

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

Yijin Wang

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

Ellis Lifeguard Study Guide:

Decoding **Ellis Lifeguard Study Guide**: Revealing the Captivating Potential of Verbal Expression

In an era characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its capability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Ellis Lifeguard Study Guide**," a mesmerizing literary creation penned by a celebrated wordsmith, readers attempt an enlightening odyssey, unraveling the intricate significance of language and its enduring impact on our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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Table of Contents Ellis Lifeguard Study Guide

1. Understanding the eBook Ellis Lifeguard Study Guide
 - The Rise of Digital Reading Ellis Lifeguard Study Guide
 - Advantages of eBooks Over Traditional Books
2. Identifying Ellis Lifeguard Study Guide
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Ellis Lifeguard Study Guide
 - User-Friendly Interface
4. Exploring eBook Recommendations from Ellis Lifeguard Study Guide
 - Personalized Recommendations
 - Ellis Lifeguard Study Guide User Reviews and Ratings
 - Ellis Lifeguard Study Guide and Bestseller Lists

5. Accessing Ellis Lifeguard Study Guide Free and Paid eBooks
 - Ellis Lifeguard Study Guide Public Domain eBooks
 - Ellis Lifeguard Study Guide eBook Subscription Services
 - Ellis Lifeguard Study Guide Budget-Friendly Options
6. Navigating Ellis Lifeguard Study Guide eBook Formats
 - ePub, PDF, MOBI, and More
 - Ellis Lifeguard Study Guide Compatibility with Devices
 - Ellis Lifeguard Study Guide Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Ellis Lifeguard Study Guide
 - Highlighting and Note-Taking Ellis Lifeguard Study Guide
 - Interactive Elements Ellis Lifeguard Study Guide
8. Staying Engaged with Ellis Lifeguard Study Guide
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Ellis Lifeguard Study Guide
9. Balancing eBooks and Physical Books Ellis Lifeguard Study Guide
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Ellis Lifeguard Study Guide
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Ellis Lifeguard Study Guide
 - Setting Reading Goals Ellis Lifeguard Study Guide
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Ellis Lifeguard Study Guide
 - Fact-Checking eBook Content of Ellis Lifeguard Study Guide
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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