
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

DJ Losen



Red Cross Lifeguarding Skills Test Answers:

American Red Cross Lifeguard Exam Educational Testing Group, 2018-04-09 This practice test includes 140 multiple choice test questions about American Red Cross Lifeguard Exam The test has been carefully developed to assist you to pass your actual test It will help you prepare for and pass your exam on the first attempt but it does not include any study guide The book focuses only on carefully selected practice questions THREE main topics LIFEGUARDING and WATER SKILLS are covered in this test Lifeguarding questions focus on 9642 Lifeguarding Skills 9642 Professional Rescuer and First Aid Water Skills questions focus on 9642 Basic Water Rescue 9642 Waterfront Skills 9642 Waterpark Skills 9642 Shallow Water Lifeguarding Skills **Professional Lifeguard Textbook** American Red Cross, 1994-10 **American Red Cross First Aid, Responding to Emergencies** American Red Cross, 2001 Subject Guide to Books in Print ,1991 *Backpacker* ,2001-03 Backpacker brings the outdoors straight to the reader s doorstep inspiring and enabling them to go more places and enjoy nature more often The authority on active adventure Backpacker is the world s first GPS enabled magazine and the only magazine whose editors personally test the hiking trails camping gear and survival tips they publish Backpacker s Editors Choice Awards an industry honor recognizing design feature and product innovation has become the gold standard against which all other outdoor industry awards are measured *The New Era* ,1992 National Safety Congress Transactions National Safety Congress (U.S.), 1967 **The Advocate** ,2001-08-14 The Advocate is a lesbian gay bisexual transgender LGBT monthly newsmagazine Established in 1967 it is the oldest continuing LGBT publication in the United States **Motion Picture Herald** ,1939 **American Red Cross Lifeguard Training** ,1988-01-01 Water rescue skills snorkeling skills swimming rescues spinal injury management hypothermia Lifeguarding Manual American National Red Cross, 2023-12-31 *American Red Cross Advanced Life Support Treatment Guidelines* American Red Cross, 2019-03 The programs cover first aid rescue and lifeguard skills used at waterfronts pools and waterparks **American Red Cross Lifeguarding Manual** American Red Cross, 2012-01-05 As the number of community pools and waterparks grows nationwide participation in aquatic activities is also growing Lifeguards must receive proper and effective training and maintain their skills to ensure their ability to work effective with others as a part of a lifeguard team This manual will supplement your in service training to keep your knowledge and skills sharp *American Red Cross Lifeguarding* ,1990 This text is intended as a guide for lifeguards for lifeguard training instructors and for managers of aquatic facilities who want to establish a system for selecting training and using lifeguards This text focuses on the skills and knowledge an individual requires to properly assume lifeguarding responsibilities at a swimming pool water park or a protected nonsurf open water beach This text emphasizes that additional training will need to be provided by aquatic facilities where lifeguards are employed Chap 1 Lifeguarding Manual ,2012 As the number of community pools and waterparks grows nationwide participation in aquatic activities is also growing Lifeguards must receive proper and effective training and maintain their

skills to ensure their ability to work effective with others as a part of a lifeguard team This manual will supplement your in service training to keep your knowledge and skills sharp **American Red Cross Lifeguard Training** American National Red Cross,1984 American Red Cross Lifeguarding American Red Cross,2012 American Red Cross Lifeguard Training Instructor's Manual ,1988-01-01 *American Red Cross Lifeguarding Instructor's Manual* ,2007 **American Red Cross Lifeguarding** ,1995

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web l'alimentation dissociée est un terme désignant une approche nutritionnelle pseudo scientifique qui préconise des combinaisons spécifiques ou déconseille certaines combinaisons d'aliments certaines combinaisons sont présentées comme

essentielles à une bonne santé à une meilleure digestion et à une perte de poids malgré l