



FINAL WRITTEN EXAM – VERSION A

(Revised 2018)

Please do NOT write on this test; clearly mark your answer on the answer sheet provided. All candidates must answer all questions. Select the answer that is MOST accurate.

1. How do you treat a guest that has become overheated?
 - a. Remove any heavy or restrictive clothing
 - b. Provide cool water or a commercial sports drink (about half a glass every 15 minutes) if the guest is alert and not nauseous
 - c. Fan the guest and apply cool, wet towels, or sheets
 - d. All of the above

2. Which of the following are considered steps of the primary check?
 - a. Check for pulse and breathing
 - b. Check for bleeding
 - c. Check for broken bones
 - d. Check for medical alert tags

3. What does 10/20 scanning mean?
 - a. A zone of protection that is no greater than 10 yards wide and 20 yards long
 - b. A guideline that allows the lifeguard 10 seconds to scan left to right and 20 seconds to scan top to bottom
 - c. 10 seconds to recognize a guest in distress and an additional 20 seconds to reach the guest
 - d. A ratio for adult CPR, which requires 10 breaths for every 20 chest compressions

4. When performing CPR on a child or infant with two or more lifeguards the ratio of compressions to breaths is:
 - a. 15 compressions to 2 breaths
 - b. 5 compressions to 1 breath
 - c. 30 compressions to 2 breaths
 - d. 10 compressions to 20 breaths

5. A guest sinks below the surface into unconsciousness without a struggle. This is known as what?
 - a. Wet drowning
 - b. Active drowning
 - c. Passive drowning
 - d. Dry drowning



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6. What is an example of an “assist”?
 - a. Extending a rescue tube to a guest and pulling them to the side of the pool while maintaining 10/20 Protection
 - b. Entering the water to help another lifeguard with a rescue
 - c. Performing a secondary check while another lifeguard conducts a primary check
 - d. Calming down a family member while lifeguards perform CPR

7. A lifeguard in the water signaling with a raised, clenched fist is requesting:
 - a. A break
 - b. A lifeguard to “watch my zone”
 - c. Assistance from another lifeguard
 - d. To stop dispatch on the slide

8. When a lifeguard provides breaths for a non-breathing guest, that lifeguard is performing:
 - a. Abdominal thrusts
 - b. Cardiopulmonary Resuscitation or CPR
 - c. Rescue breathing
 - d. A spontaneous breath check

9. When using a resuscitation mask, the most common problem rescuers face is:
 - a. Counting the number of seconds between breaths
 - b. Maintaining a proper seal and open airway
 - c. Finding a secondary guard to assist
 - d. All of the above

10. What is the correct ratio for rescue breathing on a child?
 - a. One rescue breath every 5 seconds
 - b. One rescue breath every 3 seconds
 - c. Two rescue breaths every 15 seconds
 - d. Two rescue breaths every 30 seconds

11. What is the proper response for an adult guest who is conscious, standing, grasping at his throat and unable to talk or breathe?
 - a. Get the guest to lie down and then perform chest thrusts until the object is removed or the guest becomes unconscious
 - b. Provide 5 back blows, followed by 5 chest thrusts repeatedly until the object is removed
 - c. Encourage the guest to continue coughing until the object is removed or the guest becomes unconscious
 - d. Perform the Heimlich maneuver until the object is removed or the guest becomes unconscious



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12. Identify the **INCORRECT** treatment for burns:
- Remove any jewelry or smoldering clothing
 - Activate your EAP to summon EMS personnel for chemical burns, electrical burns, or thermal burns
 - Apply warm water
 - If the burn is from a wet chemical, flush it with a large, continuous flow of water. If the chemical is a dry powder, brush the powder from the skin before flushing
13. For a conscious, choking **infant** who is unable to cry or breathe, you should:
- Perform abdominal thrusts until the object is removed or the infant becomes unconscious
 - Lay the infant down and then perform chest thrusts until the object is removed
 - Encourage the infant to continue coughing until the object is removed or the infant becomes unconscious
 - Provide 5 back blows, followed by 5 chest thrusts repeatedly until the object is removed or the infant becomes unconscious
14. When performing chest compressions on an **infant**, the proper placement for your fingers or thumbs is:
- Just above the nipple line
 - Directly on the nipple line
 - Just below the xiphoid process
 - Just below the nipple line
15. When using a Bag Valve Mask (BVM), it is important to:
- Squeeze the bag hard enough to get all of the air out of the bag
 - Squeeze the bag just enough to see visible chest rise
 - Provide one breath every 10 seconds
 - Provide two breaths every 30 seconds
16. A guest in distress is facing away from you, struggling on the surface of the water, you should use the:
- Rear hug rescue
 - Front drive rescue
 - Vise grip rescue
 - Squeeze play rescue
17. For a guest in distress who is beneath the surface of the water but still within arm's reach, you should use the:
- Rear hug rescue
 - Deep water rescue
 - Duck pluck rescue
 - Front drive rescue



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18. You suspect that a guest has been poisoned. The guest is conscious, vomiting, and has difficulty breathing. What should you do?
- Apply the AED
 - Start rescue breathing
 - Activate the EAP
 - All of the above
19. A technique in which you stabilize and support the guest's head and neck by tightly squeezing their arms against their head following a suspected spinal injury is known as the:
- Two-lifeguard rescue
 - Rapid extrication technique
 - Vise grip
 - Emergency Action Plan or EAP
20. To care for soft tissue injuries:
- Glove up, apply direct pressure, bandage the wound, and activate your EAP if bleeding cannot be controlled
 - Remove and replace blood-soaked gauze
 - Remove all embedded objects to prevent further injury
 - Keep amputated parts warm and moist
21. When one lifeguard is performing CPR on a **child** or **infant**, the ratio of compressions to breaths is:
- 15 compressions to 2 breaths
 - 30 compressions to 2 breaths
 - 5 compressions to 1 breath
 - 5 compressions to 2 breaths
22. If a guest is exhibiting signs of a severe allergic reaction, you should:
- Apply baking soda and water
 - Place ice packs at the armpits, groin, or sides of the neck
 - Perform abdominal thrusts
 - Activate the EAP and determine if the guest has medication for allergic reactions
23. All EA lifeguards are expected to:
- Maintain the "10/20 Protection Standard" at all times while lifeguarding
 - Be "test-ready" at all times
 - Demonstrate a professional image
 - All of the above



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24. During a lifeguard rotation, both lifeguards must:
- Catch up with each other
 - Allow uninterrupted 10/20 Protection Standard scanning of their Zone of Protection
 - Both incoming and outgoing lifeguards must perform a proactive bottom scan of the Zone of Protection
 - Only B and C
25. To help fight fatigue on stand, lifeguards should:
- Dance to the music
 - Change their scanning pattern and change their body position
 - Sleep a lot before work
 - Keep their shirt tucked in and look professional
26. When performing CPR on an **adult**, the ratio of compressions to breaths is:
- 15 compressions to 2 breaths
 - 5 compressions to 1 breath
 - 30 compressions to 2 breaths
 - 10 compressions to 20 breaths
27. If a guest is unresponsive in the water you should:
- Use a backboard to perform a quick and safe removal of the guest, known as a Rapid Extrication
 - Always use at least 5 straps before taking the guest out on a backboard
 - Make sure they have at least four lifeguards before removing the guest
 - All of the above
28. What is the fourth stage of drowning?
- Respiratory distress
 - Hypoxic convulsions
 - Surprise
 - Unconsciousness
29. When available, what device can be used to remove fluid/vomit from the guest's mouth?
- BVM
 - Manual Suction/V-Vac
 - AED
 - Resuscitation mask/Seal easy
30. Some examples of standard precautions are:
- Using personal protective equipment such as gloves and a resuscitation mask
 - Disposing of contaminated materials properly
 - Cleaning your hands immediately after properly removing gloves



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- d. All of the above
31. Scanning an area to make sure there are no sharp objects, dangerous environmental conditions, or hazardous materials present before assisting a distressed guest is known as:
- a. Surveying the scene
 - b. A primary check
 - c. A spontaneous breath check
 - d. A secondary check
32. The highest percentage of oxygen can be delivered to a non-breathing guest when using:
- a. A resuscitation mask and supplemental oxygen
 - b. A resuscitation mask, bag valve mask, and supplemental oxygen
 - c. A resuscitation mask and bag valve mask only
 - d. A resuscitation mask only
33. Which of the following statements are true about using an Automated External Defibrillator (AED):
- a. The chest should be dry and the guest should always be removed from free-standing water before the AED is used
 - b. Medication patches need to be removed if they are blocking proper placement of the AED pads
 - c. Rescuers should avoid placing the pads directly over implanted devices such as pacemakers and defibrillators whenever possible
 - d. All of the above
34. What are the two most important tools needed to prevent a drowning?
- a. A working AED and a rescue tube
 - b. Emergency action plan and a backboard
 - c. CPR and Rescue breathing
 - d. 10/20 and Vigilance
35. What occurs when the blood supply to the heart is severely reduced or stopped and the heart muscle tissue dies?
- a. Heart attack
 - b. Stroke
 - c. Seizure
 - d. Fainting
36. For an active guest who is on the surface of the water and is facing you, a recommended rescue technique is the:
- a. Front drive
 - b. Rapid extrication
 - c. Rear hug
 - d. B and C only



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37. Deformity, tenderness, swelling, bruising, and inability to move the affected area are all signs of:
- Muscle, bone, and joint injuries
 - Seizures
 - Shock
 - Asthma
38. You discover an adult guest who is lying on the ground and not moving. After surveying the scene, putting on gloves, and checking for responsiveness, what is the next step?
- Perform a secondary check
 - Begin rescue breathing
 - Try to find someone that is with the guest
 - Activate the EAP, then check for breathing and pulse
39. Where is the brachial artery located on an infant?
- Either side of the neck
 - The underside of the wrist
 - The inside of the upper arm
 - The leg alongside the femur
40. A lifeguard is performing CPR on a guest who begins to vomit, what position will prevent further injury and allow for passive drainage of fluids?
- The recovery position
 - The jaw-thrust with head tilt
 - The jaw-thrust without head tilt
 - The head tilt with chin-lift
41. Symptoms of stroke include:
- Weakness or numbness on one side of the body
 - Vision problems, problems speaking, and dizziness or loss of balance
 - Confusion and sudden severe headache
 - All of the above
42. Vigilance Awareness Training can come in the form of a:
- Silhouette
 - Mannequin
 - Live guest in distress
 - All of the above



43. Cardiopulmonary resuscitation (CPR) is:
- Designed to restart a heart
 - A combination of chest compressions and rescue breathing to help temporarily supply oxygen to the brain and “buy time” until more advanced medical care can be provided
 - Designed only to provide oxygen to the lungs
 - Only to be performed on guests who have a pulse but are not breathing
44. When performing chest compressions on **children** or **infants**, the proper depth to compress the chest is:
- Just enough to see visible chest rise
 - 1/3 of an **inch**
 - Always at least 2 inches
 - 1/3 of its **total depth**
45. Occasional, gasping breaths which are ineffective breaths are also known as:
- Hyperventilating
 - Artificial respirations
 - Agonal breaths
 - Rescue breathing
46. After determining that a guest has no pulse, you should:
- Place the guest in the recovery position
 - Begin rescue breathing
 - Begin CPR
 - Recheck the pulse for another 10 seconds
47. Which is true about shallow water blackout?
- It is a contributing factor to drowning
 - Hyperventilating before creates a false sense of the need to breath
 - Is common in competitive swimmers and young children (playing breath-holding games)
 - All of the above
48. While still in the water, an unconscious guest has been placed on a rescue tube. What should the lifeguard do next?
- Activate the EAP, perform a spontaneous breath check, place a resuscitation mask on the guest's face, open the airway and perform 2 breaths followed by rescue breathing until the guest can be removed from the water
 - Take spinal precautions by using at least 4-5 straps on the backboard to secure the guest before removal
 - Immediately use an AED
 - Perform a detailed secondary check



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49. Which is **NOT** a symptom of a heart attack?
- a. Chest discomfort
 - b. Itchy skin
 - c. Breathing difficulty
 - d. Dizziness
50. Which of these is **NOT** a type of heat emergency:
- a. Heat exhaustion
 - b. Heat cramps
 - c. Heat attack
 - d. Heat stroke