

The "Have-You-Been-Paying-Attention Page"

General Lifeguarding

1. What is the difference between intensive and extensive guarding?
2. Give 4 characteristics of an effective scan
3. Why do lifeguards do regular rotations while guarding?
4. What are the top 3 worst habits of lifeguards?
5. List 10 things a lifeguard should be watching for while scanning
6. What is the major principle of lifeguarding
7. List 4 ways lifeguards can communicate with each other while on deck
8. What is the most common thing lifeguards will deal with while working
9. List 6 principles/tips when dealing with a public relation incident.
10. Give 3 differences between a major and a minor emergency.
11. How do we justify doing contact rescues as a lifeguard?
12. What is the difference between a focal point and equipment location?
13. Describe 3 strategies lifeguards can use to prevent boredom and maintain alertness while scanning.
14. Where is the most neglected area of the pool during an average lifeguard's scan?

Drowning Physiology

15. What causes a dry drowning?
16. How long can it take someone to drown?
17. If pulmonary edema signs were to surface, what timeframe would they most likely show up in?
18. List 4 symptoms a patient should watch for following a drowning episode?
19. Give 2 ways a lifeguard can **assess** for secondary drowning
20. What causes pulmonary edema?
21. How would you treat a conscious patient with shortness of breath, and uncontrollable coughing following a drowning episode?

First Aid

22. Explain the relationship between the cervical area of the spinal cord and the diaphragm.
23. Describe how to properly disinfect a small cut (include what you would use)?
24. How long should pulse be checked for in an unconscious hypothermic patient before initiating CPR?
25. What are the first 2 actions a lifeguard should take when dealing with a nosebleed?
26. List 3 different types of gauze and when you would use each.
27. How would you treat a slightly confused patron who was in the sauna for 30 minutes, is red in the face, sweating profusely, and feeling nauseous?
28. How would you treat a maintenance worker who has splashed sodium hypochlorite (liquid chlorine) in his eyes?
29. How would you treat a maintenance worker who spilled calcium hypochlorite (granular chlorine) on her ungloved hand?
30. Describe how to bandage a large heat blister following 10 minutes of cooling?
31. Describe in detail 3 different ways to apply direct pressure to a large bleed.
32. What type of patient is characterized by a lowered LOC, hunger, a weak, rapid pulse, and confusion with potential aggression?
33. List 4 "assessment tests" to check for signs of a stroke/TIA.

34. Describe the steps to follow prior to the administration of an Epi-Pen?
35. Starting with the removal of the safety cap, outline the steps to administer an Epi-Pen?
36. What are 4 common causes of anaphylactic reactions?
37. What is the difference between a heart attack and an angina attack?
38. What medication is typically used for an angina attack?
39. What does the acronym RED stand for? When would use it?
40. Describe when and why indirect pressure may be used to control bleeding.
41. What should an adult who got cut outside by a rusty nail be educated about?
42. Describe the treatment for a needle prick. Assume the needle is no longer in the body.
43. Describe three ways to assess severity of a fracture/sprain.
44. How long should ice be applied on an injury?
45. True or False: Ice should never be applied directly to the skin.
46. What conditions could cause a patient to require assisted ventilations?
47. What is the difference between a lateral and a 3/4-prone/recovery position?
48. What is distal circulation?
49. Why is it so important to check distal circulation in any bone or joint injury?
50. How would you treat broken ribs?
51. What is the critical intervention for an open pneumothorax (sucking chest wound)?
52. What is the definitive treatment for an open pneumothorax (sucking chest wound)?
53. True or False: An unconscious diabetic patient should have be given sugar (MonoGel) in the side of their cheek.

CPR/Resuscitation

54. Describe the steps necessary for a patron in shallow water who is holding their throat and making a high pitch wheezing noise.
55. What is the ratio of compressions to breaths for all CPR patients?
56. What is the absolute maximum time to check for a pulse in an unconscious patient?
57. What steps should be taken if a non-breathing patient begins to vomit?
58. During AR, how long should each breath take? How often should these breaths be given?
59. When can you stop CPR (this includes reassessing patient) once you have started?
60. What device should be brought to the scene for all unconscious patients?
61. What is gastric distension?
62. Give 2 causes of gastric distension. How can you prevent these from occurring?

Oxygen

63. List 8 different parts/components found in an oxygen unit.
64. For what patients would you use a simply face mask?
65. What flow rate of O₂ would you use for a guppy breather spinal?
66. What flow rate of O₂ would you use for a conscious patient with shortness of breath?
67. How do you measure an oral airway?
68. Why is it so important for unconscious c-spine patients to receive an oral airway?

Pool Chemistry

69. What are the 2 main types of main (small particle) filters at pools?
70. What are the 3 forms of Chlorine that can be used for disinfection? What % pure chlorine is each?

71. Where would you hopefully find a wedding ring that was lost in the pool by a patron?
72. What is the maximum turnover rate for a pool in BC?
73. What is the water clarity standard to allow public to swim at a pool?
74. Describe how FAC, CAC, and TAC counts are related?
75. What would Soda Ash do to a pool (chemically)? What would muriatic acid do to a pool (chemically)?
76. What is the appropriate range of pH to operate a pool at?
77. What is the appropriate range of Free Available Chlorine to operate a pool at?

Legalities/Regulations

78. Who/what determines public pool regulations?
79. What is the maximum patron to lifeguard ratio?
80. What is a realistic number of patrons a guard could monitor on their own?
81. How old does a lifeguard have to be to guard on the pool deck by himself or herself?
82. What are the 3 things that must be proven in court to find a lifeguard negligent?
83. What is contributory negligence?
84. What 2 items make up the "lifesaving unit" on a pool deck?
85. What is an MSDS?
86. What is the difference between an inquest and a lawsuit? Which comes first?

Procedures

87. Under what circumstances must a lifeguard enter the water for a missing person search?
88. What is the order of strapping for a c-spine procedure on an unconscious breathing patient?
89. What straps must be done for an unconscious no breathing, no pulse c-spine procedure?
90. True or False: A teenager who slam dunks a basket ball into a hoop that falls down and hits him in the head should be treated for a spinal, even though he is not complaining of neck pain.
91. True or False: ABC's should be checked in the water as soon as a patient is rolled over.
92. True or False: A whistle should be blown for a chest pain because it is a major.
93. True or False: A lifeguard should only enter the water to backup his/her first guard if they appear to need the help.
94. What must be done before rolling a vomiting patient on a spine board.
95. When do we roll a face-down c-spine patient onto his/her back (if at all)?
96. True or False: Whistles should be used for PR's that are far away from our guarding position.
97. When should gloves be put on during an in-water major emergency?
98. True or False: Although we teach various methods of a DNS rescue, all NLS candidates MUST be able to do a "Pia carry" to pass the course.

Other

99. What are the feelings and physical symptoms following a rescue or resuscitation referred to?
100. What is the difference between clinical, biological, and legal death?