

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

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Ensheng Dong



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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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