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## Lifeguarding Chapter 8 Review

Fill in the blanks: Lack of oxygen can eventually stop the heart (cardiac arrest) and prevent blood from reaching the brain and other vital organs in as little as \_\_\_\_ minutes after submerging. Brain cell damage or death begins to occur within \_\_\_\_ to \_\_\_\_ minutes. - correct answers 3

4

6

Describe the two types of respiratory emergencies: - correct answers Respiratory distress: A condition in which breathing becomes difficult.

Respiratory arrest: A condition in which breathing stops.

List five possible causes of respiratory distress. - correct answers ■ A partially obstructed airway

- Illness
- Chronic conditions, such as asthma and emphysema
- Congestive heart failure
- Electrocutation, including lightning strikes
- Heart attack
- Injury to the head, chest, lungs or abdomen
- Allergic reactions
- Drug overdose
- Poisoning
- Emotional distress
- Anaphylactic shock

# Lifeguarding Answers To Review Questions

**United States. Congress. House.  
Committee on Appropriations.  
Subcommittee on Department of the  
Interior and Related Agencies**

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