



PLEASE DO THIS ASSIGNMENT ON A SEPARATE PIECE OF PAPER

PART 1 - Scenarios

Consider the following scenarios and determine:

- a) *What is most likely wrong with each patient (specific condition)*
- b) *Appropriate steps and treatments you as a lifeguard would perform.*

Include as many details as you can, but feel free to answer in point form. 3 Marks Each

1. At a picnic in the park near your pool, a boy burned his hand in the fire. The hand is reddened and blisters are apparent.
2. A teenage boy fell from a height of 3 metres and hurt his leg. When you assess it, you find pain, swelling, and point tenderness in his lower right leg. You also notice minimal distal circulation in the right foot compared to the left one.
3. A patron looking quite red in the comes to you complaining of headache, nausea, and dizziness. She has been in the sun for four hours, but she is not sweating at all. She appears quite confused and incoherent.
4. A pool employee has just accidentally splashed sodium hypochlorite (liquid chlorine) into his eyes. He is screaming in pain.
5. You find an unconscious victim approximately 60 years old in the male change-room. He is breathing, and upon assessment of vitals you notice that his right pupil is large and unreactive. The left side of his face is limp, his pulse is weak and rapid, and his skin is pale. There is no evidence of a blow to the head.
6. A girl was sitting on the edge of the pool and got stung by a bee. She had a severe allergic reaction, her throat began to swell up, and she went unconscious. You notice that there are high pitched wheezing noises coming from her throat, and she is not breathing effectively.
7. You have a patient who is unconscious. His face is pale, pulse is weak/rapid, and he is getting worse quickly. You notice that he is wearing a medical alert indicating he is a diabetic.

PART 2 – Using Your Resources

Dig out your manual from Bronze Cross (Chapter 8) or other resources available to you (such as your first aid manual), and find the answers to the following questions:

1. Explain what is happening with the O₂ and CO₂ levels when a patient has Hyperventilation? (1 Mark)
2. What is pursed-lip breathing? (1 Mark)
3. What are the differences between an Angina attack and a Heart Attack? (2 Marks)
4. What is nitroglycerin? (1 Mark)
5. Should you call EMS for a patient experiencing an Angina Attack? Justify your answer. (2 Marks)
6. What is a Transient Ischemic Attack? (1 Mark)
7. When bandaging a bleeding patient: where should the knot be tied? Why shouldn't the bandage be lifted if the bleeding comes through)? (2 Marks)
8. What is tetanus? When should a patient be recommended to get a tetanus shot? (2 Marks)
9. What is the difference between a sprain and a fracture? How would you assess and treat for such injuries? (3 Marks)
10. Give 3 examples of injuries/conditions where: (4 Marks)
 - a) You would call an ambulance for the patient
 - b) You would get a friend or family member to take the patient to the ER or a walk-in clinic
 - c) You would simply treat the patient at the pool and send them home
 - d) You would treat the patient and allow them to keep swimming

TOTAL MARKS: /40