
American Red Cross Lifeguard Manual Questions and Answers | Latest Version | 2025/2026 | Correct & Verified

How can lifeguards prevent heat exhaustion during long shifts?

✓✓ Take regular breaks, stay hydrated, and wear appropriate clothing.

What should a lifeguard do if a swimmer suddenly stops moving in the water?

✓✓ Investigate immediately and perform a rescue if necessary.

Why should lifeguards report all near-drowning incidents?

✓✓ Even if the swimmer appears fine, complications can develop later.

What is the best way to ensure effective CPR compressions?

✓✓ Use proper hand placement, compress to the correct depth, and allow full chest recoil.

How can lifeguards create a welcoming environment for guests?

✓✓ Greet guests warmly, provide clear instructions, and ensure a safe space.

Red Cross Lifeguard Study Guide Answers

National Safety Congress (U.S.)



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