

Free-American Red Cross Lifeguard TEST / (MED 302) 2022 Emergency Medicine Red Cross Lifeguard Test complete Guide Latest

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

- a. Ask the victim first if they have any communicable diseases.
- b. Thoroughly wash your hands before providing care.
- c. Use first aid supplies, such as dressings and bandages, as a barrier when in contact with the victim.
- d. Use personal protective equipment (PPE), such as disposable gloves and a breathing barrier, when providing care.** {{Ans- D

A 12-year-old child at a swim meet grabs their chest and begins to make wheezing noises. After you obtain consent to provide care, the child's parent informs you that the child has a history of asthma, but does not have an inhaler nearby. What care should you provide?

- a. Give 5 back blows.
- b. Summon more advanced medical personnel and place the victim into a position that helps breathing.**
- c. Tell the victim to use an inhaler borrowed from a bystander.
- d. Wait 20 minutes to see if the breathing difficulty goes away. {{Ans- B

Your initial impression of a victim is based on:

- a. The victim's initial vital signs.
- b. How the victim appears to you as you size up the scene.**
- c. The victim's SAMPLE history.
- d. What you have been told about the victim. {{Ans- B

You and another lifeguard find an unresponsive adult on the floor in the locker room. You activate your facility's EAP, size-up the scene, form an initial impression and perform a primary assessment. You find the victim is not moving or breathing, but has a pulse. You should summon EMS personnel, then:

- a. Give ventilations at a rate of about every 5-6 seconds.**
- b. Give back blows and chest thrusts.
- c. Give quick breaths at the rate of 20 to 40 a minute.
- d. Perform CPR. {{Ans- A

You arrive on the scene where a patron appears to be injured. Before approaching the victim, which of the following will you NOT do as you size-up the scene?

- a. Begin performing the primary assessment.**
- b. Use all your senses to determine if the scene is safe.
- c. Form an initial impression.



American Red Cross Lifeguard Training Study Guide

Carol Turkington



American Red Cross Lifeguard Training Study Guide:

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

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Aquatic Fitness Professional Manual Aquatic Exercise Association,2017-10-17 Aquatic fitness is not just for older adults or those with physical limitations Water exercise is a proven fitness activity that is challenging and fun for all age groups and abilities It offers reduced impact options for group exercise small group fitness and personal training As the primary preparation resource for the certification exam of the Aquatic Exercise Association AEA Aquatic Fitness Professional Manual Seventh Edition is the most comprehensive resource to help you design and lead effective exercise sessions in the pool With contributions from 17 industry experts you will learn how to energize your teaching with techniques and programs based on many popular fitness formats such as kickboxing yoga body sculpting Pilates walking and jogging circuits intervals and sport specific training You ll also find updated research on shallow and deep water exercise as well as new and revised content on the following Specialty equipment such as bikes treadmills and gym stations intended for the aquatic environment The latest interval training techniques including HIIT and Tabata Water safety guidelines Aquatics recommendations from organizations such as the Arthritis Foundation and the National Osteoporosis Foundation Nutrition and weight management guidance that reflects the 2015 2020 Dietary Guidelines for Americans Business and legal insights on compliance with insurance music licensing and the Americans With Disabilities Act ADA In addition the Aquatic Fitness Professional Manual covers basic exercise science concepts including exercise anatomy and physiology The text reviews injuries emergencies and working with special populations For those preparing for the AEA Aquatic Fitness Professional Certification exam you ll find

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Guide to the Evaluation of Educational Experiences in the Armed Services American Council on Education,1986

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American Red Cross Instructor Candidate Training Participant's Manual ,1990

Certification and Accreditation Programs Directory Michael A. Paré,1996 Providing detailed profiles on certification and accreditation programmes in the US this book includes information on certification and accreditation programmes that denote skill level professionalism accomplishment and excellence

Subject Guide to Children's Books in Print 1997 Bowker Editorial Staff,R R Bowker Publishing,1996-09

The New York Times Magazine ,1977

American Red Cross First Aid, Responding to Emergencies American Red Cross,2001

American Book Publishing Record Cumulative, 1950-1977 R.R. Bowker Company. Department of Bibliography,1978

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Monthly Bulletin - League of Red Cross Societies ,1947

American Book Publishing Record R.R. Bowker Company,1978

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