
RED CROSS LIFEGUARD WRITTEN TEST correctly to pass

Guidelines for effective scanning include... - correct answer scanning your zone, staying focused, maintaining active posture, searching the entire volume of water and moving your head and eyes.

How long does it take for brain damage, or even death, to occur once a victim is drowning? - correct answer 4-6 minutes

How long does it take for cardiac arrest to occur once a victim is drowning? - correct answer 3 minutes

How long does your lifeguard certification last? - correct answer 2 years

When asking for consent, state the following... - correct answer your name, your skill level, ask permission to aide, explain what you think is wrong, explain your care and plan

What are some secondary responsibilities of a lifeguard? - correct answer testing chemicals, assisting patrons with safety equipment, performing opening/closing duties, cleaning the facility and completing reports/records

What are some primary responsibilities of a lifeguard? - correct answer monitor activities in facility, prevent injuries, enforcing rules, recognizing and responding quickly to an emergency, administering CPR and giving care and working as a team

What are the characteristics of a professional lifeguard? - correct answer knowledgeable/skilled, reliable, mature, courteous/consistent, positive, professional and health/fit

What are some common pool rules? - correct answer 1. swim when there is a lifeguard on duty

2. swim diapers are worn if needed
3. don't swim with an open/infected wound
4. obey lifeguard instructions
5. no breath holding games (hyperventilation)
6. no sitting/playing by drains
7. dive in specific areas
8. no glass
9. no drugs or alcoholic beverages.

What equipment should be easily reached at a facility? - correct answer AED

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