

## **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 =**

Foreign Body Airway Obstruction

**FBAO steps**

# Ellis Lifeguard Study Guide

**Ensheng Dong**



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