



Name \_\_\_\_\_

- 1.) What is the CAB Sequence?
- 2.) What are the first two things we do upon walking up to an unconscious guest?
- 3) For an adult unconscious guest on land, how do I assess their level of consciousness (what do I do?). What am I looking for during this?
- 4.) When do you provide Rescue Breathing? When the guest is not \_\_\_\_\_ but has a \_\_\_\_\_.
- 5.) What is the ratio of rescue breathing for an adult 1 lifeguard rescue?  
\_\_\_\_\_ breath(s) every \_\_\_\_\_ second(s)
- 6.) When do you provide CPR? When there is \_\_\_\_\_.
- 7.) During rescue breathing, the breath does not go in so you re-tilt the head, re-seal the mask, and do what?
- 8.) True or False, CPR and FBAO chest compressions are done for the same reason.
- 9.) What is the sequence for FBAO compressions for an adult 1 lifeguard rescue?  
\_\_\_\_\_ compression(s) followed by \_\_\_\_\_ and then \_\_\_\_\_ breath(s)
- 10.) What is the ratio of rescue breathing for a child 1 lifeguard rescue? How many breaths total 2 minutes?  
\_\_\_\_\_ breath(s) every \_\_\_\_\_ second(s) ; \_\_\_\_\_ breaths total 2 minutes
- 11.) What is the ratio of compressions for CPR for a child 1 lifeguard rescue?  
\_\_\_\_\_ compression(s) to \_\_\_\_\_ breath(s)



Name \_\_\_\_\_

12.) You perform FBAO compressions until what is clear?

13.) We perform chest compressions because the \_\_\_\_\_ is obstructed.

14.) When checking pulse for an infant you check it in the \_\_\_\_\_ artery located on the \_\_\_\_\_.

15.) What do you use to provide compressions for a 1 lifeguard rescue on an infant?

(\*place the correct number in the blank; you should only fill in one blank)

\_\_\_\_\_ finger(s) **OR** \_\_\_\_\_ hand(s) **OR** \_\_\_\_\_ knuckle(s) **OR** \_\_\_\_\_ toe(s)

16.) What is the ratio of compressions for CPR for an adult 2 lifeguard rescue?

\_\_\_\_\_ compression(s) to \_\_\_\_\_ breath(s)

17.) What is the ratio of compressions for CPR for a child 2 lifeguard rescue?

\_\_\_\_\_ compression(s) to \_\_\_\_\_ breath(s)

18.) We provide rescue breathing for approximately what length of time before rechecking a guest in distress' vital signs?

19.) Where are both lifeguards positioned for a multi-guard rescue on an unconscious infant on land?

20.) Does the sequence for FBAO (answer from #9) ever change depending on the type of guest (infant, child, or adult) or the amount of rescuers (single vs. multi-guard)?