

# **RED CROSS LIFEGUARDING TEST COMPLETE QUESTIONS WITH ANSWERS**

**CPR Should be performed on a victim who is...**

In Cardiac Arrest. An unconscious victim with an obstructed airway has similar steps but the process is not called CPR

**C.A.B. What does it stand for and when is it used?**

Circulation, Airway, Breathing.

Chest compressions (30). Airway (open). Breaths (2)

Used for CPR

**Rate of chest compressions during CPR?**

100 BPM (Roughly the tempo of the song "Staying Alive" by the BeeGees. Ironically, it is also the tempo of "Another One Bites The Dust" by Queen.

**You are performing CPR when a second lifeguard arrives. What is most appropriate for the second lifeguard to do first?**

Check to see whether EMS personell have been called.

**After an AED says "No Shock Advised," it is best to...**

Perform CPR for about 2 minutes.

**Adult chest compressions, how do you position your hands?**

Heel of one hand on the center of the chest with the other hand on top.

**As the only lifeguard performing CPR on an 7-year old, you would perform cycles of...**

30 chest compressions and 2 ventilations.

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

15 chest compressions and 2 ventilations.

**Hand placement for CPR for an:**

**Adult, Child, Infant**

Adult and child: Heel of one hand in center of chest (on lower half of sternum) with the other hand on top

Infant: 2-3 fingers on center of chest (just below nipple line)

**Process of using AED**

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**Educational Testing Group**



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