



STREAMLINE

HEALTH SERVICES

LIFEGUARD TRAINING FORMS v. 2017

Welcome to Streamline Health Services (SHS) Lifeguard Training certification program! Lifeguard Training is a blended learning format course, with online and classroom components. American Red Cross (ARC) requires all Lifeguard participants to complete the ARC Lifeguard Online Course prior to the first-class date. **Please print and read the information below carefully.** Should you have any questions, please feel free to contact us at 877 – 404 – 0056. Thank you!

PRE-COURSE WORK | Complete Before First Class Date

ARC Lifeguard Training course has required pre-course work and must be completed prior to the first-class date. Please follow directions carefully:

- **PRINT AND REVIEW | SHS Training Forms**
Review training forms prior to taking the ARC online course. While taking the ARC online course, you will come across many answers to the lifeguard study guide questions located on page 2 of this document.
- **COMPLETE ARC ONLINE COURSE | Complete Online Course Before First Class Date**
ARC requires participants to complete a 7 hour online course, prior to the first class date. Directions to complete the ARC online course are located on StreamlineHealth.com, click Online Course.
**Lifeguard Recerts. do not need to complete the ARC online course*
- **WATCH REQUIRED VIDEO SEGMENTS | Watch Video Segment Before First Class Date**
ARC requires participants to watch specific video segments, prior to the first class date. To watch video segments, visit StreamlineHealth.com, click Manuals & Training Forms.
- **DOWNLOAD LIFEGUARD MANUAL | Bring to class on Laptop or iPad**
ARC course manuals can be downloaded from StreamlineHealth.com, click Manuals & Training Forms. Please bring the ARC Lifeguard manual to class on a laptop or iPad.

WHAT TO BRING TO CLASS

- Proof of age
- Proof of ARC Online Course completion – screen shot or print a copy
- Lifeguard Manual – download on laptop or iPad
- Training Forms – print a copy
- Lifeguard Recerts Only – Proof of current ARC certifications: Lifeguard, First Aid, CPR/AED for Professional
- CPR Mask – if not purchased
- Bathing Suit – **one piece suits for females**
- Rash Guard/Wetsuit – optional
- Goggles, towel, sun block, paper, writing utensil, snacks, lunch or lunch money

PRINT CERTIFICATIONS

ARC issues Electronic Certifications. Certifications are accessed through your ARC account. Directions to download or print certifications are located on StreamlineHealth.com, click Print Certifications.

NOTE | Streamline Health Services does not have access to your ARC account. If you cannot remember your username and password or you need help accessing your electronic certifications, please contact the ARC Training Support Center at 800-Red Cross. Thank you!



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BEFORE PROVIDING CARE

- What steps should you take when you arrive on scene?
- An initial impression of a victim is based on what and when is it made?
- Define primary assessment and secondary assessment
- Know the cardiac chain of survival for adult and pediatrics

FIRST AID

- Acronyms: FAST, RICE, SAMPLE, MSDS
- Define: Signs and Symptom
- Signs, Symptoms, Treatment: Breathing Emergencies, Asthma, Heart Attack, Cardiac Arrest, Shock, Seizure, Diabetic, Stroke, Allergic Reaction, Anaphylactic Shock, Heat/Cold Emergencies, Internal Bleeding, Poison Emergencies, Recovery Position, Incident Stress Syndrome
- Steps to control bleeding, stages and treatment for burns – thermal, chemical, electrical
- What do you not give someone in the late stage of illness?
- Secondary Assessment – How do you check an adult? How do you check a child?

RESCUE BREATHING | CPR/AED | BVM

- Difference between adult, child, infant – age, weight, avg. heart rate, volume/length of rescue breaths
- Define: Rescue Breathing, CPR, Obstruction of Airway, Agonal Breaths, Recoil, BVM
- Rescuer Breathing is performed when the victim has a _____ and is not _____?
- CPR is performed when a victim has no _____ and is not _____?
- The main objective of CPR is to circulate _____ and _____ to the brain and vital organs?
- Rescue Breathing ratio for adult, child and infant
- CPR Ratio for adult, child and infant – one rescuer and two rescuer
- Compression Depths for adult, child and infant
- Compression location hand placement for adult, child and infant
- CPR compressions should be given at a rate of _____ to _____ compressions per minute?
- What are the 4 reasons you can legally stop providing care once started?
- Can an AED interrupt CPR?
- Define: AED
- Define: Ventricular Fibrillation and Ventricular Tachycardia
- Define: AED precautions
- Considerations for using adult AED pads on a child or infant
- If a victim has body piercings, what precautions are taken when applying AED pads?
- Where are AED pads place on a patient - upper _____ chest and lower _____ side
- What 2 heart rhythms will an AED advise to shock and what 2 heart rhythms will an AED advise no shock?
- Can CPR be interrupted by an AED?
- When using a BVM, how many rescuers does ARC require when performing rescue breathing?
- When using a BVM, how many rescuers does ARC require when performing CPR?

LIFEGUARDING

- Acronyms: FIND, RID, EAP, AFR
- Define: Primary lifeguard responsibilities, legal considerations, consent, implied consent, media interaction, patron surveillance, scanning, zone coverage, total coverage, emergency back-up coverage, blind spots, safety checks, weather conditions, debriefing, understand report writing
- Define the difference between: distress drowning, active drowning, passive drowning
- Name/Define: entries, approach strokes, active/passive rescues, shallow/deep water extensions, escapes, spinal rescue
- You should recognize and reach a victim, in your zone, within _____ seconds
- During an in-water seizure, what needs to stay above the surface?
- Treatment for head, neck or spinal injury on land? Name of rescue for a head, neck or spinal in-water?
- Backboarding and Non-Breathing Extrication procedures/steps – low edge and high edge



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CPR/AED PROFESSIONAL RESCUER | Training Forms v. 2017

STEPS BEFORE YOU ADMINISTER CARE | Check, Call, Care (CCC), PPE

- **CHECK THE SCENE** Ensure Your Safety before you enter a scene
- **CHECK FOR RESPONSIVENESS** Shout "Are you Okay? Are you Okay?"
- **CHECK FOR CONSCIOUSNESS** Shout, Tap and Shout "Are you Okay? Are you Okay?"
- **CHECK SEVERE BLEEDING**
- **CALL EMS OR 911**
- **UNIVERSAL PRECAUTIONS (PPE)** Gloves, breathing barrier, eyewear

A – B – C | Assessment

- **ADULT, CHILD, INFANT ASSESSMENT**
Check Airway, Breathing, Circulation - simultaneously for 10 seconds

TREATMENTS | Rescue Breathing, CPR and Obstruction of Airway

Do for the patient, what their bodies are not doing for themselves. If the patient has a pulse and is not breathing, then breathe for them. If the patient has no pulse and is not breathing, then pump their heart and breath for them.

- **RESCUE BREATHING** - has a pulse and no breathing
 - ✓ Adult 1 breath every 5 to 6 seconds | 24 breaths in 2 minutes
 - ✓ Child, Infant 1 breath every 3 seconds | 40 breaths in 2 minutes
 - *Administer Rescue Breathing for 2 minutes and reassess for no more than 10 seconds
- **CARDIOPULMONARY RESUSCITATION (CPR)** – has no pulse and no breathing
 - ✓ Adult 30 compressions, 2 breaths | Compressions at least 2" in depth, no more than 2.4"
 - ✓ Child 30 compressions, 2 breaths | Compressions about 2" in depth
 - ✓ Infant 30 compressions, 2 breaths | Compressions about 1.5" in depth
- **TWO OR MORE RESCUERS CPR**
 - ✓ Adult 30 compressions, 2 breaths
 - ✓ Child, Infant 15 compressions, 2 breaths
- **OBSTRUCTION OF AIRWAY** - breaths do not enter and chest does not clearly rise or fall
 - ✓ Adult, Child, Infant – 2 breaths, Retilt tongue, 1 breaths, 30 Chest Thrusts, Visual Finger Sweep
 - ✓ Repeat until administered breaths GO IN and the CHEST Clearly RISES and FALLS

REASONS YOU MAY LEGALLY STOP CARE ONCE STARTED

- ✓ Equal or Higher Medical Authority arrives and take over care
- ✓ You are alone and too tired to continue care
- ✓ Scene becomes unsafe
- ✓ Notice obvious signs of life
- ✓ AED becomes available – AED may interrupt CPR in progress



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FACT SHEET | Adult, Child and Infant

ADULTS

- **AGE** Older than Puberty - 12 to 14 years old
- **AVERAGE HEART RATE** 60 to 100 / per minute
- **RESCUE BREATHING** 1 Breath every 5 to 6 seconds
- **CPR** 30 Compressions, 2 Breaths | 100 - 120 compressions in 1 minute
- **COMPRESSION DEPTH** At least 2 inches, no more than 2.4 inches

*30 compressions in 18 seconds will equal a rate of 100 compressions per minute

CHILD

- **AGE** 1 year old to Puberty | 12 to 14 years old
- **AVERAGE HEART RATE** 100 to 120 / per minute
- **RESCUE BREATHING** 1 Breath every 3 seconds
- **CPR** 30 Compressions, 2 Breaths | 100 - 120 compressions in 1 minute
- **TWO RESCUER CPR** 15 Compressions, 2 Breaths
- **COMPRESSION DEPTH** About 2 inches

*30 compressions in 18 seconds will equal a rate of 100 compressions per minute

INFANT

- **AGE** 0 to 1 year old
- **AVERAGE HEART RATE** 120 to 160 / per minute
- **RESCUE BREATHING** 1 Breath every 3 seconds
- **CPR** 30 Compressions, 2 Breaths | 100 - 120 compressions in 1 minute
- **TWO RESCUER CPR** 15 Compressions, 2 Breaths
- **COMPRESSION DEPTH** About 1.5 inches

*30 compressions in 18 seconds will equal a rate of 100 compressions per minute