



The National Aquatic Safety Company, LLC

ADVANCED FIRST AID AND CPR FOR LIFEGUARDS EXAM A

1. The objective of this course is to
 - a. Make it unnecessary to have an EMT available to the facility.
 - b. Deepen the proficiency and awareness of first aid skills required at an Aquatic Facility.
 - c. Cover the first aid skills needed by the general public
 - d. Teach skills for the use of the general public.
2. This certificate is valid for
 - a. 3 years
 - b. 3 months
 - c. As long as the companion NASCO certificate is valid
 - d. 2 years regardless of whether any other certificate is held.
3. It is assumed in this course that an EMT will be available on site within approximately
 - a. 3 minutes
 - b. 4 minutes
 - c. 5 minutes
 - d. 6 minutes
4. Scene size up includes:
 - a. Scene safety
 - b. Chief complaint
 - c. Injury mechanism and need for additional help
 - d. All of the above
5. Universal precautions refers to
 - a. Protecting the victim from your body fluids, and you from the victim's body fluids.
 - b. Scene safety
 - c. Protecting you from the gases and odors found in pool chemical buildings.
 - d. Electrical protection devices
6. Which of the following **is not** one of the things that you should protect an injured guest from
 - a. Extremes of heat and cold
 - b. Public attention
 - c. De-fibrillation devices
 - d. News media



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7. Which of the following is the list of 6 things to concentrate on in forming a general impression:
 - a. Age, gender, injury mechanism, mental status, ABC's, transport priority
 - b. Age, gender, verbal, painful, alert, unresponsive.
 - c. Age, gender, weight, marriage status, mental state, ABC's
 - d. Age, gender, injury mechanism, response to pain, level of education, ABC's
8. Which is the highest form of mental status?
 - a. Unresponsive
 - b. Painful
 - c. Verbal
 - d. Alert
9. The supine position
 - a. Has the victim on their side with their lower arm extended
 - b. Has the victim sitting or standing
 - c. Is used when you are unsure of the injury, but suspect a spinal injury
 - d. Takes two people to perform
10. The recovery position
 - a. Has the victim on their side with their lower arm extended
 - b. Has the victim sitting or standing
 - c. Is used when you are unsure of the injury
 - d. Takes two people to perform
11. Perfusion refers to the presence of oxygenated blood in the tissue. In testing for perfusion, which of the following do you **not** look at
 - a. Toes
 - b. Fingers
 - c. Nose
 - d. Lips
12. The radial pulse is in the
 - a. Wrist
 - b. Upper arm
 - c. Neck
 - d. Groin
13. A victim is classified as an adult if they are older than
 - a. 6 years
 - b. 8 years
 - c. 10 years
 - d. 12-14 years; or the onset of adolescence.



14. If a person is actively coughing and you feel they have an obstructed airway you should
 - a. Lay them down and perform (5) five chest thrusts
 - b. Do (5) five abdominal thrusts while they are standing up
 - c. Encourage them to continue coughing
 - d. Do the chest compression maneuver.
15. If a person needs CPR the worst thing that you can do for the victim is
 - a. Get the rate of breaths wrong
 - b. Do nothing
 - c. Get the rate of compressions wrong
 - d. Get the ratio of the breaths to the compressions wrong.
16. In doing compressions for an adult, you press on
 - a. The upper half of the sternum
 - b. The right half of the sternum
 - c. The center of the chest, between the nipples
 - d. The left half of the sternum
17. If you try to ventilate and the breaths do not go in; you should
 - a. Immediately reposition the head and try again
 - b. Do (5) five abdominal thrusts
 - c. Look in the mouth
 - d. Do a finger sweep
18. For an obstructed airway of an infant, when do you do a blind finger sweep?
 - a. If the breaths do not go in
 - b. If back blows do not work
 - c. Never
 - d. After the chest compressions
19. For a drowning victim, which should you do first?
 - a. Breaths
 - b. Chest compressions
 - c. Activate EMS
 - d. Compact jump
20. Which type of bleeding is harder to control?
 - a. Artery
 - b. Vein
 - c. Capillary



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21. On arriving on the scene, you should
 - a. Be wearing gloves
 - b. Identify yourself as a lifeguard
 - c. Be wearing an eye shield
 - d. Wearing a surgical gown
22. The most important part of the treatment for a moist chemical burn includes
 - a. Use of a bandage
 - b. Use of a dressing
 - c. Flushing with large amounts of water
 - d. Looking for an antidote
23. Which of the following is the most serious heat related condition?
 - a. Heat cramps
 - b. Heat stroke
 - c. Heat exhaustion
24. In the treatment of seizure you should
 - a. Restrain the victim's head
 - b. Protect the victim from further injury by padding underneath the head, heels, and elbows.
 - c. Insure that the victim has not swallowed their tongue.
 - d. Do a finger sweep
25. Your primary role in first aid is to
 - a. Initiate first aid care and then to support the EMT and management in the treatment of the victim
 - b. Do advanced first aid skills
 - c. Transport the victim safely to the hospital.
 - d. To check the patient's blood pressure