Ellis Lifeguard Training Study Guide with complete solution

Primary Check Steps 1. Survey Scene 2. Gloves Check for response Activate EAP (911/Trauma Bag) 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: Open airway Breaths (every 5 sec adult, every 3 sec child/infant) 3. Visible chest rise 4. 2 minutes 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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Guillaume Favre



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