

Academy Make Up Day 4 Exam

Lesson 8: Head Neck and Spinal Injuries in the Water

1. True/False: Head, neck and spinal injuries often are caused by high impact /high risk activities.
2. List examples of aquatic activities that may cause head, neck, and spinal injuries.

3. True/False: If a victim is not breathing immediately remove the victim from the water and provide resuscitative care.
4. For a breathing victim in water what is the best method to remove them from the water?
 - a. As quickly as possible
 - b. Using a backboard only
 - c. Using a backboard with straps and a head immobilizer device
 - d. Using a head immobilizer device only
5. The type of care given in a head, neck, and spinal injury scenario depends on what five things?

- a.
- b.
- c.
- d.
- e.

6. True/False: Maintain stabilization of head and neck at all times.
7. True/False: Your primary responsibility as a lifeguard is not to help ensure patron safety and protect lives.
8. Define patron surveillance:

9. What are the elements of effective surveillance?

- R _____
- V _____
- E _____
- Z _____
- L _____

10. List some unique challenges specifically at waterfront facilities.

11. What underwater hazards might present concerns for waterfront facility safety?

12. What precautions would be taken with physical structures?
13. What might cause concerns with water quality?
- a. A dam that releases water
 - b. Heavy rainfall
 - c. Tidal changes
 - d. All of the above
14. Cold water could cause what condition in a patron?
- a. Hypoxia
 - b. V-Fib
 - c. V-Tach
 - d. Hypothermia
15. When performing a rescue in cold water try to perform the rescue without entering the water. If you must enter the water what two things should you do?
16. A victim submerged in cold water may have?
- a. Decreased or undetectable pulse rate
 - b. No detectable breathing and Muscle rigidity
 - c. Bluish skin that is cold to the touch
 - d. All of the above
17. According to the National Weather Service, common indicators of a rip current include?
- a.
 - b.
 - c.
 - d.
18. Colored flags at beaches indicate different presences of hazardous surf and rip currents, what does each color indicate?
- Red/Double red flag –
 - Yellow flag –
 - Red flag with white diagonal stripe –
19. What do you do if caught in a rip current?

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20. If a drowning victim submerges use a _____ or _____ to keep track of where the victim went underwater.
21. Watercraft may be used to patrol the outer edges of swimming areas. What watercrafts would be used in a small calm area and what watercraft would be used in rough water?
22. Explain the buddy system and buddy checks

When guarding groups:

23. True/False: Ensure patrons stay in appropriate sections based on swimming abilities.
24. True/False: Do not provide U.S. Coast Guard approved life jackets for weak or Nonswimmers.
25. True/False: It is not important to know who the group leaders or chaperons are.
26. True/False: If you cannot effectively cover your zone you should signal for additional coverage.
27. A breathing or cardiac emergency reduces the supply of oxygen to the _____, _____ and _____.
28. What is hypoxia and what are some signs and symptoms?

29. The air we breathe contains ____% oxygen.
 - a. 12
 - b. 16
 - c. 21
 - d. 50
30. When giving ventilations the exhaled air blown into the victim contains ____% oxygen.
 - a. 12
 - b. 16
 - c. 21
 - d. 50

Use Emergency Oxygen When:

31. An adult breathing fewer than __ breaths or more than __ breaths per minute.
32. A child breathing fewer than __ breaths or more than __ breaths per minute.
33. An infant breathing fewer than __ breaths or more than __ breaths per minute.
34. Define hyperoxia

35. Differentiate between a variable flow rate oxygen system and a fixed flow rate oxygen system.

36. What parts does the variable flow rate oxygen system consist of?

-
-
-

37. True/False: Make sure oxygen is flowing before putting the delivery device over the victim's face.

38. True/False: Oxygen does not have an effect on fires.

39. True/False: Use grease, oil or petroleum products to lubricate or clean the regulator.

40. True/False: Always stand an oxygen cylinder upright.

41. True/False: It is okay to defibrillate someone when around free flowing oxygen.

42. What four devices can be used to administer oxygen?

- N _____
- R _____
- Non- _____
- B _____

Nasal Cannula

43. Can be used on a _____ victim

- a. Breathing
- b. Non Breathing
- c. both a and b

44. Can be set to a flow rate of ____ LPM

- a. 1 - 6
- b. 10 - 15
- c. 6 - 15
- d. 15+

45. Can deliver up to __% oxygen concentration

- a. 44
- b. 90
- c. 35 - 55
- d. 100

Non-Rebreather Mask

46. Can be used on a _____ victim

- a. Breathing
- b. Non Breathing
- c. both a and b

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47. Can be set to a flow rate of ____ LPM
- a. 1 - 6
 - b. 10 - 15
 - c. 6 – 15
 - d. 15+
48. Can deliver up to __% oxygen concentration
- a. 44
 - b. 90
 - c. 35 – 55
 - d. 100

Resuscitation Mask

49. Can be used on a _____ victim
- a. Breathing
 - b. Non Breathing
 - c. both a and b
50. Can be set to a flow rate of ____ LPM
- a. 1 - 6
 - b. 10 - 15
 - c. 6 – 15
 - d. 15+
51. Can deliver up to __% oxygen concentration
- a. 44
 - b. 90
 - c. 35 – 55
 - d. 100

BVM

52. Can be used on a _____ victim
- a. Breathing
 - b. Non Breathing
 - c. both a and b
53. Can be set to a flow rate of ____ LPM
- a. 1 - 6
 - b. 10 - 15
 - c. 6 – 15
 - d. 15+
54. Can deliver up to __% oxygen concentration
- a. 44
 - b. 90
 - c. 35 – 55
 - d. 100

55. List the steps for assembling the oxygen system
- a.
 - b.
 - c.
 - d.
 - e.
56. List the steps for administering emergency oxygen.
- a.
 - b.
 - c.
57. What is pulse oximetry used for?
58. Using pulse oximetry, normal saturation is ___ between ___% SpO₂ and emergency oxygen is not needed.
59. If saturation is below 94% what condition is indicated?
- a. Hypoxia
 - b. Hyperoxia
 - c. Hyperthermia
 - d. None of the above
60. Place these steps in correct order for using pulse oximetry:
1. Turn on the machine and allow for self-tests
 2. Apply the probe to the victim's finger (or earlobe for an adult, foot for an infant).
 3. Remove any nail polish if present.
 4. Verify the pulse rate on the oximeter with the victim's actual pulse rate.
 5. Record the time and initial saturation percent.
 6. Allow the machine to register the oxygen saturation level.
61. Suctioning is used to remove _____, _____, or _____ from a victim's _____.
62. List the steps for using a manual suctioning device,
- 1.
 - 2.
 - 3.
 - 4.
63. Elaborate on step 3 in question 62.
64. _____ is the most common cause of airway obstruction in an unconscious person.

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OPAs

65. Are inserted into the _____.
66. Are used on _____, _____ victims with no _____ reflex.
67. If placed improperly can depress the _____ into the back of the _____, further blocking the _____.
68. Cannot be used when victim has suffered _____ or has recently undergone _____ surgery.
69. List the steps for inserting an OPA

70. Describe in detail how to properly insert an OPA

NPAs

71. Are inserted into the _____.
72. Are used on _____, _____ victim or an _____ victim.
73. Cannot be used when victim with suspected _____ or _____.
74. List the steps for inserting an NPA

75. When inserting an NPA the bevel should be pointed _____ the septum.