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# **NASCO Lifeguard Cert. Written Test 2023-2024 Questions and Answers 100% Correct.**

Define drowning - ANSWER-the loss of spontaneous respiration due to the presence of fluid

Define dry drowning - ANSWER-when water is not present in the lungs

Define wet drowning - ANSWER-water is present in the lungs

What is the primary objective of any in water rescue - ANSWER-nose up, stable, and breathing

what is the worst thing a lifeguard could do for a victim in any emergency situation? - ANSWER-nothing

An easy way to summarize the CPR sequence is the following: - ANSWER-check, yell, airway, breathe, press

What was the fastest drowning ever recorded by NASCO? - ANSWER-38 seconds

What are five roles of a lifeguard? - ANSWER-recognition, prevention, rescue, initiation, support

How many hours of inservice are required per month? - ANSWER-4 hours

Explain, "If you don't see the victim nothing else matters" - ANSWER-if you can't see it, you can't do anything about it

In order to minimize exposure to UVA rays a lifeguard should wear the following items: - ANSWER-t-shirt, sunglasses, sunscreen, and hat

Common symptoms of dehydration include.... - ANSWER-headaches, difficulty going to the bathroom, dry mucous membrane

True or False: Training and physical conditioning are not important in lifeguarding? - ANSWER-False

# Nasco Lifeguard Written Test Answers

**D Kirk**



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