
Red Cross Lifeguarding Test 2023 Questions and Answers

CPR Should be performed on a victim who is... - Answer- In Cardiac Arrest. An unconscious victim with an obstructed airway has similar steps but the process is not called CPR.

C.A.B. What does it stand for and when is it used? - Answer- Circulation, Airway, Breathing.
Chest compressions (30). Airway (open). Breaths (2)
Used for CPR.

Rate of chest compressions during CPR? - Answer- 100 BPM (Roughly the tempo of the song "Staying Alive" by the BeeGees. Ironically, it is also the tempo of "Another One Bites The Dust" by Queen.

You are performing CPR when a second lifeguard arrives. What is most appropriate for the second lifeguard to do first? - Answer- Check to see whether EMS personell have been called.

After an AED says "No Shock Advised," it is best to... - Answer- Perform CPR for about 2 minutes.

Adult chest compressions, how do you position your hands? - Answer- Heel of one hand on the center of the chest with the other hand on top.

As the only lifeguard performing CPR on an 7-year old, you would perform cycles of... - Answer- 30 chest compressions and 2 ventilations.

The cycle of chest compressions and ventilations in two-rescuer CPR for an infant is... - Answer- 15 chest compressions and 2 ventilations.

Hand placement for CPR for an:
Adult, Child, Infant - Answer- Adult and child: Heel of one hand in center of chest (on lower half of sternum) with the other hand on top
Infant: 2-3 fingers on center of chest (just below nipple line)

Process of using AED - Answer- Turn on machine. Apply the pads. Plug into machine. Follow instructions. CPR should continue during the setup.

Child is choking (conscious). After activating EAP and getting consent from the parents, what should you do next? What about someone unconscious? - Answer- Stand or kneel behind the victim and give 5 back blows and 5 abdominal thrusts.

Red Cross Lifeguarding Skills Test Answers

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