

# Lifeguard certification Test: Red Cross Exam with Correct Answers 2024/2025

How can you best protect yourself from possible bloodborne pathogen transmission when providing care?

- a. Ask the victim first if they have any communicable diseases.
- b. Thoroughly wash your hands before providing care.
- c. Use first aid supplies, such as dressings and bandages, as a barrier when in contact with the victim.
- d. Use personal protective equipment (PPE), such as disposable gloves and a breathing barrier, when providing care. - CORRECT ANSWER-D

A 12-year-old child at a swim meet grabs their chest and begins to make wheezing noises. After you obtain consent to provide care, the child's parent informs you that the child has a history of asthma, but does not have an inhaler nearby. What care should you provide?

- a. Give 5 back blows.
- b. Summon more advanced medical personnel and place the victim into a position that helps breathing.
- c. Tell the victim to use an inhaler borrowed from a bystander.
- d. Wait 20 minutes to see if the breathing difficulty goes away. - CORRECT ANSWER-B

Your initial impression of a victim is based on:

- a. The victim's initial vital signs.
- b. How the victim appears to you as you size up the scene.
- c. The victim's SAMPLE history.
- d. What you have been told about the victim. - CORRECT ANSWER-B

You and another lifeguard find an unresponsive adult on the floor in the locker room. You activate your facility's EAP, size-up the scene, form an initial impression and perform a primary assessment. You find the victim is not moving or breathing, but has a pulse. You should summon EMS personnel, then:

- a. Give ventilations at a rate of 1 about every 5-6 seconds.
- b. Give back blows and chest thrusts.
- c. Give quick breaths at the rate of 20 to 40 a minute.
- d. Perform CPR. - CORRECT ANSWER-A

You arrive on the scene where a patron appears to be injured. Before approaching the victim, which of the following will you NOT do as you size-up the scene?

- a. Begin performing the primary assessment.
- b. Use all your senses to determine if the scene is safe.

# 2014 Red Cross Lifeguard Written Test Manual

**Educational Testing Group**

## 2014 Red Cross Lifegurad Written Test Manual:

El-Hi Textbooks and Serials in Print ,1986      **American Red Cross Lifeguard Training Instructor's Manual**  
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American National Red Cross,2023-12-31      American Red Cross Lifeguarding Instructor's Manual ,2007      **American Red Cross Lifeguarding** ,1990 This text is intended as a guide for lifeguards for lifeguard training instructors and for managers of aquatic facilities who want to establish a system for selecting training and using lifeguards This text focuses on the skills and knowledge an individual requires to properly assume lifeguarding responsibilities at a swimming pool water park or a protected nonsurf open water beach This text emphasizes that additional training will need to be provided by aquatic facilities where lifeguards are employed Chap 1      **American Red Cross Lifeguarding** ,1995      **Lifeguarding Manual** American Red Cross,2016      *American Red Cross Lifeguarding Manual* American Red Cross,2012-01-05 As the number of community pools and waterparks grows nationwide participation in aquatic activities is also growing Lifeguards must receive proper and effective training and maintain their skills to ensure their ability to work effective with others as a part of a lifeguard team This manual will supplement your in service training to keep your knowledge and skills sharp

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