

RED CROSS LIFEGUARDING TEST

COMPLETE QUESTIONS WITH ANSWERS

CPR Should be performed on a victim who is...

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?

Circulation, Airway, Breathing.

Chest compressions (30). Airway (open). Breaths (2)

Used for CPR

Rate of chest compressions during CPR?

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?

Check to see whether EMS personell have been called.

After an AED says "No Shock Advised," it is best to...

Perform CPR for about 2 minutes.

Adult chest compressions, how do you position your hands?

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...

30 chest compressions and 2 ventilations.

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

15 chest compressions and 2 ventilations.

Hand placement for CPR for an:

Adult, Child, Infant

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

2014 Redcross Lifeguarding Test Review Sheet

D Siedentop

A red circular graphic with a gradient, appearing as a partial circle or a thick curved line, located to the right of the name bar.

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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 **American Red Cross Lifeguard Training** American National Red Cross, 1984 *Professional Lifeguard Textbook* American Red Cross, 1994-10 American Red Cross Lifeguarding American Red Cross, 2012

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