
AMERICAN REDCROSS LIFEGUARD, RED CROSS LIFEGUARDING PRACTICE TEST 59 QUESTIONS AND ANSWERS

PPE - answer Personal Protective Equipment

FAST - answer Face, Arm, Speech, Time

EAP - answer Emergency Action Plan

AED - answer Automated External Defibrillator

SAMPLE - answer 1. Signs/Symptoms

2. Allergies

3. Medications

4. Past History

5. Last Oral Intake

6. Events leading to injury/illness

FIND - answer 1. Figure out problem

2. Intensify possible solutions

3. Name pros and cons of each solution

4. Determine best choice

RICE - answer 1. Rest

2. Immobilize

3. (Apply something) Cold

American Red Cross Lifeguard Manual Practice Test

Kathleen Armour



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