

Ellis Lifeguard Training Study Guide with complete solution

Primary Check Steps

1. Survey Scene
2. Gloves
3. Check for response
4. Activate EAP (911/Trauma Bag)
5. Check pulse and breathing

If there is a pulse but no breathing:

Go into AR (Rescue breathing)

If there is no pulse or breathing:

CPR

AR breathing for an adult

1 breath every 5 seconds; 24 total (2 minutes)

AR breathing for a child/infant

1 breath every 3 seconds; 40 total (2 minutes)

AR Steps:

1. Open airway
2. Breaths (every 5 sec adult, every 3 sec child/infant)
3. Visible chest rise
4. 2 minutes
5. Reassess after 2 mins - Check pulse and breathing

CPR for adults:

How many?

How long?

How deep?

Rate?

30 compressions, 2 breathes

Forever

2-2.4 inches

110 Compressions/min.

CPR for kids/infants:

How many? (Team v. single)

depth?

Single = 30 compressions, 2 breathes

Team = 15 compressions, 2 breathes

1/3 chest depth

When the chest stops rising

readjust and try 1 more breath (first times you, second time is them) then proceed to FBAO

FBAO

FBAO =

Foreign Body Airway Obstruction

FBAO steps

Ellis Lifeguard Study Guide Answers

Shasha Hu



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