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## **Red Cross Lifeguarding Practice Test 2023 with Complete Solutions**

CPR Should be performed on a victim who is... - ANSWER In Cardiac Arrest or unconscious with an obstructed airway.

After an AED says "No Shock Advised," it is best to... - ANSWER Perform CPR for about 2 minutes.

When giving chest compressions to an adult, how do you position your hands? - ANSWER Heel of one hand on the center of the chest with the other hand on top.

Once you have turned on the AED, you should... - ANSWER Apply the pads and allow the AED to analyze the heart rhythm.

When providing care to a conscious infant who is choking, it is most appropriate to... - ANSWER Position the infant so the head is lower than the chest.

The cycle of chest compressions and ventilations in two-rescuer CPR for an infant is... - ANSWER 15 chest compressions and 2 ventilations.

The purpose of a secondary assessment is to... - ANSWER Identify and care for conditions that are not life threatening.

When giving a primary ventilation to an adult who is unconscious and not breathing, you notice the chest is not rising. What should you do next? - ANSWER Re-tilt the head and attempt another ventilation.

After summoning EMS for a victim who is conscious and bleeding severely, and after obtaining consent and putting on gloves, what should you do next? - ANSWER Press firmly against the wound with a sterile dressing and apply bandaging.

The bleachers at a swim meet suddenly collapse. Out of all the symptoms in the crowd, you should first care for... - ANSWER An unconscious victim.

A victim has slurred speech, cannot lift their right arm level with the left, is unable to smile and half her face is drooping. What would you assume has happened? - ANSWER A stroke.

As the only lifeguard performing CPR on an 7-year old, you would perform cycles of... - ANSWER 30 chest compressions and 2 ventilations.

# 14 Redcross Lifeguarding Test Review Sheet

**RD Boyd**



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