

True or False: Circle true or false.
11. True False People with heart disease, diabetes, high or low blood pressure, seizures, epilepsy or other medical conditions should be cautioned against using the spa or hot tub.
12. True False A facility with play structures is just like any other facility and no additional precautions are needed.
13. True False Safety checks are the responsibility of the lifeguard on surveillance duty.
14. True False Weather affects the safety of swimmers both indoors and outdoors.
15. True False Management is required to provide lifeguards and other employees with information and training about the chemicals stored and used at their workplace, if their jobs involve handling such items.

Short Answer

16. List at least six rules, which should be posted in writing at almost any aquatic facility.

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

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

19. What is one important reason lifeguards at an indoor facility should be aware of approaching severe weather?
MULTIPLE CHOICE: Circle the correct answer to the question.

1. The guidelines for effective scanning include all of the following EXCEPT—
   A. Scan above and below the surface of the water, and include the bottom of the pool in the scan.
   B. Scan for potential problems, particularly arm and leg action, body position and movement through the water.
   C. Scan the patrons in the assigned area of responsibility.
   D. 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

Matching
4. 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.
5. Match each term with the correct definition.
   A. Elevated stations
   B. Ground-level stations
   C. Roving stations

   ___ These stations offer a limited view of the entire swimming area since patrons might be hidden from view by play structures or other patrons. The primary purpose of this type of station is to be close to patrons.
   ___ These stations usually provide the most effective position for patron surveillance because they offer an excellent place for scanning the area of responsibility. This type of station often provides a much better view of patron activities than other positions and is particularly important at a single lifeguard facility.
   ___ These stations are used in addition to an elevated station. The station is mobile and able to position where needed.

6. Match each term with the correct definition.
   A. Back up coverage
   B. Total coverage
   C. Zone coverage

   ___ This coverage divides the swimming area into sections that each lifeguard must cover.
   ___ This coverage is done by one lifeguard by themselves.
   ___ This coverage is needed when a lifeguard enters the water to make a rescue.

Multiple Answers: Place a check next to the correct answer or answers.

7. Four elements of effective surveillance include—
   ___ Area of responsibility.
   ___ Communication strategies.
   ___ Effective scanning.
   ___ Facility safety checks.
   ___ Victim recognition.
   ___ Lifeguard stations.
   ___ Aquatic injury-prevention strategies.

True or False: Circle true or false.

8. True False         A lifeguard’s primary tool to ensure patron safety and protect lives is patron surveillance.
9. True False         Scan crowded areas carefully. Partially hidden arm movements might indicate that a victim is actively drowning.
10. True False        An intoxicated person can always sober up by going swimming.
11. True False        Underwater swimming for distance and breath-holding for time are safe activities.
Fill in the Blanks
12. Lifeguards will spend most of their time on patron ________________.

13. Lifeguards should consider anyone who is submerged or floating face-down and motionless for ______ seconds to be a passive drowning victim.

14. An active drowning victim usually stays at the ________________ for only 20 to 60 seconds.

15. The RID factor is summarized as-
   a. The failure of the lifeguard to ___________ the instinctive drowning response.
   b. The ______________ secondary duties on the lifeguard’s primary responsibility of patron surveillance.
   c. ______________ from surveillance duties.

Ordering: Place the following in the correct order.

16. Place in sequence the four steps necessary to relieve a lifeguard at an elevated station, where Lifeguard 1 is the lifeguard currently on surveillance duty and Lifeguard 2 is the relieving lifeguard.

____ Once on the deck, Lifeguard 1 takes a position next to the stand and resumes his or her surveillance of the area. On a signal, Lifeguard 2 climbs up in the stand and begins scanning.
____ Lifeguard 2 signals or tells Lifeguard 1 that he or she can leave.
____ Lifeguard 2 asks Lifeguard 1 whether any patrons in the area of responsibility need closer than normal supervision.
____ Lifeguard 2 takes a position next to the stand and begins scanning the area of responsibility. After a few moments of scanning, Lifeguard 2 signals for Lifeguard 1 to climb down.

Short Answer
17. What is a lifeguard’s primary responsibility?

18. What four elements of patron behavior will a lifeguard analyze to determine the difference between a distressed swimmer and a drowning victim?

19. A passive drowning can result from a variety of conditions that can lead to a loss of consciousness. List at least four possible conditions
LIFEGUARDING
REVIEW QUESTIONS
CHAPTER 4: INJURY PREVENTION

Short Answer

1. List 3 things that are important to consider while guarding areas for young children.

2. List 4 things that are important to consider while guarding at play structures.

3. List 5 things that are important to consider while guarding at water slides.

4. List 4 things that are important to consider while guarding at winding rivers.

5. List 5 things that are important to consider while guarding wave pools.

7. Describe how to conduct a safety orientation.

8. Describe how to administer a swim test.

9. Explain the buddy system
LIFEGUARDING
REVIEW QUESTIONS
CHAPTER 5: EMERGENCY ACTION PLANS

Multiple Choice: Circle the correct answer to the question.

1. The aquatic safety team includes all of the following EXCEPT—
   A. Concessions staff
   B. Hospital staff
   C. Lifeguards
   D. Swimming instructors

2. What important information should be posted on or near all telephones in your aquatic facility?
   A. Emergency numbers
   B. Hours of operation
   C. Staff work schedule
   D. Facility course schedule

3. 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.

Multiple Answers: Place a check next to the correct answer or answers.

4. Responsibilities of the aquatic safety team members during an emergency may include—
   ___ Stocking the first aid kit.
   ___ Summoning EMS personnel.
   ___ Performing or assisting with a rescue.
   ___ Taking head counts.
   ___ Providing back-up coverage.
   ___ Running a lifeguard challenge.
   ___ Controlling bystanders.
   ___ Clearing the pool or facility.
   ___ Scheduling staff.

True or False: Circle true or false.

5. True False With guidance, bystanders can help during an emergency.

6. 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.

7. 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.
8. 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.

9. 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.

Fill in the Blanks

10. The goals of a staff debriefing are to—
   a. _________________ what happened.
   b. Assess the effectiveness of the _________________ .
   c. Consider new ways to _________________ similar incidents in the future.
   d. Be alert for _________________ reactions _________________ a critical incident.

11. A critical incident may cause a strong _________________ reaction and interfere with a lifeguard’s ability to _________________ and function during and after the incident.

Ordering: Place the following in the correct order.

12. Place the ten steps of an EAP in the correct order.
   ___ Witnesses are interviewed.
   ___ The lifeguard follows the general procedures for emergencies that occur in the water or on land.
   ___ Corrective action taken.
   ___ The chain of command is notified.
   ___ Equipment is checked.
   ___ The lifeguard recognizes that someone needs immediate help.
   ___ Safety team members assist in the emergency.
   ___ The lifeguard activates the EAP.
   ___ Follow-up staff discussion.
   ___ Reports are completed.

Circle the Correct Answer from the Pair

13. If EMS personnel take the victim to the hospital on the facility’s only backboard, the facility (may/may not) be reopened.

Short Answer

14. What is an EAP?
LIFEGUARDING
REVIEW QUESTIONS
CHAPTER 6: RESCUE WATER SKILLS

Multiple Choice: Circle the correct answer to the question.

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. Under which of the following circumstances would you use a submerged victim rescue?
   A. When the drowning victim has another victim holding onto them.
   B. When the drowning victim is below the surface and beyond your reach.
   C. When the drowning victim is far from shore.
   D. When the drowning victim is just below the surface.

3. An active drowning victim rear rescue can be used for—
   A. A distressed swimmer.
   B. A submerged victim.
   C. A victim just under the surface of the water.
   D. An active drowning victim or a distressed swimmer.

4. 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?
   A. By lifting the backboard from the water very quickly
   B. By moving the victim onto the backboard as quickly as possible
   C. By placing his or her foot closest to the backboard against the edge of the board
   D. By pressing down evenly with the opposite hands on the backboard

5. Matching: 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.
6. Match: each term with the correct definition.

A. Extension assist from the deck
B. Reaching assist with equipment
C. Simple assist
D. Throwing assist

___ Used with equipment when the victim is close to the deck, shoreline or pier and beyond the range of the rescue tube. Equipment is used to extend the rescuer’s reach out or to bring the victim closer.
___ Used with equipment when a distressed swimmer is beyond the range of a reaching device.
___ Used with a rescue tube when a victim is close to the side of the pool or a pier. The assist is completed by holding out the rescue tube to a distressed swimmer from the pool deck or pier.
___ Used in shallow water, this assist may be as easy as helping a person to his or her feet or helping the person maintain his or her balance.

7. Match each term with the correct definition.

A. Beach drag
B. Front-and-back carry
C. Two-person removal from the water using a backboard
D. Walking assist

___ Used to remove a possibly unconscious victim from the water at the edge of the pool or a pier and a head, neck or back injury is not suspected.
___ Used to remove a conscious victim from shallow water.
___ Used to remove a victim who is unconscious or who cannot walk from the water where a gradual slope or zero-depth exit is present and a head, neck or back injury is not suspected.
___ Used by two rescuers in shallow water with a zero-depth exit or gradual slope if the victim is unconscious or cannot get out of the water without help and a head, neck or back injury is not suspected.

Fill in the Blanks
8. The type of entry used to enter the water during a rescue depends on—
a. The ____________ of the water.
b. The lifeguard station—whether the lifeguard station is ____________ or at ground level.
c. ____________ in the water, such as patrons, lane lines and safety lines.
d. The location and ____________ of the victim.
e. The ____________ of the facility.

9. The best way to approach a victim during a short distance rescue is with a modified or ____________ or ____________.

10. Use the ____________ ____________ victim rescue for shallow water when the victim is face-down, at or near the surface but seems unconscious and a head, neck or back injury is not suspected.

11. If a rescue tube is lost during the rescue and a drowning victim grabs onto the lifeguard, a(n) ____________ should be used.
12. When performing a beach drag, walk backwards using your ________, not your back, and drag the victim out of the water.

13. Cold water is generally defined as water _______ or colder.

Ordering: Place the following in the correct order.

14. Place in sequence the nine steps a lifeguard takes when performing a rescue.
   ___ Activates the EAP
   ___ Assesses the victim’s condition
   ___ Provides emergency care as needed
   ___ Recognizes an emergency in the water
   ___ Performs an appropriate rescue
   ___ Uses rescue equipment
   ___ Removes the victim from the water
   ___ Moves the victim to safety
   ___ Safely enters the water, if needed

15. Place in order the first three steps necessary to perform an escape immediately after the victim grabs a lifeguard.
   ___ Tuck the chin
   ___ Turn the head to either side
   ___ Take a quick breath of air

Short Answer
16. List at least three things to consider when deciding 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. You are performing a rescue and lose contact with your tube. The victim grabs you from the front and tries to climb on top of you to get a breath. What should you do?
LIFEGUARDING
REVIEW QUESTIONS
CHAPTER 7: BEFORE PROVIDING CARE AND VICTIM ASSESSMENT
Multiple Choice: Circle the correct answer.

1. Which of the following is NOT a bloodborne pathogen of primary concern to lifeguards?
   A. Gingivitis
   B. Hepatitis B
   C. Hepatitis C
   D. HIV

2. The most effective way to prevent hepatitis B is—
   A. Getting the hepatitis B vaccine.
   B. Reporting an exposure incident to your supervisor.
   C. Using 1 part bleach per 10 parts of water to clean up a blood spill.
   D. Wearing gloves.

3. 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.

4. 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.

5. Which of these guidelines should NOT be followed when using personal protective equipment?
   A. Keep any cuts, scrapes or sores covered prior to putting on protective clothing.
   B. Reuse disposable gloves or punctured gloves only if they are not too bloody.
   C. Use a breathing barrier when giving rescue breaths to a person.
   D. Wear disposable gloves whenever providing care.

6. You can protect yourself from disease transmission by doing all of the following EXCEPT—
   A. Avoiding direct or indirect contact with blood and other potentially infectious materials.
   B. Cleaning and disinfecting all equipment and work surfaces possibly soiled by blood or other body fluids.
   C. Performing CPR or rescue breathing without a breathing barrier.
   D. Thoroughly washing your hands after providing care.

7. Work practice controls include—
   A. Not eating or drinking when you are in an area where you may be exposed.
   B. Placing sharp items in the trash can.
   C. Removing soiled gloves and placing them in the office trash can.
   D. Reusing disposable gloves after rinsing them with water.
8. Which of the following best describes universal precautions?
   A. Universal precautions detail the 6-step procedure for proper glove removal.
   B. Universal precautions help you identify the symptoms and modes of transmission of bloodborne pathogens.
   C. Universal precautions require that all blood and other potentially infectious materials be treated as if known to be infectious for hepatitis B, hepatitis C, HIV or other bloodborne pathogens.
   D. Universal precautions specify safe hand-washing practices in the workplace.

9. An exposure control plan—
   A. Is a confidential plan that should not be shared with employees.
   B. Is the written program for minimizing or eliminating employee exposure incidents.
   C. Means that every individual employee in the workplace must handle blood or other potentially infectious body fluids.
   D. Requires that employers provide free immunizations for people exposed to influenza.

10. If you are exposed to blood or other body fluids—
    A. Apply ice to the exposed area.
    B. Report the incident to your supervisor after a day.
    C. Wait to see if you become ill before reporting the incident.
    D. Wash or flush the exposed area immediately.

11. One of the first steps to follow during an emergency is—
    A. Conducting an initial assessment.
    B. Documenting what happened.
    C. Planning for an emergency.
    D. Transporting the victim to the hospital.

12. Why should you conduct a primary assessment in every situation?
    A. To identify any life-threatening conditions
    B. To protect the victim and bystanders from dangers at the scene
    C. To protect you from legal actions
    D. To reassure the victim

13. EMS personnel should be summoned for all of the following conditions EXCEPT—
    A. A yellowing of the skin.
    B. Breathing problems (difficulty breathing or no breathing).
    C. Chest pain or discomfort that lasts 3 to 5 minutes or that goes away and comes back.
    D. Severe headache or slurred speech.

14. Personal protective equipment such as disposable gloves help to—
    A. Maintain breathing.
    B. Protect against disease transmission.
    C. Reduce the amount of oxygen in a victim’s blood.
    D. Restart the heart.
15. The steps you perform in an initial assessment are—
   A. Check for consciousness, signs of life, a pulse and severe bleeding.
   B. Perform 5 abdominal thrusts and 5 back blows.
   C. Place the victim in a modified-H.A.I.N.E.S. recovery position and monitor the ABCs.
   D. Roll the victim onto his or her back and provide rescue breaths at a rate of 1 breath about every 3 seconds.

16. When checking for signs of life during the initial assessment, you are looking for—
   A. Chest and arm movement.
   B. Circulation and breathing.
   C. Circulation and chest movement.
   D. Movement and normal breathing.

Matching
17. Match each term with the correct definition.

   A. Bacteria
   B. Bloodborne pathogens
   C. Hepatitis B
   D. Hepatitis C
   E. HIV
   F. Virus
   ___ A form of pathogen that can live outside the body and commonly do not depend on other organisms for life.
   ___ 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.

18. Match each term with the correct definition.

   A. Clothes drag
   B. Ankle drag (Foot)
   C. Pack-strap carry
   D. Two-person seat carry
   E. Walking assist
   ___ Used to move a clothed victim who you think may have a head, neck or back injury.
   ___ Used to help a victim who needs assistance walking to safety.
   ___ Used to move a victim too large to carry or move otherwise.
   ___ Used to carry a conscious victim who cannot walk and has no suspected head, neck or back injury.
   ___ Used to help move a conscious or unconscious victim with no suspected head, neck or back injury.
Short Answer

19. List the five steps necessary to correctly wash hands after providing care.

20. List the six general procedures to follow in an emergency occurring on land.

21. Name two 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.

22. Name three situations in which a lone responder would Call First.
LIFEGUARDING
REVIEW QUESTIONS
CHAPTER 8: BREATHING EMERGENCIES
Multiple Choice: Circle the correct answer.

1. 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.

2. The care provided to an adult who is not moving or breathing, but has a pulse (respiratory arrest), is—
   A. Perform 5 abdominal thrusts, with each thrust being a distinct attempt to dislodge the object.
   B. Place the adult in a modified-H.A.IN.E.S. recovery position.
   C. Give rescue breaths at a rate of 1 rescue breath about every 3 seconds.
   D. Give rescue breaths at a rate of 1 rescue breath about every 5 seconds.

3. 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?
   A. About one rescue breath every minute
   B. One rescue breath about every 3 seconds
   C. One rescue breath about every 5 seconds
   D. One rescue breath every few minutes

4. A child is clutching his throat with both hands. You obtain consent from the parent to provide care to the child. After summoning EMS personnel and putting on the appropriate personal protective equipment, what should you do?
   A. Stand or kneel behind the child and give 3 back blows followed by 3 abdominal thrusts
   B. Stand or kneel behind the child and give 5 back blows
   C. Stand or kneel behind the child and give 5 abdominal thrusts
   D. Stand or kneel behind the child and give 5 back blows followed by 5 abdominal thrusts

5. 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 30 chest thrusts, look for an object and give 1 rescue breaths
   C. Give 30 chest thrusts, immediately do a finger sweep and give 2 rescue breaths
   D. Give 30 chest thrusts, look for an object and give 2 rescue breaths
Multiple Answers: Place a check next to the correct answer or answers.

6. Signs that a victim may be suffering from hypoxia include
   ___ Decreased breathing and heart rates.
   ___ Blue lips and nailbeds.
   ___ A change in the level of consciousness (LOC).
   ___ Sleeplessness
   ___ Chest pain.
   ___ Increased breathing and heart rate.
   ___ Hot, flushed skin.
   ___ Restlessness.

True or False: Circle true or false.

7. True False When you give rescue breaths to a victim of a nonfatal submersion, the victim will probably vomit.

8. True False When caring for a conscious choking infant, use a combination of 5 back blows and 1 chest thrust.

9. True False When providing care to an unconscious choking child, open the mouth and immediately sweep for the object after giving 5 chest thrusts.

10. 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.

11. True False A BVM may be used by one rescuer.

Fill in the Blanks
12. A breathing emergency occurs if a victim has difficulty breathing and is called respiratory ________________.

13. If a victim stops breathing during a breathing emergency, it is known as respiratory ________________, or respiratory failure.

14. Abdominal thrusts compress the abdomen, forcing the diaphragm ________________, which increases pressure in the lungs and airway.

15. When performing rescue breathing on an adult, give _______ rescue breath(s) about every _______second(s) with the rescue breaths lasting for approximately _______ second(s).

16. When performing rescue breathing on a child or infant, give _______ rescue breath(s) about every _______second(s) with the rescue breaths lasting for approximately _______ second(s).

Short Answer
17. List at least four signs and symptoms of respiratory distress.
18. List at least three common causes of choking.

19. When giving ventilations the victim vomits, what do you do?

20. What are the symptoms of an asthma attack? How do you care for an asthma attack?
LIFEGUARDING
REVIEW QUESTIONS
CHAPTER 9: CARDIAC EMERGENCIES

Multiple Choice: Circle the correct answer.

1. 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.

2. Which of the following is not a specific link in the Cardiac Chain of Survival?
   A. Early CPR
   B. Early defibrillation
   C. Early recognition of the emergency and early access to EMS
   D. Early rescue

3. You see an older man collapse. You perform an initial assessment and find the man has no movement, breathing or pulse. You begin CPR. How many chest compressions and rescue breaths do you perform in each cycle?
   A. 5 chest compressions and 1 rescue breath
   B. 10 chest compressions and 2 rescue breaths
   C. 15 chest compressions and 1 rescue breath
   D. 30 chest compressions and 2 rescue breaths

4. Another name for a heart attack is—
   A. Angina pectoris.
   B. Cardiovascular infraction.
   C. Commotio cordis.
   D. Myocardial infarction.

5. What is the most important action step to take to care for a person you think 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.

6. An electrical shock delivered to the heart to correct certain abnormal heart rhythms is called—
   A. Asystole.
   B. Defibrillation.
   C. Diastole.
   D. Fibrillation.

7. 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.
8. Early defibrillation is an important step in the Cardiac Chain of Survival for all of the reasons below EXCEPT—
   A. Asystole cannot be corrected by defibrillation.
   B. Delivering an electrical shock disrupts the electrical activity of the heart long enough to allow the heart to spontaneously develop an effective rhythm on its own.
   C. Each minute that defibrillation is delayed reduces the chance of survival by about ten percent.
   D. EMS personnel can transport the victim to the hospital more quickly.

9. After confirming that a victim has no movement, breathing or pulse, and an AED is available, the next step is to—
   A. Deliver a shock if one is indicated, after ensuring that no one is touching the victim and there are no hazards present.
   B. Let the AED analyze the victim’s heart rhythm or push the button marked “analyze.”
   C. Plug the connector into the AED, and attach the pads to the victim’s chest.
   D. Turn on the AED.

10. When using an AED—
    A. Check for a pulse while the device is delivering a shock.
    B. Dry the victim’s chest thoroughly using alcohol and gauze pads.
    C. Place the victim on his or her side.
    D. Remove any patch you see on the victim’s chest.

11. 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.

12. 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.

13. 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.

14. 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.
15. When using an AED on a child, complete all of the following steps **EXCEPT**—
   A. If the pads are touching, place one pad on the child’s chest and the other pad on the child’s back.
   B. Make sure the pads are not touching.
   C. Place both AED pads on the child’s abdomen just above the navel.
   D. Use pediatric AED pads.

True or False: Circle True or False.

16. True False  Since a child’s chest may be small, it is alright to defibrillate if the pads touch each other when placed on the chest.

17. 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.

18. True False  Do not to delay defibrillation when taking steps to provide for a dry environment.

Fill in the Blanks

19. 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 ___ inches.

20. When the muscle of the heart attack suffers a loss of oxygenated blood, the result is a _________ _________ or heart attack.

21. Most victims of sudden cardiac arrest need an electrical shock called ________________.

22. AEDs equipped with pediatric AED pads are capable of delivering appropriate levels of energy to children between ____ and ____ years of age or weighing less than ____ pounds.

23. After the second analysis, if the AED tells the rescuer “no shock advised”, he or she should _______________ _______________.

24. _______________ _______________ is an abnormal heart rhythm characterized by a state of totally disorganized electrical activity of the heart, resulting in a quivering of the ventricles.

25. _______________ _______________ is an abnormal heart rhythm characterized by very rapid contraction of the ventricles.

Short Answer

26. List at least 5 signs or symptoms of a heart attack.
27. List the 4 links in the Cardiac Chain of Survival.

28. List in the correct order the 7 steps you must follow to defibrillate a victim using an AED after EMS personnel have been summoned.

29. List at least 3 of the most common causes of cardiac arrest in children.

30. What should you do before using an AED on a victim who is wearing a nitroglycerin patch?
LIFEGUARDING
REVIEW QUESTIONS
CHAPTER 10: FIRST AID

Multiple Choice: Circle the correct answer to the question.

1. The “S” in the mnemonic SAMPLE stands for—
   A. Secondary assessment.
   B. Signs and symptoms.
   C. Signs of life.
   D. Standard of care.

2. A physical injury to the body’s soft tissue, such as the skin, fat and muscles, is called a—
   A. Break.
   B. Concussion.
   C. Stroke.
   D. Wound.

3. To minimize the effects of shock, you should do all of the following EXCEPT—
   A. Control any external bleeding.
   B. Have the victim lie flat on his or her back.
   C. Give the victim warm beverages to sip.
   D. Keep the victim from getting chilled or overheated.

4. You are on duty at your facility when a patron emerges from the locker room stating that a custodian has had an accident, spilling a small amount of cleaning product in one of her eyes. What should you do to provide care for chemicals in the eye?
   A. Flush away from the uninjured eye
   B. Flush eyes with soap and water for 15 minutes
   C. Flush the eye continuously with water for 10 minutes or until EMS personnel arrive
   D. Both a and c are correct

5. Which of the following is true when providing care for a victim who has sustained a serious injury to the abdomen?
   A. Cover the organs with a moist, sterile dressing and cover the dressing with plastic wrap.
   B. Do not attempt to put the organs back into the abdomen.
   C. Place a folded towel or cloth over the dressing to keep the organs warm.
   D. All of the above.

6. 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.

7. What is the first step you should take in caring for a victim with burns?
   A. Cool the burned area to stop the burning.
   B. Keep the victim comfortable.
   C. Remove the victim from the source of the burn.
   D. Take steps to minimize shock.
8. 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. Have the victim sit up.
   D. Both a and b are correct.

9. Frostbite is the freezing of body parts exposed to the cold. The severity depends on—
   A. Air temperature, body temperature and length of exposure.
   B. Air temperature, length of exposure and the wind.
   C. Air temperature, length of the body part and the wind.
   D. Body temperature, length of exposure and the wind.

Matching
10. 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.

11. 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.

12. Match each term with the correct definition.
   A. First degree burns
   B. Second degree burns
   C. Third degree burns

       ___ Burns that are full thickness
       ___ Burns that are partial thickness
       ___ Burns that are superficial
13. Match each term with the correct definition.
   A. Fractures
   B. Dislocations
   C. Sprains
   D. Strains

   ___ The tearing of ligaments at a joint.
   ___ A complete break, a chip or a crack in a bone.
   ___ The movement of a bone away from its normal position at a joint.
   ___ The stretching and tearing of muscles or tendons.

14. Match each term with the correct definition.
   A. Anatomic splints
   B. Soft splints
   C. Rigid splints

   ___ 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.
   ___ The person’s body or body part used to immobilize another body part.

15. 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.

True or False: Circle true or false.

16. True False  The “P” in the mnemonic SAMPLE stands for “pertinent past medical history.”

17. True False  When speaking with children, do not kneel since this may confuse the child.

18. True False  During a secondary assessment, you should perform a quick head-to-toe examination of a child or infant, then take a brief history.

19. 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.

20. True False  Following a seizure, the victim may be drowsy and unresponsive for a time.

21. True False  Spider bites at aquatic facilities often occur on the hands and arms when people reach or rummage in dark areas, such as lockers or storage areas.
22. 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.

23. True False  During an accident, shock is a natural reaction by the body.

24. True False  When treating an eye injury, do not put direct pressure on the eye.

25. True False  Although knowing whether the injury is a fracture, dislocation, sprain or strain may be difficult, you must decide what type of injury the victim has because the care you provide will differ.

26. 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.

27. True False  A person who has been immersed in the water can develop a cold-related illness, even when temperatures are not extreme.

28. True False  Hypothermia can cause the loss of body parts.

29. True False  Rapid warming of a victim of hypothermia may cause dangerous heart rhythms.

30. 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.

31. True False  Scalp injuries often bleed heavily. Putting pressure on the area around the wound can control the bleeding.

32. True False  When dealing with a scalp injury, apply firm pressure at first because there may be a skull fracture.

33. 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.

Fill in the Blanks

34. 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 ________________.

35. 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.
36. When caring for muscle, bone and joint injuries, use the general procedures for a land emergency and—
   a. Summon EMS personnel if the victim cannot __________________ or use the injured area.
   b. Support the injured area __________ and __________________ the site of the injury.
   c. Check for ____________, ____________ and ____________ below the injured area.
   d. __________________ and secure the injured area if the victim must be moved and it does not cause further ____________ or injury.
   e. __________________ for feeling, warmth and color ________________ the injured area.

37. 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.

38. 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 from the Pair

39. If you are providing care to a victim of a diabetic emergency who has elevated blood sugar and who is conscious, (do/do not) give him or her sugar in a liquid form.

40. If a patron faints, make sure the victim is breathing and (give/do not give) the victim something to drink.

41. If the victim vomits (do/do not) place the victim on his or her side.

42. (Do/Do not) give food or drink to a victim of shock.

43. (Do/Do not) attempt to restrain a seizure victim.

44. To provide care to a victim of a nosebleed, have the victim lean (forward/backward) and pinch the nostrils together until the bleeding stops.

45. (Do/Do not) warm the victim of hypothermia quickly, such as by immersing him or her in warm water.

Short Answer

46. List three steps you would take to care for bleeding that does not stop from a major open wound after you have applied the first dressing.
47. You are providing care for a victim of a seizure in the water. List in order the four steps you should take to appropriately care for the victim.

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

49. What does RICE stand for?
LIFEGUARDING
REVIEW QUESTIONS
CHAPTER 11: CARING FOR HEAD, NECK AND SPINAL INJURIES

Multiple Choice: Circle the correct answer to the question.

1. Victims with a head, neck or back injury may show specific signs and symptoms, such as—
   A. Elevated body temperature.
   B. Tingling or loss of sensation in the hands, fingers, feet or toes.
   C. Excessive thirst.
   D. Painful muscle spasms in the legs and abdomen.

2. Which of the following techniques can be used in the water to minimize movement of the victim’s head and neck during a suspected head, neck or back injury rescue?
   A. Chin splint
   B. Head and back support
   C. Head splint technique
   D. Back splint technique

Multiple Answers: Place a check next to the correct answer or answers

3. Signs and symptoms of a possible head, neck or back injury may include—
   ___ Blood or other fluids in the ears or nose.
   ___ Stomach ache or indigestion.
   ___ Broken arm.
   ___ Severe pain or pressure in the head, neck or back.
   ___ Rapid pulse.
   ___ Loss of balance.
   ___ Sprained ankle.
   ___ Impaired breathing or vision as a result of injury.
   ___ No pulse.
   ___ Partial or complete loss of movement of any body area.
   ___ Pain in the chest.
   ___ Tingling or loss of sensation in the hands, fingers, feet or toes.
   ___ Slurring of words and weak facial muscles on one side of the face.
   ___ Unusual bumps, bruises or depressions on the head, neck or back.
   ___ Changes in the level of consciousness.
   ___ Seizures.
   ___ Complete or partial inability to move the arms and legs.

True or False: Circle True or False.

4. True False Head, neck and back injuries frequently happen during supervised diving activities.

5. True False To remove a victim from the water with a head, neck or back injury, you must first secure the victim on a backboard.
6. 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.

7. True False  When using the head and chin support or the head splint technique on a victim of a head, neck or back injury in shallow water, you should submerge your body to about shoulder depth before touching the victim.

Fill in the Blanks
8. Most head, neck and back injuries occur during __________________ activities.

9. Lifeguards should always assume that a head, neck or back injury occurred in the following situations—
   a. Any __________________ entry into shallow water.
   b. A fall from a height ________________ than the victim’s height.
   c. An injury involving a ________________ board or water slide.
   d. A person entering the water from a __________, such as an embankment, cliff or tower.

10. The care provided to a victim with a head, neck or back injury in the water depends on—
    a. The victim’s ________________ , including whether he or she shows signs of life.
    b. The ________________ of the victim (shallow or deep water, at the surface of the water, submerged or not in the water).
    c. The availability of additional ________________ .
    d. The facility’s ________________ .
    e. The ________________ and ________________ temperature.

11. At least ______ lifeguards are needed to place and secure a victim on a backboard. Additional ________________ should also help if available.

12. If a lifeguard treats a victim of a suspected head, neck or back injury, the lifeguard should tell the victim not to ____________ his or her head to answer any questions, but to answer “yes” or “no.”

Ordering: Place the following in the correct order.
13. 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
___ Move the victim to shallow water whenever possible
___ Perform an appropriate rescue
14. Place in the correct sequence the six steps for caring for a head, neck or back injury in extreme shallow water if the victim is found face-down.

___ The lifeguard comforts the victim while another rescuer monitors the victim’s ABCs until EMS personnel arrive and take over.
___ While rolling the victim’s head, the lifeguard steps from the victim’s side toward the victim’s head and turns the victim face-up.
___ The lifeguard approaches the victim from the side and moves his or her arms slowly and carefully into position. The lifeguard grasps the victim’s right arm with his or her right hand and the left arm with his or her left hand and traps the victim’s head between the arms.
___ The lifeguard holds the victim in this position.
___ After the head is secured between the arms, the lifeguard begins to roll the victim toward him or herself.
___ The lifeguard then lowers his or her arm on the victim’s side that is closest to the lifeguard so that the victim’s arms go over the top of the lifeguard’s arm as he or she steps toward the victim’s head. It is important to maintain arm pressure against the victim’s head, since the lifeguard’s hand position will change during this maneuver. The lifeguard will now be positioned above and behind the victim’s head.

Short Answer
15. You are on duty when a patron swimming on her back swims into the wall and suffers a neck injury. List the three most important steps in treating her injury.

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

17. Why is securing a standing victim of a head, neck or back injury to a backboard on land as important as it is to secure a victim of a head, neck or back injury to a backboard in water?