

AMERICAN RED CROSS LIFEGUARDING WITH CPR/AED FOR PROFESSIONAL RESCUERS AND FIRST AID

STUDY GUIDE & CHEAT SHEET

1. What are the primary and secondary responsibilities of a lifeguard?

PRIMARY: Actively scanning their zone, enforcing rules, providing emergency care, inspecting the facility prior to opening.

SECONDARY: Water chemistry, providing first aid, cleaning assignments, etc.

2. What materials or equipment should a lifeguard have while on surveillance duty?

Rescue tube, hip-pack with non-latex or nitrile gloves, resuscitation mask, and a whistle.

3. How long should it take a lifeguard to recognize, respond, reach, and extricate a victim in the farthest and deepest part of their zone?

10 seconds = Recognition | 30 = Recognize and Reach | 90-120 seconds = Extricate

4. What is the difference between a facility safety team and an emergency action plan?

Facility Safety Team: Care providers that are trained at the level of the lifeguarding staff

Emergency Action Plan: procedures and guidelines of what to do in an emergency and assigns staff roles on how to respond properly.

5. What is the objective of the facility safety team?

To assist the lifeguards in providing facility safety and emergency care.

6. What is the difference between Total, Zone, and Back-up coverage?

Total: One lifeguard covering the pool

Zone: Two or more lifeguards covering the pool with overlapping zones

Back-up: When a lifeguard jumps in for a rescue and other lifeguards need to cover their zone

7. What is the first thing you should do when you come in contact with a victim on land?

Size-up the scene and form an initial impression.

8. You're providing care to a conscious choking victim and they suddenly collapse, what should you do next?

Lower them to the ground and immediately begin CPR starting with compressions.

9. You're coming up to a conscious victim and after sizing up the scene what should you do next?

Obtain consent

10. When performing CPR your compressions should be at how many beats per minute?

100-120 beats per minute

11. Where do the AED pads go on the body?

Upper right and lower left of the victim's chest (referring to anatomical position)

12. If the AED pads risk touching one another where do they go?

On the center of the chest and one of the center of the back. Typically for infants and small children.

13. When giving chest compressions how far do you compress the chest?

Adult: 2-2.4 inches

Child: About 2 inches

Infant: About 1 ½ inches

14. You removed an unconscious victim from the water, you sized-up the scene and they have no pulse and aren't breathing. What should you do next?

Administer 2 initial ventilations

15. What is a simple way for a lifeguard to determine whether their patron should be treated like a spinal victim?

They were involved in a high risk high impact activity and the lifeguard witnessed it.

16. What is a sign that a victim has been involved in a high risk/high impact activity?

Bleeding from the nose or ears and/or vomiting.

17. You spot a spinal victim in the shallow end of the pool and when you approach them they appear to be unresponsive and not breathing. What should you do?

Remove them from the water as if they were a passive victim using the backboard at pool edge technique and provide appropriate care.

18. After you removed a responsive spinal victim from the water, what should you do next?

Make sure 9-1-1 has been called and perform a secondary assessment while ensuring the victim is warm and dry.

19. What are the two spinal immobilization techniques a lifeguard can use for a victim in the water?

Head splint and head chin

20. When backboarding a spinal victim, how should a lifeguard's hands be placed if using the head splint technique?

Over-arm

21. What is the difference between a distressed, active and passive drowning victim?

Distressed: can call out for help, cannot seem to make forward progress

Active: cannot call out for help, flailing arms, typically vertical in the water, and can be at or slightly below the surface.

Passive: unresponsive, can be horizontal or vertical, can be at, below or near the surface

22. What should a lifeguard use to protect themselves from bloodborne pathogens?

Wear the proper PPE (i.e., gloves, pocket mask, gown, safety glasses)

23. What is an AFR?

Accidental Fecal Release that requires immediate water treatment.

24. When protocol should lifeguards use when administering swim tests?

Water Competency Sequence

25. What is the difference between Negligence and Good Samaritan laws?

Negligence: being liable for responding improperly to an emergency, not responding within your scope of practice and or not responding at all.

Good Samaritan Laws: someone who provides emergency or first aid care in good faith that seeks no form of compensation.

26. During a lifeguard's 10-second scan they notice an active victim struggling in the 10ft. prior to making entry what should the lifeguard do?

Activate the emergency action plan

27. What are the distressed and active victim water rescues?

Simple Assist, Reaching Assist, Active Front, Active Rear, Multiple Victim Rescue

28. What are the passive victim water rescues? Not including submerged rescues.

Passive Front (J-Hook), Passive Rear, and Passive on the Surface face up

29. What are the submerged water rescues?

Passive Submerged in Shallow and Passive Submerged in Deep

30. When should we place a victim in the Recovery position?

When we need to leave for any reason or the victim becomes responsive and we need to monitor their condition.

Primary Assessment = Life threatening injuries/condition

1. Size-up the scene, PPE
2. Check for responsiveness (shout-tap-shout method)
3. Call 9-1-1
4. Check pulse (Carotid for Adult and Child and Brachial for Infants)
5. Perform life saving care.
 - a. **CPR = No Pulse and No Breathing**
 - b. **Rescue Breathing = Pulse and No Breathing**
 - c. If your victim is the result of a drowning administer **2-initial ventilations**

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| CPR – One Person Adult & Child 30/2 | CPR – One Person Infant 30/2 Two finger method |
| CPR – Two Person Adult 30/2 Switch every 5 cycles or AED | CPR – Two Person Child 15/2 Switch every 8 cycles or AED |
| CPR – Two Person Infant 15/2 Encircling Thumbs method and switch every 8 cycles or AED | CPR - Obstructed Airway 30/2 Prior to giving the breaths, check the mouth. |

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| Rescue Breathing – Adult <i>1 Breath every 5-6 Seconds</i> Counting: Cycle #, 1-one thousand, 2-one thousand, 3-one thousand, breath.... 24 CYCLES | Rescue Breathing – Child & Infant <i>1 Breath every 3-4 seconds</i> Counting: Cycle #, 1-one thousand, 2-one thousand, breath.... 40 CYCLES |
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| SAMPLE: Secondary Assessment S – Signs and Symptoms A – Allergies M – Medications P = Pertinent Past Medical History L = Last Oral Intake E = Events Leading Up | FAST: Stroke Victims F – Face A – Arms S – Speech T – Time RICE: Musculoskeletal Injuries R - Rest I - Immobilize C - Cold E - Elevate |
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5 Reasons to Stop CPR:

1. Obvious signs of life.
2. AED is available and ready to use.
3. You become too tired.
4. Scene becomes unsafe.
5. Equal or higher trained personnel respond and take over.

AED = Automated External Defibrillator

1. Turn-on
2. Apply Pads (upper right, lower left of the victim's chest)
3. Plug in connector (if plugged in skip this step)
4. Analyzing

| Cardiac Chain of Survival - Adults | Cardiac Chain of Survival - Pediatric |
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| <ol style="list-style-type: none">1. Recognition2. Early CPR3. Early Defibrillation4. Advanced Life Support5. Integrated Post Cardiac Arrest Care | <ol style="list-style-type: none">1. Early CPR2. Early Defibrillation3. Recognition (CALL 9-1-1)4. Advanced Life Support5. Integrated Post Cardiac Arrest Care |

Key Terms and Vocabulary

AED: Automated External Defibrillator

AFR: Accidental Fecal Release

BBP: Bloodborne Pathogen (HEP B, HEP C, and HIV)

BVM: Bag Valve Mask

CPR: Cardiopulmonary Resuscitation

EAP: Emergency Action Plan – Chain of events during an emergency.

EMS: Emergency Medical Services

Facility Safety Team: Staffers trained to the ability of a lifeguard (CPR-PR).

LOC: Level of Consciousness

Navel: Belly Button

PPE: Personal Protective Equipment – Non latex or vinyl gloves, etc.