

Lifeguard Written Exam Study Guide

<u>Section 1 – Recognition and Response</u>	<u>Reference Page:</u>
• Responsibilities of a lifeguard	3-4
• Decision making – FIND model	6
• Legal considerations	6
• In-service Training	9
• Injury prevention – 3 strategies	12
• Communication with patrons – Educate patrons	16-17
• Safety checks	18-19
• Weather conditions	21-23
• Effective surveillance – 4 elements	28
• Victim recognition – table 3-1	28-29
• Effective scanning	31-32
• Lifeguard stations and rotations	32-34
• Areas of responsibility	35-36
• RID factor	37-38
• Emergency Action Plans	50-51
<u>Section 2 – CPR/AED for the Professional Rescuer</u>	
• Preventing disease transmission	90-94
• General procedures for injury or sudden illness on land	94-95
• Initial assessment and recovery position	95-98
• Moving a victim – When?	98
• Difference between respiratory distress and arrest	102
• Rescue breathing – Adult, Child & Infant	104-106
• Obstructed airway – Adult, Child & Infant	111-116
• Cardiac chain of survival	124
• Signs and symptoms of heart attack	126-130
• Two-rescuer CPR – Adult, Child & Infant	130-132
• V-fib & V-tach	134
• Using an AED – Adult & Child	134-138
• AED precautions	138
<u>Section 3 – First Aid and Head, Neck and Back Injuries</u>	
• Secondary assessment – SAMPLE	142-143
• Sudden illnesses	145-146
• Stings	147
• Wounds – Closed & Open Wounds	149-150
• Shock	150
• Nosebleed	152
• Burns	154
• Injuries to muscles, bones and joints	155-157
• Heat & cold related emergencies	157-158
• Manual in-line stabilization techniques	162-165
• Backboarding techniques	166-173