Multiple Choice

Circle the correct answer to the question.

1. In addition to equipment such as rescue tubes, other equipment such as ring buoys and reaching equipment may be required due to—
   a. Lifeguard preference.
   b. OSHA regulations.
   c. State and local laws and regulations.
   d. Work practice controls.

2. When performing patron surveillance, always keep the rescue tube ready to use and—
   a. Hold the excess line to keep it from getting caught in the chair or other equipment.
   b. Hold the rescue tube to your side when standing or on roving patrol.
   c. Keep the strap in your hand, ready to put over your shoulder and neck.
   d. Place the rescue tube next to you when sitting in the lifeguard chair.

3. Under which of the following circumstances would you use a submerged victim rescue?
   a. When the drowning victim has another victim holding onto them.
   b. When the drowning victim is below the surface and beyond your reach.
   c. When the drowning victim is far from shore.
   d. When the drowning victim is just below the surface.

4. An active drowning victim rear rescue can be used for—
   a. A distressed swimmer.
   b. A submerged victim.
   c. A victim just under the surface of the water.
   d. An active drowning victim or a distressed swimmer.

5. When performing a two-person removal from the water using a backboard, how can the rescuers keep the backboard in place so that it remains in-line or parallel to the victim’s body to ensure that the victim does not come off the board during removal?
   a. By lifting the backboard from the water very quickly
   b. By moving the victim onto the backboard as quickly as possible
c. By placing his or her foot closest to the backboard against the edge of the board

d. By pressing down evenly with the opposite hands on the backboard

6. How do you approach the victim using a rescue board when rescuing a distressed swimmer or active drowning victim?

a. Approach the victim either face first or from the rear, making sure to approach bow first.

b. Approach the victim face first, so that the bow of the rescue board is in front of the victim.

c. Approach the victim from the rear, so that the bow of the rescue board is behind the victim.

d. Approach the victim from the side, so that the side of the rescue board is next to the victim.

7. Which of the following statements is true if your facility has rescue water craft available for rescues?

a. Lifeguards are responsible to purchase equipment for use in the rescue water craft.

b. Management must train lifeguards in the use of its rescue water craft.

c. Rescue water craft is expensive equipment and should not be used for practice purposes.

d. When rescue water craft is available, a lifeguard is not needed.

Matching

8. Match each term with the correct definition.

A. Reaching pole
B. Rescue board
C. Rescue tube
D. Ring buoy
E. Shepherd’s crook

B. Made of plastic or fiberglass, it is similar in shape to a surf board. Primarily used at waterfronts.

C. Made of vinyl, it is a 45- to 54-inch long foam-filled device with an attached tow line and shoulder strap.

D. Made of buoyant material, it typically ranges from 20 to 30 inches in diameter with an attached line that ranges from 30 to 60 feet.

A. Made of aluminum or fiberglass, it is usually about 10 to 15 feet long.
Made of aluminum or fiberglass, it is usually about 10 to 15 feet long with a large hook on one end.

9. **Match each term with the correct definition.**
   
   **A. Compact jump**
   
   **B. Run-and-swim entry**
   
   **C. Slide-in entry**
   
   **D. Stride jump**

   **A** Used when the lifeguard is more than 3 feet above the water, but only if the water is at least 5 feet deep. Can also be done from a pool deck into the water.

   **C** Used in shallow water; crowded pools; or when a victim with a head, neck or back injury is close to the side of the pool or pier.

   **B** Used to enter the water from a gradual slope, such as a shoreline or wave pool.

   **D** Used with a rescue tube only if the water is at least 5 feet deep and the lifeguard is no more than 3 feet above the water.

10. **Match each term with the correct definition.**

   **A. Extension assist from the deck**

   **B. Reaching assist with equipment**

   **C. Simple assist**

   **D. Throwing assist**

   **B** Used with equipment when the victim is close to the deck, shoreline or pier and beyond the range of the rescue tube. Equipment is used to extend the rescuer’s reach out or to bring the victim closer.

   **D** Used with equipment when a distressed swimmer is beyond the range of a reaching device.

   **A** Used with a rescue tube when a victim is close to the side of the pool or a pier. The assist is completed by holding out the rescue tube to a distressed swimmer from the pool deck or pier.

   **C** Used in shallow water, this assist may be as easy as helping a person to his or her feet or helping the person maintain his or her balance.

11. **Match each term with the correct definition.**

   **A. Beach drag**

   **B. Front-and-back carry**
C. Two-person removal from the water using a backboard
D. Walking assist

C  Used to remove a possibly unconscious victim from the water at the edge of the pool or a pier and a head, neck or back injury is not suspected.
D  Used to remove a conscious victim from shallow water.
A  Used to remove a victim who is unconscious or who cannot walk from the water where a gradual slope or zero-depth exit is present and a head, neck or back injury is not suspected.
B  Used by two rescuers in shallow water with a zero-depth exit or gradual slope if the victim is unconscious or cannot get out of the water without help and a head, neck or back injury is not suspected.

Multiple Answers

Place a check next to the correct answer or answers.

12. Place an “S” for the steps common to a shallow-water line search and a “D” for the steps common to a deep-water line search.

D  Searchers must be lifeguards.
D  Uses a surface dive.
D  Used in water greater than chest deep.
S  Searchers can be volunteers.
S  Used in water less than chest deep.
D  Searchers form a straight line an arm’s length from each other.
D  Searcher swim forward a set number of strokes.
D  Searchers return to the surface as straight up as possible.
S  Searcher should link arms and hold hands in a straight line.
S  As the line moves slowly forward, searchers sweep their feet across the bottom.

True or False

Circle true or false.

13. True False During a drowning, the lifeguard recognizes an emergency in the water, activates the EAP, uses rescue equipment and follows the general procedures for a water emergency.

14. True False Assists are the most common help given to patrons, especially at waterparks.

15. True False When completing the passive submerged victim rescue in deep water, if the
victim is deeper than the strap and towline can extend, release the strap and towline, grasp the victim, push off the bottom (if possible) and kick to the surface.

16. True False  A multiple-victim rescue is controlled best by one rescuer.

17. True False  A feet-first surface dive may need to be performed during an escape.

18. True False  When rescuing someone who is unconscious or cannot hold or climb onto the rescue board, use caution when flipping the board to ensure that the victim’s armpits and upper arms remain along the edge of the rescue board during the flip.

19. True False  Fins with larger blades are better for someone who may be a weaker swimmer.

20. True False  An underwater search for a scuba diver in open water should be conducted by trained search-and-rescue scuba personnel, even when lifeguards are present.

Fill in the Blanks

21. The type of entry used to enter the water during a rescue depends on—
   a. The depth of the water.
   b. The lifeguard station—whether the lifeguard station is elevated or at ground level.
   c. Obstacles in the water, such as patrons, lane lines and safety lines.
   d. The location and condition of the victim.
   e. The design of the facility.

22. The best way to approach a victim during a short distance rescue is with a modified front crawl or breaststroke.

23. Use the passive submerged victim rescue for shallow water when the victim is face-down, at or near the surface but seems unconscious and a head, neck or back injury is not suspected.

24. If a rescue tube is lost during the rescue and a drowning victim grabs onto the lifeguard, an escape should be used.
25. When performing a beach drag, walk backwards using your legs, not your back, and drag the victim out of the water.

26. Keep a rescue board clean of suntan lotions and body oils, which can make it slippery.

27. To use a rescue board, hold on to the sides about mid-board when entering the water. Once you are in knee deep water, lay the rescue board down on the water and push it forward. Climb onto the rescue board just behind the middle and lie down.

28. When paddling on a rescue board in the prone position, use either the front crawl or butterfly arm strokes.

29. A mask is made up of soft, flexible material, with nontinted, tempered safety glass and a head strap that can be easily adjusted.

30. Cold water is generally defined as water 70° F or colder.

Ordering

Place the following in the correct order.

31. Place in sequence the nine steps a lifeguard takes when performing a rescue.

   2   Activates the EAP
   4   Assesses the victim’s condition
   9   Provides emergency care as needed
   1   Recognizes an emergency in the water
   6   Performs an appropriate rescue
   3   Uses rescue equipment
   8   Removes the victim from the water
   7   Moves the victim to safety
   5   Safely enters the water, if needed

32. Place in order the first three steps necessary to perform an escape immediately after the victim grabs a lifeguard.

   2   Tuck the chin
   3   Turn the head to either side
   1   Take a quick breath of air

Circle the Correct Answer from the Pair
33. (Use/Do not use) the passive drowning victim rear rescue technique for a victim who is suspected of having a head, neck or back injury.

34. When performing a two-person removal from the water using a backboard, the second rescuer who is on deck (crosses/does not cross) his or her hands to grab the victim’s wrists.

35. To rescue someone who is unconscious or cannot hold or climb onto the rescue board, make sure the victim’s armpits (are/are not) along the edges of the board.

36. The initial assessment of a victim of a cold water drowning (may/does not) require more time to complete since vitals signs may be slowed.

37. For the safety of the lifeguard, a line and reel (should/should not) be used when entering cold water to complete a rescue.

Short Answer
38. List at least three things to consider when deciding to remove a victim from the water.
   Answers should include any three of the following:
   o The victim’s condition
   o The victim’s size
   o How soon help is expected to arrive
   o Whether anyone can help

39. What is the most important thing to remember about a reaching assist with equipment or a throwing assist after the equipment is extended or thrown to the victim?
   Keep the body low and lean back to avoid being pulled into the water by the victim.

40. Name the primary piece of rescue equipment used by lifeguards.
   The rescue tube

41. List four important reasons for using the rescue tube to perform a water rescue.
   o The rescue tube helps the lifeguard and the victim stay afloat.
   o The rescue tube keeps the victim’s mouth above water while the lifeguard brings the victim to safety.
   o The rescue tube makes it easier to move the victim to safety.
   o The rescue tube reduces the chances of the victim grabbing the lifeguard during the rescue.
42. List in the correct order the five steps for completing a swimming extension rescue for a distressed victim.
1. Approach the victim from the front.
2. Extend the end of the rescue tube to the victim.
3. Tell the victim to hold on to the rescue tube and kick if he or she can.
4. Tow the victim to safety, being sure to maintain visual contact.
5. Reassure the victim.

43. List the condition(s) when it is appropriate to use a passive drowning victim rear rescue. The victim is at or near the surface; seems unconscious; and a head, neck or back injury is not suspected.

44. What is the goal in a passive drowning victim rear rescue? To put the rescue tube under the victim’s shoulders or back to support him or her face-up.

45. In what circumstances would a lifeguard use a feet-first surface dive when performing a rescue? To rescue or search for a submerged victim in deep water.

46. List the four options lifeguards can use to remove a victim from the water.
   o Two-person removal from the water using a backboard
   o Walking assist
   o Beach drag
   o Front-and-back carry

47. You are performing an active drowning victim rear rescue. After squeezing the rescue tube between your chest and the victim’s back, why do you turn your head to one side before leaning back and pulling the victim onto the rescue tube? To avoid being hit by the victim’s head if it moves backward.

48. List two reasons why properly positioning the victim on the rescue tube is important when performing a water rescue?
   o To support the victim with his or her mouth out of the water
   o To support the victim with control to allow you to swim with the victim to safety
49. You are performing a rescue and lose contact with the victim. The victim grabs you from the front and tries to climb on top of you to get a breath. What should you do?

Perform a front head-hold escape, reposition the rescue tube and reattempt the rescue.

50. In a waterfront situation when a drowning victim submerges, what can lifeguards do to help mark the victim’s last known position?

Take a sighting or a cross-bearing to keep track of where the victim went under.

51. List the three major principles to follow when using a motorized watercraft to make a rescue.

- Always approach the victim from downwind and downstream.
- Shut off the engine about three boat lengths from the victim.
- Bring the victim on board before restarting the engine.

52. In some ways, cold water can be beneficial and may increase a person’s chance of survival in a drowning. Explain why this would be true.

- The body temperature begins to drop as soon as the person enters the water.
- As the body’s core temperature drops, body functions slow and the person requires very little oxygen.
- Any oxygen left in the blood is diverted to the brain and heart to maintain minimal functioning of these vital organs.

53. How do you check that a mask fits properly?

- Place the mask against the face without using the strap.
- Inhale slightly through the nose to create a slight suction inside the mask.
- Adjust the strap so that the mask is comfortable.
- Try the mask in the water.
Multiple Choice

Circle the correct answer.

1. Which of the following is NOT a bloodborne pathogen of primary concern to lifeguards?
   a. Gingivitis
   b. Hepatitis B
   c. Hepatitis C
   d. HIV

2. The most effective way to prevent hepatitis B is—
   a. Getting the hepatitis B vaccine.
   b. Reporting an exposure incident to your supervisor.
   c. Using 1 part bleach per 10 parts of water to clean up a blood spill.
   d. Wearing gloves.

3. All of the following conditions must be met in order for disease transmission to occur EXCEPT—
   a. A pathogen is present.
   b. A person is susceptible to the pathogen.
   c. An insufficient quantity of the pathogen is present to cause disease.
   d. The pathogen passes through the correct entry site.

4. You are cleaning up a blood spill. An untrained employee picks up gauze with blood on it. She is not wearing disposable gloves. Her action is an example of exposure through—
   a. Direct contact.
   b. Droplet transmission.
   c. Indirect contact.
   d. Vector-borne transmission.

5. Which of these guidelines should NOT be followed when using personal protective equipment?
   a. Keep any cuts, scrapes or sores covered prior to putting on protective clothing.
   b. Reuse disposable gloves or punctured gloves only if they are not too bloody.
c. Use a breathing barrier when giving rescue breaths to a person.

d. Wear disposable gloves whenever providing care.

6. **You can protect yourself from disease transmission by doing all of the following EXCEPT**—
   a. Avoiding direct or indirect contact with blood and other potentially infectious materials.
   b. Cleaning and disinfecting all equipment and work surfaces possibly soiled by blood or other body fluids.
   c. **Performing CPR or rescue breathing without a breathing barrier.**
   d. Thoroughly washing your hands after providing care.

7. **Work practice controls include**—
   a. **Not eating or drinking when you are in an area where you may be exposed.**
   b. Placing sharp items in the trash can.
   c. Removing soiled gloves and placing them in the office trash can.
   d. Reusing disposable gloves after rinsing them with water.

8. **Which of the following best describes universal precautions?**
   a. Universal precautions detail the 6-step procedure for proper glove removal.
   b. Universal precautions help you identify the symptoms and modes of transmission of bloodborne pathogens.
   c. **Universal precautions require that all blood and other potentially infectious materials be treated as if known to be infectious for hepatitis B, hepatitis C, HIV or other bloodborne pathogens.**
   d. Universal precautions specify safe hand-washing practices in the workplace.

9. **An exposure control plan**—
   a. Is a confidential plan that should not be shared with employees.
   b. **Is the written program for minimizing or eliminating employee exposure incidents.**
   c. Means that every individual employee in the workplace must handle blood or other potentially infectious body fluids.
   d. Requires that employers provide free immunizations for people exposed to influenza.

10. **If you are exposed to blood or other body fluids**—
    a. Apply ice to the exposed area.
    b. Report the incident to your supervisor after a day.
    c. Wait to see if you become ill before reporting the incident.
d. Wash or flush the exposed area immediately.

11. One of the first steps to follow during an emergency is—
   a. Conducting an initial assessment.
   b. Documenting what happened.
   c. Planning for an emergency.
   d. Transporting the victim to the hospital.

12. Why should you conduct an initial assessment in every situation?
   a. To identify any life-threatening conditions
   b. To protect the victim and bystanders from dangers at the scene
   c. To protect you from legal actions
   d. To reassure the victim

13. EMS personnel should be summoned for all of the following conditions EXCEPT—
   a. A yellowing of the skin.
   b. Breathing problems (difficulty breathing or no breathing).
   c. Chest pain or discomfort that lasts 3 to 5 minutes or that goes away and comes back.
   d. Severe headache or slurred speech.

14. Personal protective equipment such as disposable gloves help to—
   a. Maintain breathing.
   b. Protect against disease transmission.
   c. Reduce the amount of oxygen in a victim’s blood.
   d. Restart the heart.

15. The steps you perform in an initial assessment are—
   a. Check for consciousness, signs of life, a pulse and severe bleeding.
   b. Perform 5 abdominal thrusts and 5 back blows.
   c. Place the victim in a modified-H.A.IN.E.S. recovery position and monitor the ABCs.
   d. Roll the victim onto his or her back and provide rescue breaths at a rate of 1 breath about every 3 seconds.

16. You are caring for a victim in an emergency who may have ingested drugs. The victim suddenly becomes hostile, violent and threatening. As a lifeguard, what should you do?
   a. Attempt to restrain the victim until he or she calms down
b. Continue to attempt to treat the victim because he or she needs your care

c. Leave the scene, it is too dangerous to remain on site

d. Remove yourself from harm, observe the victim and wait for law enforcement to arrive

17. In an emergency, move a victim only if not moving him or her will cause further harm to the victim or the rescuer. Which of the following includes examples of such a situation?

a. Confined, downed power lines; moving traffic; or domestic animals

b. Explosions, fire, toxic gas exposure or unstable structures in the immediate vicinity

c. Rainstorms, moving traffic or power outages

d. Unstable structures a block away or power outages

18. When checking for signs of life during the initial assessment, you are looking for—

a. Chest and arm movement.

b. Circulation and breathing.

c. Circulation and chest movement.

d. Movement and normal breathing.

Matching

19. Match each term with the correct definition.

A. Bacteria

B. Bloodborne pathogens

C. Hepatitis B

D. Hepatitis C

E. HIV

F. Virus

A. A form of pathogen that can live outside the body and commonly do not depend on other organisms for life.

E. A disease in which the virus attacks the white blood cells are attacked and destroys the body’s ability to fight infection. is destroyed. The virus that causes acquired immunodeficiency virus (AIDS).

F. A common form of pathogen that depends on other organisms to live and once in the body is difficult to kill.

B. Bacteria and viruses present in blood and body fluids.
C A liver infection that can be severe or even fatal, where vaccination is the most effective means of prevention.

D The most common chronic bloodborne infection in the United States.

20. Match each term with the correct definition.

A. BSI precautions/standard precautions
B. Engineering controls
C. Exposure control plans
D. OSHA regulations and guidelines
E. Universal precautions
F. Work practice controls

B Measures that isolate or remove a hazard from the workplace. The things used in the workplace to help reduce the risk of an exposure incident.

F Practices that help reduce the likelihood of exposure by changing the way a task is carried out. The things employees do to help reduce the risk of an exposure incident.

E Treating all blood and other potentially infectious materials as if they are known to be infectious.

C A written program that outlines the protective measures an employer will take to eliminate or minimize exposure incidents.

D Apply to employees who may come into contact with blood or other body fluids that could cause an infection and help employers meet the bloodborne pathogen standard to prevent transmission of serious diseases.

A Approaches that consider all blood and body fluids to be infectious.

21. Match each term with the correct definition.

A. Blanket drag
B. Clothes drag
C. Foot drag
D. Pack-strap carry
E. Two-person seat carry
F. Walking assist

B Used to move a clothed victim who you think may have a head, neck or back injury.

F Used to help a victim who needs assistance walking to safety.

C Used to move a victim too large to carry or move otherwise.
Used to carry a conscious victim who cannot walk and has no suspected head, neck or back injury.

Used to move an unconscious victim in an emergency situation when rescue equipment is limited.

Used to help move a conscious or unconscious victim with no suspected head, neck or back injury.

Multiple Answers

Place the correct symbol next to the correct answer.

22. Place an “E” by those measures or practices that are Engineering Controls and a “W” by those that are Work Practice Controls.

W  Placing sharps items in appropriate containers
E  Biohazard bags
W  Removal and disposal of soiled personal protective equipment
W  Cleaning and disinfecting all equipment and work surfaces possibly soiled by blood or other potentially infectious materials
E  Personal protective equipment
E  Sharps containers
W  Washing hands after providing care
E  Self-sheathing needles
W  Not drinking; eating; smoking; handling contact lenses; touching the eyes, nose or mouth; or applying lip balm cosmetics in areas where blood or other potentially infectious materials may be transmitted
E  Biohazard labels

True or False

Circle True or False.

23. True  False  Using a resuscitation mask when giving rescue breaths promotes safe practices by reducing the risk of transmitting bloodborne pathogens.

Fill in the Blanks


25. Unprotected skin contact with blood-soaked bandages from a first aid incident is an example of indirect contact.
26. Wear **disposable** gloves whenever providing care, particularly if you may come into contact with blood or other potentially infectious materials.

27. Keep any cuts, scrapes or sores **covered** prior to putting on protective coverings such as a mask, eyewear and gown.

28. **Change** disposable gloves before providing care to a different person.

29. In addition to gloves, wear other personal protective equipment, such as **protective eyewear** to protect the eyes, whenever you are likely to come into contact with blood or other body fluids or while cleaning up a biohazard spill.

30. If you are a lone rescuer, **Call** First, meaning call 9-1-1 or the local emergency number before providing care for an unconscious adult or child age 12 or older.

31. If you are a lone rescuer, **Care** First for an unconscious child or infant younger than 12 years old.

32. **Call** First if you suspect a cardiac emergency.

33. **Care** First situations are likely to be related to **breathing** emergencies rather than cardiac emergencies.

**Ordering**

Place the following in the correct order.

34. You have responded to an emergency involving blood at your facility. After providing care, you are responsible for cleaning and disinfecting the area (a solid-surface floor). Place the seven steps in the correct order, starting with 1, that you would take to disinfect the area.

   2. Clean up spills immediately or as soon as possible after the spill occurs.
   1. Wear disposable gloves and other personal protective equipment when cleaning up spills.
   4. Dispose of the absorbent material used to collect the spill in a labeled biohazard container.
   7. Scrub soiled boots; leather shoes; and other leather goods, such as belts, with soap, a brush and hot water. If you wear a uniform to work, wash and dry it according to the manufacturer’s instructions.
   5. Flood the area with a fresh disinfectant solution of approximately 1½ cups of liquid chlorine bleach to 1 gallon of water (1 part bleach per 10 parts water), and allow it to stand for at least 10 minutes.
If the spill is mixed with sharp objects, such as broken glass and needles, do not pick these up with your hands. Use tongs, a broom and dustpan or two pieces of cardboard.

Use appropriate material to absorb the solution, and dispose of it in a labeled biohazard container.

Circle the Correct Answer from the Pair

35. Hepatitis B, hepatitis C and HIV (are/are not) spread by casual contact such as shaking hands.

36. (Do/Do not) use disposable gloves that are discolored, torn or punctured.

37. (Do/Do not) reuse disposable gloves.

38. (Do/Do not) wear disposable gloves or other protective clothing or equipment away from the workplace.

39. (Do/Do not) handle items such as pens, combs or radios when wearing soiled gloves.

40. If you wear disposable gloves, you (do/do not) need to wash your hands after providing care.

Short Answer

41. Name four types of exposures to blood that professional rescuers, such as lifeguards, might encounter.
   
   o Injuries from needles
   o Injuries from other sharps
   o Direct contact (skin and mucous membrane)
   o Indirect contact (skin and mucous membrane)

42. Give two examples of correct entry sites where transmission of bloodborne pathogens could occur from occupational exposure.
   
   o Touching blood or other body fluids directly or indirectly and having breaks in the skin
   o Blood splashing into eyes or mouth

43. What role do OSHA regulations play in preventing the spread of bloodborne pathogens?

   The regulations require employers to minimize or eliminate hazards from the workplace that may place employees in contact with infectious materials and prevent
transmission of serious diseases in situations in which employees could come into contact with blood or other body fluids as part of their occupational duties.

44. **List at least five types of personal protective equipment used in the facility to keep lifeguards from directly contacting infected materials.**

   Answers could include any five of the following:
   - Resuscitation masks
   - Disposable gloves
   - Protective eyewear
   - Protective footwear
   - Gowns
   - Face shields
   - BVMs
   - Rubber gloves

45. **List the six steps necessary to correctly wash hands after providing care.**

   1. Wet hands with warm water.
   2. Apply liquid soap to hands.
   3. Rub hands vigorously for at least 15 seconds, covering all surfaces of the hands and fingers. Use soap and warm running water. Scrub nails by rubbing them against the palms.
   4. Rinse hands with water.
   5. Dry hands thoroughly with a paper towel.
   6. Turn off the faucet using the paper towel.

46. **While providing care to a victim you note that you were exposed by direct contact to the victim’s blood or other potentially infectious material. What must you do immediately?**

   - Immediately report the incident to your supervisor or have someone do it for you.
   - Wash, flush or irrigate the exposed area of your body.
   - Write down what happened.
   - Get immediate medical attention.

47. **List the four general steps to follow in an emergency occurring on land.**

   1. Size up the scene
   2. Perform an initial assessment
   3. Summon EMS personnel, if necessary
4. Perform a secondary assessment

48. List in the correct order the four steps necessary to properly complete an initial assessment.
   1. Check the victim for consciousness
   2. Check for signs of life (movement and breathing)
   3. Check for a pulse
   4. Check for severe bleeding

49. Name three situations in which a lone responder would Care First, that is, provide 2 minutes of care, then call 9-1-1 or the local emergency number.
    Answers could include any three of the following:
    o An unconscious child or infant (younger than 12 years old)
    o Any victim of a drowning or nonfatal submersion
    o Any victim who has suffered cardiac arrest associated with trauma
    o Any victim who has taken a drug overdose
Multiple Choice

Circle the correct answer.

1. *Breathing barriers help to*—
   a. Maintain breathing.
   b. **Protect against disease transmission.**
   c. Restart the heart.
   d. Reduce the amount of oxygen in a victim’s blood.

2. *The care provided to an adult who is not moving or breathing, but has a pulse (respiratory arrest), is*—
   a. Perform 5 abdominal thrusts, with each thrust being a distinct attempt to dislodge the object.
   b. Place the adult in a modified-H.A.I.N.E.S. recovery position.
   c. Give rescue breaths at a rate of 1 rescue breath about every 3 seconds.
   d. **Give rescue breaths at a rate of 1 rescue breath about every 5 seconds.**

3. *You find an unconscious 6-year-old boy. After sizing up the scene and obtaining consent, you perform an initial assessment and determine that the boy is not moving or breathing, but has a pulse. At what rate do you perform rescue breathing for the child?*
   a. About one rescue breath every minute
   b. **One rescue breath about every 3 seconds**
   c. One rescue breath about every 5 seconds
   d. One rescue breath every few minutes

4. *A child is clutching his throat with both hands. You obtain consent from the parent to provide care to the child. After summoning EMS personnel and putting on the appropriate personal protective equipment, what should you do?*
   a. Stand or kneel behind the child and give 3 back blows followed by 3 chest thrusts
   b. Stand or kneel behind the child and give 5 back blows
   c. Stand or kneel behind the child and give 5 chest thrusts
   d. **Stand or kneel behind the child and give 5 back blows followed by 5 chest thrusts**
5. A mother yells to you that something is wrong with her infant. You obtain consent and put on the appropriate personal protective equipment. During the initial assessment, you determine the unconscious infant has an airway obstruction. What is the proper sequence of care for an unconscious infant?
   a. Give 5 back blows followed by 5 chest thrusts
   b. Give 3 chest thrusts, look for an object and give 1 rescue breaths
   c. Give 5 chest thrusts, immediately do a finger sweep and give 2 rescue breaths
   d. **Give 5 chest thrusts, look for an object and give 2 rescue breaths**

Matching
6. Match each term with the correct definition.
   A. **Bag-valve-mask resuscitator**
   B. **Resuscitation mask**
   C. **Face shield**

   - A lightweight, plastic cover that lies across the victim’s face with a one-way valve that enables a rescuer to perform rescue breathing and reduces the risk of disease transmission.
   - A hand-held device used primarily to ventilate a victim in respiratory arrest, but also used for a victim in respiratory distress.
   - A flexible, dome-shaped device that covers the victim’s mouth and nose, creating a seal that allows the rescuer to perform rescue breathing.

Multiple Answers
Place a check next to the correct answer or answers.
7. **Signs that a victim may be suffering from hypoxia include**—
   - Decreased breathing and heart rates. _
   - Blue lips and nailbeds. **√**
   - A change in the level of consciousness. **√**
   - Sleeplessness. _
   - Chest pain. _
   - Increased breathing and heart rates. **√**
   - Hot, flushed skin. _
   - Restlessness. **√**

True or False
Circle true or false.
8. **True** False  
When you give rescue breaths to a victim of a nonfatal submersion, the victim will probably vomit.

9. **True** False  
When caring for a conscious choking infant, use a combination of 5 back blows and 1 chest thrust.

10. **True** False  
When providing care to an unconscious choking child, open the mouth and immediately sweep for the object after giving 5 chest thrusts.

11. **True** False  
A benefit of using a BVM for rescue breathing is that the rescuer can deliver a higher concentration of oxygen to a victim than when using a resuscitation mask.

12. **True** False  
A BVM may be used on a victim if the rescuer suspects a head, neck or back injury.

**Fill in the Blanks**

13. A breathing emergency occurs if a victim has difficulty breathing and is called respiratory **distress**.

14. If a victim stops breathing during a breathing emergency, it is known as respiratory **arrest**, or respiratory failure.

15. Rescue breathing is a technique for delivering **air** into a victim to give him or her the oxygen needed to survive.

16. Abdominal thrusts compress the abdomen, forcing the diaphragm **upwards**, which increases pressure in the lungs and airway.

17. When performing rescue breathing on an adult, give 1 rescue breath(s) about every 5 second(s) with the rescue breaths lasting for approximately 1 second(s).

18. When performing rescue breathing on a child or infant, give 1 rescue breath(s) about every 3 second(s) with the rescue breaths lasting for approximately 1 second(s).

19. If you give an unconscious adult rescue breaths and they do not make the chest clearly rise, reposition the airway by tilting the **head** farther back, and then try the **breaths** again.
**Ordering**

Place in the correct order.

20. Place in the correct order the four steps necessary to use a BVM by two rescuers after they have completed the initial assessment.

3. Rescuer 1 seals the mask and opens the airway by kneeling behind the victim’s head, placing the thumbs along each side of the mask, sliding the fingers into position behind the angles of the jawbone and applying downward pressure with the thumbs to lift the jaw and tilt the head back to open the airway.

2. Rescuer 1 positions the mask so that it covers the victim’s mouth and nose.

1. Rescuer 2 assembles the BVM by attaching the mask to the bag and valve.

4. Rescuer 2 begins ventilations by squeezing the bag slowly for about 1 second for an adult, child or infant.

**Short Answer**

21. List at least three characteristics of the breathing device known as a face shield.

Answers should include any three of the following:

- Compact
- One-way valve or filter that reduces the risk of disease transmission
- Plastic cover that lies across the victim’s face
- Easy-to-use

22. List at least three characteristics of a resuscitation mask.

Answers should include any three of the following:

- Easy to assemble and use
- Made of transparent, pliable material that creates a tight seal over the victim’s mouth and nose
- One-way valve for releasing exhaled air
- Standard 15-mm or 22-mm coupling assembly (the size of the opening for the one-way valve)
- Work well under different environmental conditions, such as extreme heat or cold

23. List at least four signs and symptoms of respiratory distress.

Answers should include any four of the following:

- Slow or rapid breathing
- Unusually deep or shallow breathing
- Shortness of breath or noisy breathing
o Dizziness, drowsiness or light-headedness
o Changes in the level of consciousness
o Increased heart rate
o Chest pain or discomfort
o Skin that is flushed, pale, ashen or bluish
o Unusually moist or cool skin
o Gasping for breath
o Wheezing, gurgling or making high-pitched noises
o Inability to speak in full sentences
o Tingling in the hands or feet

24. List at least two common causes of choking.

Answers should include any two of the following:

o Poorly chewed food
o Drinking alcohol before or during meals
o Eating too fast or talking or laughing while eating
o Walking, playing or running with food or objects in the mouth
o Wearing dentures
INSTRUCTOR ANSWERS TO REVIEW QUESTIONS
LIFEGUARDING
CHAPTER 8: CARDIAC EMERGENCIES

Multiple Choice
Circle the correct answer.

1. Signs and symptoms of a heart attack include—
   a. Chest pain that lasts less than 1 minute.
   b. Dry, red, hot skin.
   c. Inability to speak in full sentences.
   d. Nausea, shortness of breath or difficulty breathing.

2. Which of the following is not a specific link in the Cardiac Chain of Survival?
   a. Early CPR
   b. Early defibrillation
   c. Early recognition of the emergency and early access to EMS
   d. Early rescue

3. You see an older man collapse. You perform an initial assessment and find the man has no
   movement, breathing or pulse. You begin CPR. How many chest compressions and rescue
   breaths do you perform in each cycle?
   a. 5 chest compressions and 1 rescue breath
   b. 10 chest compressions and 2 rescue breaths
   c. 15 chest compressions and 1 rescue breath
   d. 30 chest compressions and 2 rescue breaths

4. Another name for a heart attack is—
   a. Angina pectoris.
   b. Cardiovascular infraction.
   c. Commotio cordis.
   d. Myocardial infarction.

5. What is the most important action step to take to care for a person you think may be
   experiencing a heart attack?
   a. Check airway, breathing and circulation.
   b. Have the victim stop what he or she is doing and rest.
c. Obtain the victim’s consent.

d. **Summon EMS personnel.**

6. **An electrical shock delivered to the heart to correct certain abnormal heart rhythms is called**—
   
a. Asystole.
b. **Defibrillation.**
c. Diastole.
d. Fibrillation.

7. **It is important for everyone to “stand clear” before using an AED to deliver a shock because**—
   
a. The AED may not deliver the correct shock to the victim.
b. The AED will not work unless you stand clear.
c. The victim’s arm may swing out and strike you when the shock is delivered.
d. **You or someone else could get shocked.**

8. **Early defibrillation is an important step in the Cardiac Chain of Survival for all of the reasons below EXCEPT**—
   
a. Asystole cannot be corrected by defibrillation.
b. Delivering an electrical shock disrupts the electrical activity of the heart long enough to allow the heart to spontaneously develop an effective rhythm on its own.
c. Each minute that defibrillation is delayed reduces the chance of survival by about ten percent.
d. **EMS personnel can transport the victim to the hospital more quickly.**

9. **After confirming that a victim has no movement, breathing or pulse, and an AED is available, the next step is to**—
   
a. Deliver a shock if one is indicated, after ensuring that no one is touching the victim and there are no hazards present.
b. Let the AED analyze the victim’s heart rhythm or push the button marked “analyze.”
c. Plug the connector into the AED, and attach the pads to the victim’s chest.
d. **Turn on the AED.**

10. **When using an AED**—
   
a. Check for a pulse while the device is delivering a shock.
b. Dry the victim’s chest thoroughly using alcohol and gauze pads.
c. Place the victim on his or her side.
d. Remove any patch you see on the victim’s chest.

11. The pads of an AED for an adult should be placed—
   a. On the lower right chest and lower left side.
   b. On the lower right side and upper left chest.
   c. On the upper right and upper left side of the chest.
   d. On the upper right chest and lower left side.

12. After the initial analysis, if the AED prompt indicates that “no shock is advised,” the next step is to—
   a. Begin rescue breathing.
   b. Look for movement and recheck for breathing and a pulse.
   c. Perform 5 cycles (about 2 minutes) of CPR.
   d. Restart the AED.

13. If a lifeguard is using an AED on a victim who was removed from the water, all of the following are important EXCEPT—
   a. Drying the victim’s chest.
   b. Drying the victim’s feet and legs.
   c. Making sure there are no puddles of water around you, the victim or the AED.
   d. Removing wet clothing for proper pad placement, if necessary.

14. When using an AED on a victim with a pacemaker or implanted cardiac device—
   a. Adjust pad placement, if necessary.
   b. Place the pad directly over the implanted cardiac device.
   c. Refrain from using an AED because it cannot be used if the victim has an implanted cardiac device.
   d. Reverse the position of the pads on the victim’s chest.

15. When using an AED on a child, complete all of the following steps EXCEPT—
   a. If the pads are touching, place one pad on the child’s chest and the other pad on the child’s back.
   b. Make sure the pads are not touching.
   c. Place both AED pads on the child’s abdomen just above the navel.
d. Use pediatric AED pads.

Matching

16. Match each term with the correct definition.
A. Early recognition of the emergency and early access to EMS
B. Early CPR
C. Early defibrillation
D. Early advanced medical care

D  Given by EMS personnel who provide more advanced medical care and transport the victim to the hospital.
C  An electrical shock that disrupts the electrical activity of the heart long enough to allow the heart to spontaneously develop an effective rhythm on its own.
B  Compressions and ventilations provided by a rescuer to a victim to help supply oxygen to the brain and other vital organs to keep the victim alive.
A  The sooner 9-1-1 or the local emergency number is called, the sooner EMS personnel arrive and take over.

Multiple Answers

Place a check next to the correct answer or answers.

17. An AED with appropriate pediatric pads may be used on children who are—
√ Victims of trauma.
___ Conscious but having chest pain.
___ In a pool.

18. An AED may be used on adult—
√ Victims of hypothermia in cardiac arrest.
√ Victims of trauma in cardiac arrest.
√ Victims with a pacemaker who are in cardiac arrest.
___ Victims in the water who are in cardiac arrest.

True or False

Circle True or False.

19. True False Since a child’s chest may be small, it is alright to defibrillate if the pads touch each other when placed on the chest.

20. True False If the AED pads touch each other on the child’s chest, the lifeguard should
place one pad on the child’s chest and the other pad on the child’s back, between the shoulder blades.

21. **True** False  *Do not to delay defibrillation when taking steps to provide for a dry environment.*

**Fill in the Blanks**

22. *When the muscle of the heart suffers a loss of oxygenated blood, the result is a myocardial infarction, or heart attack.*

23. *As the initial rescuer at the scene performing CPR on an adult, you should perform 30 chest compressions followed by 2 rescue breaths, at a rate of about 100 compressions per minute and compressing the chest 1½ to 2 inches.*

24. *As the initial rescuer at the scene performing CPR on a child or infant, you should perform cycles of 30 chest compressions and 2 rescue breaths, at a depth of 1 to 1½ inches for a child and ½ to 1 inch for an infant.*

25. *Most victims of sudden cardiac arrest need an electrical shock called defibrillation.*

26. *Advise all rescuers and bystanders to "stand clear" when analyzing the victim’s heart rhythm or delivering a shock to the victim.*

27. *Do not touch or move the victim while the AED is analyzing.*

28. *After the second analysis, if the AED tells the rescuer “no shock advised,” he or she should continue CPR.*

29. *An AED equipped with pediatric AED pads is capable of delivering levels of energy to a child between 1 and 8 years of age and weighing less than 55 pounds.*

30. *Ventricular fibrillation is an abnormal heart rhythm characterized by a state of totally disorganized electrical activity of the heart, resulting in a quivering of the ventricles.*

31. *Ventricular tachycardia is an abnormal heart rhythm characterized by very rapid contraction of the ventricles.*
Circle the Correct Answer from the Pair

32. The incidence of cardiac arrest in children is relatively (high/low) compared to adults.

33. Cardiac arrest resulting from ventricular fibrillation (does/does not) happen to young children.

34. Most cardiac arrests in children (are/are not) sudden.

Short Answer

35. List at least five signs or symptoms of a heart attack.
   Answers should include any five of the following:
   - Persistent chest discomfort, pain or pressure (a primary sign of a heart attack) that lasts longer than 3 to 5 minutes, or goes away and comes back
   - Discomfort, pain or pressure in either arm, back or stomach
   - Chest discomfort, pain or pressure that spreads to the shoulder, arm, neck or jaw
   - Nausea or vomiting
   - Shortness of breath or trouble breathing (noisy breathing and breathing that is faster than normal)
   - Pale, ashen (grayish) or bluish skin
   - Dizziness, light-headedness, loss of consciousness or fainting
   - Sweating—face may be moist or person may be sweating profusely
   - Denial of signs or symptoms

36. List in the correct order the four links in the Cardiac Chain of Survival.
   1. Early recognition of the emergency and early access to EMS
   2. Early CPR
   3. Early defibrillation
   4. Early advanced medical care

37. List at least three of the most common causes of cardiac arrest in children.
   Answers should include any three of the following:
   - Airway problems
   - Breathing problems
   - Traumatic injuries or an accident (e.g., automobile, drowning, electrocution or poisoning)
   - A hard blow to the chest (e.g., commotio cordis)
   - Congenital heart disease
38. List in the correct order the seven steps you must follow to defibrillate a victim using an AED after EMS personnel have been summoned.

1. Turn on AED.
2. Wipe the victim’s chest dry.
3. Attach the pads.
4. Plug the connector into the AED, if necessary.
5. Make sure that no one, including you, is touching the victim.
6. Push the “analyze” button, if necessary. Let the AED analyze the heart rhythm.
7. If a shock is advised, push the “shock” button.

39. List at least three situations in which traumatic injuries or accidents may be the cause of sudden cardiac arrest in children.

Answers should include any three of the following:
- Automobile accident
- Drowning
- Electrocution
- Poisoning

40. What four steps would you take to use an AED on a victim who has been removed from the water and who is not moving or breathing and has no pulse?

1. Move the victim away from the water.
2. Dry the chest.
3. Remove any wet clothing.
4. Make sure the victim and rescuer are not in contact with puddles before using the AED.

41. What should you do before using an AED on a victim who is wearing a nitroglycerin patch?

While wearing gloves, remove the patch from his or her chest before attaching the AED.

42. What might a rescuer notice or feel beneath the skin in the chest or collarbone area of a victim of cardiac arrest?

An implantable cardioverter defibrillator (ICD) or pacemaker
43. You are providing care for a victim of a nonfatal submersion resulting from an ice-fishing accident. You note that the victim is suffering from hypothermia. List five important points to remember while providing care.

- Some victims have been successfully resuscitated after prolonged exposure.
- It takes more than 10 seconds to check a hypothermia victim for a pulse.
- A pulse check may take up to 30 to 45 seconds.
- You will need to protect the victim from further heat loss.
- Do not shake a hypothermia victim unnecessarily as this could result in V-Fib.