

- 1) A lifeguard must be able to quickly decide when and how to quickly and safely clear all swimmers from a swimming area.
a. True
b. False
- 2) The lifeguard must be intimately familiar with the particular safety hazards and emergency response plan of the specific aquatic environment in which he or she will work.
a. True
b. False
- 3) A lifeguard must be aware of the legal issues associated with being a lifeguard, such as: Duty to Act and Standard of Care.
a. True
b. False
- 4) Negligence includes: Administering improper or ineffective aid.
a. True
b. False
- 5) To help a victim, a lifeguard does not need the victim's express or implied consent.
a. True
b. False
- 6) Sometimes injured victims in need of care may reject assistance due to fear, denial, panic, and lack of knowledge, religious beliefs, or other reasons.
a. True
b. False
- 7) A lifeguard should never document an accident?
a. True
b. False
- 8) Abandonment of a victim occurs when a lifeguard begins providing emergency care to a victim in need, and then ceases without proper cause.
a. True
b. False
- 9) It is always advisable that anyone that cannot swim well should wear a U.S. Coast Guard approved life jacket in and around the water.
a. True
b. False
- 10) Lifeguards should allow non-swimmers to use non-Coast Guard approved inflatables as a substitute for Coast Guard approved floatation devices.
a. True
b. False
- 11) A lifeguard has a responsibility to courteously inform patrons about the safety rules of the facility and to instruct patrons on how to behave to best protect against accident or injury.
a. True
b. False
- 12) If a lifeguard behaves timidly, patrons, especially children and teenagers, are more likely to take advantage of the lifeguard's lack of confidence and disobey facility safety rules, thereby making the lifeguard's job of enforcing safety rules much more difficult.
a. True
b. False
- 13) A lifeguard or management should conduct and document a facility safety check before the beginning of each lifeguard shift and at closing.
a. True
b. False

- 14) The lifeguard's highest priority is the protection and safety of the patrons in the swimming area.
- a. True
b. False
- 15) Given that active surveillance is the lifeguard's most effective tool to prevent patron accidents and injuries, the lifeguard will devote the majority of his/her time to active surveillance.
- a. True
b. False
- 16) It is imperative that the lifeguard understands the behaviors which suggest a patron is in distress.
- a. True
b. False
- 17) There is an array of illnesses that can suddenly befall a swimmer, which can put the swimmer into immediate risk of drowning. These afflictions are called *Sudden Illnesses*.
- a. True
b. False
- 18) The entrances and exits from the water do not present serious hazards for swimmers.
- a. True
b. False
- 19) In most Department of Health jurisdictions it is required that a lifeguard be able to clearly see to the bottom of the swimming pool that he/she is supervising. If the lifeguard cannot see to the bottom of the pool, the Department of Health will likely declare the pool unsafe because a lifeguard cannot easily identify a victim on the bottom of the pool.
- a. True
b. False
- 20) The lifeguard must be aware of all changing hazards that can impact the safety of a swimming area, and make the necessary adjustments to eliminate the risk to patron safety at the onset of the hazard.
- a. True
b. False
- 21) For scanning to be effective, a lifeguard does not need to be active during the process. A lifeguard should just passively watch patrons in the water.
- a. True
b. False
- 22) The lifeguard must never let patrons, who are attempting conversation or interaction with the lifeguard, distract him/her or compromise the quality of supervision that the lifeguard is providing to his/her area of responsibility.
- a. True
b. False
- 23) Lifeguards must remember that during rotations and/or any transfer of the rescue tube, all lifeguards must maintain patron surveillance throughout the entire process and at all times while on duty.
- a. True
b. False
- 24) The employer of a lifeguard should publish and make available facility operating procedures, such as an opening closing procedures, daily operating procedures, and an Emergency Action Plan (EAP).
- a. True
b. False

- 25) A lifeguard should frequently refresh his/her lifeguard skills and knowledge, frequently inspect the condition of all rescue equipment at the lifeguard's jobsite, and frequently practice his/her employer's emergency response procedures.
- a. True
b. False
- 26) Moving an individual's injured head, neck or back will never aggravate the injury or cause further harm.
- a. True
b. False
- 27) Allowing the lifeguard to hold and stabilize the victim's head (also known as in-line stabilization), will support and immobilize the victim's head, neck and back and prevent exacerbating any injuries.
- a. True
b. False
- 28) If vomiting occurs while the victim is on a backboard, roll the victim and backboard to the victim's left side and use your finger clear the victim's mouth of any residual vomit.
- a. True
b. False
- 29) A concussion is a temporary impairment of brain function resulting from an impact to the head. If promptly treated with proper medical care, it does not usually result in permanent brain damage.
- a. True
b. False
- 30) Even if the instructor of the aquatic activity (i.e., swim coach, swim instructor, scuba instructor, water aerobics instructor, etc.) is a certified lifeguard, there should also be a lifeguard on duty monitoring the swimmers in the water.
- a. True
b. False
- 31) The acronym F.A.S.T. helps in identifying a stroke, where:
F = Facial Droop;
A = Arm Drift;
S = Speech; and,
T = Time.
- a. True
b. False
- 32) The five steps of the Chain of Survival are:
- (1) Early Recognition of Danger;
(2) Early Activation of EMS;
(3) Early CPR;
(4) Early Defibrillation; and,
(5) Early Advanced Care.
- a. True
b. False
- 33) The proper position of a rescue mask on a victim includes:
- (1) Place mask over victim's nose & mouth
(2) Wide end across chin & pointy end between eyebrows (reverse mask position for an infant);
(3) Press the mask firmly and evenly on to victim's face; and,
(4) Prevent air from seeping out from the sides of the mask.
- a. True
b. False

- 34) The 5 steps of rescue breathing include all of the following:
- (1) Check the Scene for Safety;
 - (2) Check the Victim for Consciousness;
 - (3) Activated EMS;
 - (4) Check for Pulse; and,
 - (5) Begin Rescue Breaths.
- a. [True](#)
b. False
- 35) When activating EMS, the caller should tell the EMS operator:
- (1) The location of the victim;
 - (2) How many people are injured;
 - (3) The extent of the injuries; and,
 - (4) What emergency medical treatment is being provided to the victim(s).
- a. [True](#)
b. False
- 36) When checking a victim's pulse:
- (1) Check the pulse of an adult or child on the carotid artery located on the side of the neck; and,
 - (2) Check the pulse of an infant on the brachial artery located on the inside of the upper arm.
- a. [True](#)
b. False
- 37) When delivering rescue breaths to a victim:
- (1) For Adult Victims – Deliver 1 rescue breath every 5 seconds;
 - (2) For Child Victims – Deliver 1 rescue breath every 3 seconds; and,
 - (3) For Infant Victims – Deliver 1 rescue breaths every 3 seconds.
- a. [True](#)
b. False
- 38) Agonal respirations are considered normal breathing.
- Agonal breaths are characterized as occasional gasps that cause the victim's chest to rise.
- a. True
b. [False](#)
- 39) When performing one rescuer CPR on an adult, child or infant perform chest compressions to breaths at a ratio of 60:5.
- a. True
b. [False](#)
- 40) When a single rescuer is delivering 30 CPR chest compressions to an adult victim:
- (1) Place the heel of your hand of your dominant hand on the center of the victim's chest between the victim's nipples;
 - (2) Place your other hand on top of your dominant hand to deliver more force with each compression;
 - (3) Compress the victim's chest 2.0-2.4 inches deep (1/3 the depth of the chest); and,
 - (4) Allow the chest to fully recoil before each subsequent compression.
- a. [True](#)
b. False

- 41) When a single rescuer is delivering 30 CPR chest compressions to a child victim:
- (1) Place the heel of your dominant hand on the center of the victim's chest between the victim's nipples;
 - (2) You may place your other hand on top of your dominant hand to deliver more force with each compression, if necessary [if you are particularly strong or the victim is particularly small, you may opt to use only your dominant hand to deliver chest compressions on the victim];
 - (3) Compress the victim's chest 1/3 the depth of the chest; and,
 - (4) Allow the chest to fully recoil before each subsequent compression.
- a. [True](#)
b. False
- 42) When a single rescuer is delivering 30 CPR chest compressions to an infant victim:
- (1) Place two fingers on the center of the victim's chest between the victim's nipples;
 - (2) Compress the victim's chest 1/3 the depth of the chest [You will not need to exert much force to compress the infant's chest]; and,
 - (3) Allow the chest to fully recoil before each subsequent compression.
- a. [True](#)
b. False
- 43) Open the CPR victim's airway using the Head Tilt-Chin Lift.
- To perform the Head Tilt-Chin Lift maneuver, place one hand on the victim's forehead and one hand under the victim's chin.
- Then rotate the victim's head back, so that the victim's chin lifts up, and the victim's throat becomes elongated and exposed.
- a. [True](#)
b. False
- 44) Before delivering rescue breaths to a CPR victim, look in the victim's mouth and ensure the airway is clear.
- If you see any foreign object, use your finger to push the object back down the victim's throat.
- a. True
b. [False](#)
- 45) In a CPR emergency deliver rescue breaths to a victim in the following sequence:
- (1) Properly position the rescue mask or face shield on the victim;
 - (2) Give 1 rescue breath (approximately 1 second breath that makes the victim's chest rise);
 - (3) Pause for 5 seconds between rescue breaths; and,
 - (4) Give a 2nd rescue breath (approximately 1 second breath that makes the victim's chest rise), which completes one set of 2 rescue breaths.
- a. [True](#)
b. False
- 46) Once you have delivered one CPR cycle of 30 chest compressions and 2 rescue breaths, continue performing CPR cycles of 30 compressions to 2 breaths without any interruption, until:
- (1) An AED becomes available;
 - (2) Advanced medical personnel relieve you;
 - (3) The victim exhibits signs of life;
 - (4) The scene becomes too unsafe to continue CPR; or,
 - (5) You become too exhausted to continue CPR.
- a. [True](#)
b. False

- 47) The basic general steps of CPR require the rescuer to:
- (1) Check the scene for safety;
 - (2) Check the victim for responsiveness;
 - (3) Activate EMS;
 - (4) Check for pulse and breathing;
 - (5) Deliver chest compressions (compress 1/3 depth of chest at a rate of 100-120 compressions per minute, and allow victim's chest to fully recoil before each compression);
 - (6) Open the victim's airway;
 - (7) Deliver rescue breaths; and,
 - (8) Repeat CPR cycles (30 compressions to 2 breaths).
- a. True
b. False
- 48) The purpose of the AED is to automatically determine if a victim needs an electrical shock in an effort to restart the victim's heart or if the victim needs an electrical shock to put the victim's heart back into normal rhythm.
- a. True
b. False
- 49) Early defibrillation dramatically decreases victim survival rates. Each minute that defibrillation is delayed the chance of survival drastically increases. After 10 minutes there is a very great chance to successfully resuscitate the victim.
- a. True
b. False
- 50) To operate the AED, follow these basic steps:
- (1) Turn on the AED;
 - (2) Remove victim's clothing above the waist;
 - (3) Position AED pads on victim's chest;
 - (4) Press down on AED pads;
 - (5) Listen to AED commands;
 - (6) Stand clear of victim while AED is analyzing the victim's heart rhythm;
 - (7) Shout "Clear" if AED announces "Shock Advised. Charging..."
 - (8) Shock the victim if the AED advises it;
 - (9) Perform CPR;
 - (10) If you are a single rescuer, deliver CPR cycles of 30 compressions to 2 rescue breaths, until you observe signs of life; and,
 - (11) Let the AED reanalyze the victim's heart rhythm.
- a. True
b. False
- 51) As a rescuer trained in first aid basics, the most important actions you can take are to recognize an emergency and call (EMS or 911) for help, and calmly and clearly tell the operator the important details of the emergency.
- a. True
b. False
- 52) When providing first aid care, if you are nervous or do not know how to help the victim, you should never ask the EMS or 911 operator for guidance.
- a. True
b. False

53) The steps to remove first aid safety gloves are:

- (1) Pinch the glove;
- (2) Pull pinched glove toward fingers;
- (3) Do not yank on glove;
- (4) Peel glove off your hand;
- (5) Ball up and hold removed glove;
- (6) Pinch the inside of the glove you are still wearing;
- (7) While pulling the glove off, roll it inside-out; and,
- (8) Discard gloves properly.

- a. True
b. False

54) If you are expected to provide first aid care as part of your job responsibilities, do not regularly inspect the first aid kits at your place of employment and do not check to see if the first aid kits are properly stocked with the required items.

- a. True
b. False

55) As a lifeguard, you must be aware that sudden illnesses, accidents, and injuries can start abruptly with little warning, and quickly cause life-threatening breathing problems.

Examples of several sudden illnesses, accidents, and injuries that can cause life-threatening breathing problems include:

- (1) Choking on a foreign object;
- (2) Heart attack;
- (3) Stroke;
- (4) Allergic reaction;
- (5) Asthma;
- (6) Lung injuries; and,
- (7) Drowning.

- a. True
b. False

56) When performing rescue breaths:

For adult victims – deliver 1 rescue breath every 10 seconds.

For child victims – deliver 1 rescue breath every 7 seconds.

For infant victims – deliver 1 rescue breath every 8 seconds.

- a. True
b. False

57) The following are the steps to aid a conscious choking victim (adult or child):

- (1) Stand behind the victim;
- (2) Turn your head to the side;
- (3) Position your lead foot between the victim's feet;
- (4) Position your rear foot about 1-2 feet behind you to provide you support in the event the victim loses consciousness and falls back into your arms;
- (5) Make a fist;
- (6) Place your other hand on top of your fist;
- (7) Deliver abdominal thrusts; and,
- (8) Continue abdominal thrusts, until the victim expels the foreign object or the victim loses consciousness.

- a. True
b. False

58) Severe allergic reactions from insects, medications, foods, plants, and animals can come on suddenly and be life-threatening. Severe allergic reaction symptoms often include:

- (1) Redness or itchiness;
- (2) Swelling;
- (3) Swelling of the tongue or face;
- (4) Skin discoloration;
- (5) Itchy throat;
- (6) Coughing or other breathing difficulty;
- (7) Loss of consciousness; and,
- (8) Shock.

- a. True
b. False

59) **Victims experiencing a heart attack often exhibit some of the following signs and symptoms:**

(1) Chest discomfort – pressure and/or tightness that may radiate to jaw and arms.

(2) Nausea;

(3) Sweating;

(4) Shortness of breath;

(5) Denial; and/or,

(6) Feeling of weakness.

a. True

b. False

60) **Victims experiencing a stroke often exhibit some of the following signs and symptoms:**

(1) Numbness or weakness of the face, arm or leg; especially on one side of the body;

(2) Confusion, difficulty speaking or understanding;

(3) Difficulty walking, dizziness, loss of balance or coordination; and,

(4) Severe headache with no known cause.

a. True

b. False