

BC HEALTH GUIDE WORKSHEET: A REFERENCE BOOK FOR LIFEGUARDS

The following is a worksheet designed to allow lifeguards to better understand some important topics in their job as a “targeted rescuer.” All the answers can be found in the BC Health Guide print version or accessed through the online version at <http://www.bchealthguide.org/kbase/default.htm>

Pg.8 Nurseline: What is it? Who can you talk to? What is the Phone # _____

Pg. 10 When placing a call to the B.C. Ambulance Service Dispatch center “911”
What vital information do you give (1-8) 1. _____
2. _____ 3. _____
4. _____ 5. _____
6. _____ 7. _____
8. _____ 9. _____

Pg.16 According to the immunization schedule are your shots up to date? _____
List the ones you are missing ? _____
When do you need your next shots? _____

Pg. 17 What is another name for Tetanus? _____ and what is it a result from?

Pg. 18 Do Lifeguards fit into the recommended list for (HBV) Hep B virus? _____
What kind of reaction might we have to the shot? _____

Pg. 21 TB What is TB? _____ and where can you get tested? _____

Pg. 34 What is our treatment for a permanent tooth knocked out? _____
What is our treatment for a chipped tooth? _____

Pg. 35 A Cat or human bite is prone to what kind of infection? _____
At what result? _____
How would a lifeguard treat this before recommending medical aid? _____

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Pg. 37 What are the signs and symptoms of a severe blunt abdominal trauma? _____

Pg. 44 What is a bruise? _____

Pg. 45 Which degree of burn is least painful ? ____ Why? _____
What is our treatment for 2nd and 3rd degree burns prior to arrival of EMS?

Pg. 47 What type of chemicals cause burns? _____
Besides the chemical what else can hurt or irritate? _____

Pg. 49 When treating a severely bleeding patient how long should steady pressure be
Applied? _____
Our next step is to? _____
What is another name for a cut? _____
Besides stopping the bleeding what else must be determined? _____

Pg. 50 What does a butterfly bandage do? _____

Pg. 52 Do not approach a patient that has been electrocuted until? _____

Pg. 54 What can be used to free a trapped Limb? _____

Pg. 55 Head injuries that include cuts often bleed heavily because? _____

Pg. 55/56 Any one who has experienced a head injury should be watched carefully for how
Long ? _____ What do we watch for in children? _____

What do we watch for in adults? _____

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Pg. 57 Pain of a heart attack usually last how long? _____

The pain occurs with which other symptoms? _____

Pg. 58 Heat exhaustion occurs when ? _____

Heat stroke happens when? _____

Pg. 59 Hyperventilation is? _____

Six symptoms are? 1. _____ 2. _____

3. _____ 4. _____

5. _____ 6. _____

Pg. 62 Anaphylactic reactions include these symptoms? _____

Pg. 63 The Anaphylactic patient may carry an emergency kit containing? _____

Pg. 64 Nosebleeds, our treatment includes _____

Pg. 66 What is the phone # for the provincial poison control center? _____

Pg. 70 Shock may develop as a result of? _____

7 signs of shock are ? 1. _____ 2. _____

3. _____ 4. _____ 5. _____

6. _____ 7. _____

Pg. 70 List the respiration rates for

Infants (0-1yr.)? _____ children (1- 8yr.)? _____ Adults (8 and up)? _____

Pg. 71 Spinal Injuries, permanent paralysis may be avoided if ? _____

Pg. 72 A Strain is ? _____

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A Sprain is ? _____

A Fracture is ? _____

A Dislocation occurs when ? _____

Pg. 75 Splinting immobilizes ? _____

Position the splint so that the limb? _____

Pg. 76 A stroke occurs when ? _____

A stroke can affect ? _____

TIA stands for ? _____

TIA's occur ? _____

Pg. 77 A TIA is a strong sign that? _____

Pg. 79 Causes of unconsciousness include? _____

Pg. 83 How would you describe the four quadrants of the stomach? _____

Pg. 107 Hepatitis means ? _____

Viruses cause ? _____

Large groups of people can become infected with HAV by ? _____

HAV goes away by ? _____

HBV lives in ? _____

HBV is spread during ? _____

HCV is spread among people who ? _____

Vaccines can prevent ? _____

Pg. 123 Arthritis means ? _____

Pg. 141 Weakness is ? _____

Fatigue is ? _____

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Pg. 145 A few people have severe allergies to ? _____

Pg. 148 Asthma is ? _____
During an Asthma attack / episode ? _____

Pg. 148 Bronchitis is ? _____

Pg. 151 Angina is ? _____
It is a symptom of ? _____

Pg. 154 A heart attack (Myocardial infarction) MI is ? _____
The pain of a heart attack is ? _____

Pg. 161 Heart Palpitation are? _____

Pg. 164 They occur because? _____

Pg. 167 Pneumonia is? _____
Caused by ? _____

Pg. 167 Tuberculosis is ? _____
How is TB spread ? _____

Pg. 180 Lightheadedness is ? _____
Caused by ? _____

Pg. 181 Vertigo is ? _____
Caused by ? _____

Pg. 187 Swimmers ear is ? _____

Pg. 206 Cold sores are caused by ? _____

Pg. 208 Athletes foot is ? _____

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Pg. 209 Hives are ? _____
Causes ? _____

Pg. 225 Reye Syndrome is ? _____
If Reye Syndrome is not treated immediately ? _____

Pg. 227 Croup is ? _____

Pg. 234 Febrile Seizures Are ? _____

Completed By: _____

Date: _____

Instructor: _____

