

d. Put on appropriate PPE. {{Ans- A

When providing care during an emergency, which of the following should you do first?

- a. Size-up the scene while forming an initial impression.
- b. Check for responsiveness.
- c. Perform a primary assessment.
- d. Summon more advanced medical personnel. {{Ans- A

As the first rescuer on the scene, you are performing CPR on an adult. When performing chest compressions, how deeply should you compress the chest?

- a. About 2 inches
- b. At least 2 inches but no more than 2.4 inches
- c. About 1½ inches
- d. At least 1 inch but no more than 2 inches {{Ans- B

CPR should be performed on which of the following victims?

- a. One who is in cardiac arrest
- b. One who is conscious and is choking
- c. One who is experiencing difficulty breathing
- d. One who responds to painful stimuli {{Ans- A

What is the first step of the Adult Cardiac Chain of Survival?

- a. Early CPR to keep oxygen-rich blood flowing and to help delay brain damage and death.
- b. Early defibrillation to help restore an effective heart rhythm and significantly increase the Victim's chance for survival.
- c. Advanced life support using advanced medical personnel who can provide the proper tools and medication needed to continue the lifesaving care.
- d. Recognition of a cardiac emergency and activation of the emergency response system. {{Ans- D

You are providing care to a victim suspected of having a heart attack. Which of the following would you do first?

- a. Summon EMS personnel.
- b. Loosen any tight clothing.
- c. Monitor the victim's appearance.
- d. Provide comfort to the victim. {{Ans- A

Once you have turned on the automated external defibrillator (AED), you should:

- a. Check for breathing.
- b. Give abdominal thrusts.
- c. Apply the pads and allow the AED to analyze the heart rhythm.
- d. Give chest compressions. {{Ans- C



# Lifeguard Test Study Guide

**G Thomas**

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

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## **Table of Contents Lifeguard Test Study Guide**

1. Understanding the eBook Lifeguard Test Study Guide
  - The Rise of Digital Reading Lifeguard Test Study Guide
  - Advantages of eBooks Over Traditional Books
2. Identifying Lifeguard Test Study Guide
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Lifeguard Test Study Guide
  - User-Friendly Interface
4. Exploring eBook Recommendations from Lifeguard Test Study Guide
  - Personalized Recommendations
  - Lifeguard Test Study Guide User Reviews and Ratings

- Lifeguard Test Study Guide and Bestseller Lists
- 5. Accessing Lifeguard Test Study Guide Free and Paid eBooks
  - Lifeguard Test Study Guide Public Domain eBooks
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  - Lifeguard Test Study Guide Budget-Friendly Options
- 6. Navigating Lifeguard Test Study Guide eBook Formats
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  - Lifeguard Test Study Guide Enhanced eBook Features
- 7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Lifeguard Test Study Guide
  - Highlighting and Note-Taking Lifeguard Test Study Guide
  - Interactive Elements Lifeguard Test Study Guide
- 8. Staying Engaged with Lifeguard Test Study Guide
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Lifeguard Test Study Guide
- 9. Balancing eBooks and Physical Books Lifeguard Test Study Guide
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Lifeguard Test Study Guide
- 10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
- 11. Cultivating a Reading Routine Lifeguard Test Study Guide
  - Setting Reading Goals Lifeguard Test Study Guide
  - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Lifeguard Test Study Guide
  - Fact-Checking eBook Content of Lifeguard Test Study Guide
  - Distinguishing Credible Sources

13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development
  - Exploring Educational eBooks
14. Embracing eBook Trends
  - Integration of Multimedia Elements
  - Interactive and Gamified eBooks

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