

Name:

Lifeguarding At-Home Final

Print out this final and complete at home. It is due when you walk into your instructor-led session. Use your textbook to answer the questions. Short answers or bullet lists are fine; complete sentences are unnecessary. You will also take a final exam at the end of your course at the pool. Page numbers are PDF viewer numbers not actual textbook pages numbers.

What is the difference between a distressed swimmer, an active drowning victim, and a passive drowning victim? (p. 69-70)

What is the RID factor? (p.79)

Describe negligence in terms of lifeguarding. (p. 18)

What is in-service training? (p.21)

How do you handle accidental fecal releases (AFRs)? (p.49)

In what three situations do you use the recovery position? (p. 226)

Define the following terms of Zone of Surveillance Responsibility: (p. 80)

Zone Coverage:

Total Coverage:

Emergency Back-Up Coverage

What do you do if while lifeguarding, a glare from the sun makes you unable to see part of your zone? (p. 77)

Put the steps you follow in an emergency into order: (p. 221)

- _____ summon EMS personnel
- _____ perform an primary assessment
- _____ size up the scene
- _____ provide care for the conditions found
- _____ report, advise, and release
- _____ perform a secondary assessment

What care would you give an adult that is not moving or breathing, but has a pulse? (p. 226)

What care would you give to a victim in cardiac arrest? (p. 282)

_____ & _____

How can you assure chest compressions will be as effective as possible? (p. 286)

Of what is persistent chest pain a symptom? (p. 284)

When someone is in cardiac arrest, why (specifically) is it critical to start CPR right away (what does CPR do)? (p. 285)

Complete the CPR compression to breath ratio chart (how many compressions, how many breaths) (p. 288)

| | 1 rescuer compressions/breaths | 2 or more rescuers compressions/breaths |
|--------|-----------------------------------|--|
| Adult | / | / |
| Child | / | / |
| Infant | / | / |

What are all the things you look/for check when you size-up the scene? (p. 239)

Complete the CPR ages: (p. 227)

Adult _____ Child _____ Infant _____

For the purpose of operating an AED what age range and weight is a child?(p.290)

If ventilations ever fail to make the chest rise, what do you next? (p. 226)

Complete the following for CPR compression depths for different ages: (p. 288)

Adult _____ Child _____ Infant _____

What is the CPR compression rate for all ages: (p. 288)

What are the situations when you stop CPR that is in progress? (p. 302)

What is the purpose of the secondary assessment, as opposed to a primary assessment? (p. 312)

A way to remember the questions to ask when taking a brief history is to use the acronym SAMPLE. What do the letters stand for? (p.314)

S-
A
M
P-
L
E

Someone who has no heartbeat needs what skill? (p. 282)

_____ & _____

Someone who is in respiratory arrest needs what skill? (p. 246)

Lifeguards spend the vast majority of their time on the job doing what? (p. 75)

What are the six things you should do when you “size up the scene” (p. 222)

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

If the scene appears to be unsafe _____ . (p. 222)

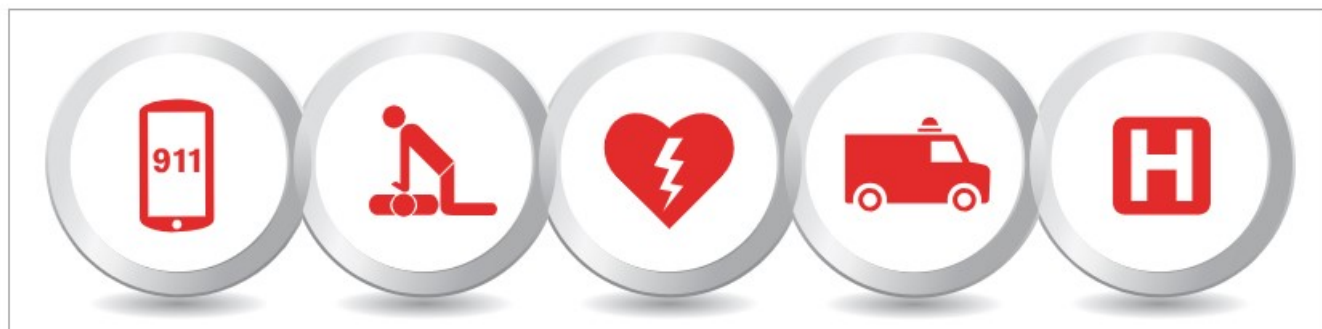
During your size up of the scene, you form an *initial impression* by looking for signs that may indicate a life-threatening emergency. What two questions should you ask yourself? (p. 222)

- 1.
- 2.

What are three signs that may indicate a life-threatening emergency? (p. 222)

- 1.
- 2.
- 3.

Label the five links of the Cardiac Chain of Survival. (p. 283)



There are four types of musculoskeletal injuries. (p.335)

- 1.
- 2.
- 3.
- 4.

Musculoskeletal injuries (except open fractures where there is a wound over the fracture) are treated with RICE. (p.336)

R _____ I _____ C _____ E _____

Agonal Breathing

The early stages of cardiac arrest, the brain can still send impulses to breathe which result in a different than normal sounding breathing. Because agonal breathing often sounds like gasping or snoring, you might think that your patient is breathing, and therefore his heart is beating, if fact your patient might be in cardiac arrest and needs CPR & AED immediately.

Remember, normal breathing comes in regular intervals. It should happen every about every five seconds or less. Breathing that sounds bad, or is happening in ten second or longer intervals might be agonal or distressed breathing. Your patient needs an airway and breathing stat.

Signs of Inadequate Breathing

- Less than 12 or more than 20 breaths per minute
- Irregular rhythm
- Diminished or absent
- Reduced flow of expired air at the nose and mouth
- Unequal or inadequate chest expansion
- Shallow depth (you can see that in the chest rise)
- Skin may be pale or blue and cool and clammy

Treat Agonal/Inadequate breathing as NO BREATHING and give care.