

A second lifeguard or assisting responder arrives on the scene where you are providing CPR, what should they do first?

After attaching AED pads what should you do?

An AED indicates 'No Shock Advised', what do you do?

An AED indicates 'Shock Advised', what do you do?

How can you best protect yourself from possible blood borne pathogens transmission when providing care?

How deep should chest compressions be for a Child?

How deep should chest compressions be for an Adult?

How deep should chest compressions be for an Infant?

How do you care for a conscious choking infant?

How do you care for a diabetic emergency?

How do you care for a head, neck or spinal injury?

How many compressions per minute should you give during CPR?

If 2 rescuers are providing CPR how often should they switch positions? How do they signal a position change?

If you suspect someone is having a heart attack what should you do first?

In a correctly designed zones how long should it take a lifeguard to recognize and respond to any patron in their zone needing assistance?

In a situation with multiple victims who do you provide care to first?

List the characteristics of a distressed victim in water.

List the characteristics of a passive drowning victim.

List the steps of the Adult Cardiac chain of survival.

List the steps of the Pediatric Cardiac chain of survival.

Should you ever recommend that someone with asthma use someone else's inhaler?

To provide care in an emergency what is your first step?

What are the characteristics of effective scanning?

What are the primary responsibilities of a Lifeguard?

What are you doing when you survey the scene?

What care do you give a victim who is unresponsive, but breathing?

What care do you provide for a victim who has a seizure on land? In Water?

What comes first when starting CPR?

What do you check for during the primary assessment?

What do you do first if that patron becomes unresponsive?

What do you do if a victim has no pulse?

What do you do if AED pads may touch each other on a small child or infant?

What do you do if you are giving ventilations and the victim vomits?

What do you do if you see a medication patch as you are preparing an AED for use?

What do you use to protect yourself from disease when giving ventilations?

What does AFR stand for? What must happen in the event of an AFR?

What does BVM stand for? When can you use a BVM?

What does EAP stand for? When do you use an EAP?

What does FAST stand for? When do you use it?

What does LOC stand for?

What does PPE stand for? What is PPE for?

What does RICE stand for and when do you use it?

What does RID stand for?

What does SAMPLE stand for?

What is Backup Coverage?

What is Rescue Coverage?

What is Shock? How do you care for someone who is in shock?

What is the first step in caring for burns?

What is the first step of the primary assessment?

What is the objective of the facility safety team?

What is the purpose of the safety team?

What is the ratio of chest compressions to breaths during CPR? What if 2 rescuers?

What is the universal sign that a person is choking?

What is the ventilation ratio for a child?

What is the ventilation ratio for an adult?

What is the ventilation ratio for an infant?

What is the water competency sequence? When should you use it?

What is Total Coverage?

What is Zone Coverage?

What kind of drills are used to evaluate the effectiveness of Lifeguard Zones?

What should you do for a patron who is choking?

What should you do if glare is preventing you from seeing any part of your Zone?

What steps should you take to enforce facility rules?

What technique is used to provide manual stabilization when caring for a suspected head, neck or spinal injury?

What training should safety team members have?

When a victim is not breathing but has a pulse what care do you give?

When are head, neck or spinal injuries most likely to happen?

When do you develop an initial impression of a victim?

When would you move an unresponsive victim?

Where should your hands be during abdominal thrusts for a choking adult?

Where should your hands be during CPR for a small child?

Where should your hands be during CPR for an infant?

Who may be on a safety team?

You are the assisting rescuer and you bring the AED. List the steps you will take to assist your teammate.

You have a responsive victim who is bleeding, what care do you provide?

You rescue a victim from the water who is not responsive. You perform a primary survey and they have no pulse and are not breathing, what care do you give?

You survey the scene as you approach a victim who appears to be unresponsive, you notice they are bleeding severely, what care should you give?