

## **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

**RJ Alexander**



## **Ellis Lifeguard Study Guide:**

*A Guide to Swimming Pool Maintenance and Filtration Systems* E T Chan, 2015-10-01 Swimming pools offer a controlled environment in which to exercise and they can also provide hours of fun and recreation. But installing and maintaining a swimming pool can be a daunting task. In *A Guide to Swimming Pool Maintenance and Filtration Systems* author E T Chan presents fundamental principles in the planning, design, maintenance, and operation of swimming pools, including the sizing of the pool filtration system and the filtration plant room. Illustrated with stories and anecdotes from Chan's personal experience, this guide offers technical know-how to correctly design and install proper swimming pool filtration systems. He discusses the importance of physics and science in maintaining a healthy pool and provides awareness of general pool health versus swimmer health. Filled with a wealth of practical information, Chan includes diagrams, charts, and graphs to help pool professionals apply their skills. *A Guide to Swimming Pool Maintenance and Filtration Systems* serves as a manual for those involved in swimming pool design, construction, and maintenance. It contains details covering the required mechanical and electrical engineering, as well as the application of swimming pool filtration system designs and analyses in solving most of the practical and complex problems faced by the professionals in the industry today.

Essential Medical Terminology Peggy S. Stanfield, Peggy Stanfield, Yiu H. Hui, 1996 This popular introduction to medical terminology is flexible enough to be used in a traditional or a self-instructional course format. The level of detail is appropriate for those students needing only a general knowledge of medical terminology, particularly medical secretaries, medical technologists, medical librarians, and persons in all allied and paramedical health professions. After studying the basics of pronunciation, students can study the chapters in any order the instructor deems appropriate. The text has been thoughtfully revised based on the feedback of many adopters. The result is a more streamlined presentation with enhanced student learning aids. Organizational changes include the following: all general word parts are grouped together in Unit One; a review chapter on root words is provided in Unit Four immediately before the body systems; the coverage of body systems in Unit Five closely parallels the content of earlier chapters; and an overview of each body system is included at the beginning of the chapters in Unit Five.

Statistics Goteti Bala Krishnamurthy, Patricia Kasovia-Schmitt, David J. Ostroff, 1995 This textbook is intended for use in introductory biostatistics courses for health science, nursing, and biology students. It deals with research designs used for collecting data, methods for summarizing data, and testing hypotheses in health and related fields. The emphasis is on illustrating how statistics are generated and used by practitioners in health fields and interpreting crucial aspects of journal articles. Concepts are stressed rather than the usual computational methods. Every major concept is accompanied by an exercise and correct answers, and these form an integral part of the text.

*In-Service Training for Aquatic Professionals* Bruce Carney, 2000 This case study-based manual provides a variety of scenarios that aquatic staff could face at any time. The manual also includes a CD-ROM which provides a template for creating additional case studies and a database tracking system to conveniently

document and printout reports containing personal certifications expiration dates and training hours As a lifeguard and trainer of lifeguards you are responsible for ensuring that your aquatic personnel have the appropriate knowledge and skills to do well on the job This case study based manual gives you a variety of scenarios that your staff could face at any time The user friendly approach will guide you through the many case study training sessions provided Achieving and maintaining superior level skills and safety standards requires constant practice and attention and these products in the E A aquatics series are here for you to rely on Includes CD ROM

**Basic Epidemiological Methods and Biostatistics** Randy M. Page, Galen E. Cole, Thomas C. Timmreck, 1995 This text is an easy to understand application oriented guidebook for learning the basic principles of epidemiologic investigation Numerous opportunities are presented to apply and test learning through problems and application exercises Answers are provided

Fundamentals of Management with Online Study Tools 12 Months Danny Samson, Richard L. Daft, Timothy Donnet, 2017-12-05 Samson Daft Donnet's Fundamentals of Management is a robust foundation text providing a balance of broad theoretical content with accessible language for students This sixth edition features a new author on the team and contains updates to content based on recent research Along with current management theory and practice the text integrates coverage of innovation entrepreneurship agile workplaces social media and new technology throughout The book is rich with experiential exercises self assessment activities challenges and cases for students to engage with developing multiple skills Examples within the text are both local and global with a new focus on a skills approach and each part of the text concludes with a contemporary continuing case study focussing on car company Toyota as it faces managerial challenges and opportunities in the region The text covers the four key management functions Planning Organising Leading and Controlling conveying to students the elements of a manager's working day

**Introduction to Human Disease** Leonard V. Crowley, 1997 Introduction to Human Disease Fourth Edition presents the basic concepts of pathophysiology in a beautifully illustrated and highly readable text for students in nursing and other health professions Its goal is to provide a solid foundation for students to build upon during their professional careers The text strives to provide students with a clear understanding of the structural and functional changes caused by disease in tissues and organs

**Health Services Cyclopedia Dictionary** Thomas C. Timmreck, 1997

**Subject Guide to Books in Print**, 1997

**Lifeguarding Today** American Red Cross, 1995

Subject Guide to Children's Books in Print 1997 Bowker Editorial Staff, R R Bowker Publishing, 1996-09

**The Cumulative Book Index**, 1995 A world list of books in the English language

Forthcoming Books Rose Army, 2003

*Books in Print*, 1991

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**Criminal Psychology** Richard N. Kocsis,2009 Forensic psychology is a thriving subject with a dedicated focus beginning to emerge on the issue of crime from the discipline of psychology Applied Criminal Psychology provides the reader with a comprehensive and practical guide to psychological research and techniques Major topics include 1 mental disorders and criminal behavior antisocial behavior and personality disorders the role of the forensic psychologist risk and assessment 2 the detection of deceit eyewitness testimony cognitive interviewing forensic hypnosis false confessions and 3 criminal profiling psychological **TV Guide** ,1993 Who's who Among Students in American Universities and Colleges ,2001

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