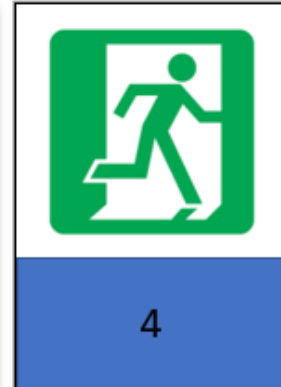
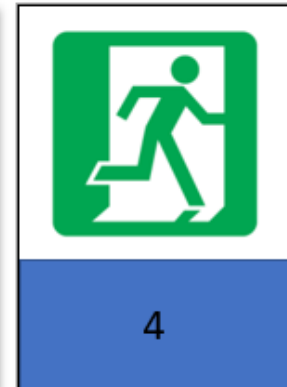


1. Identify which of the following represents a Prohibition Sign?




2. Identify which of the following represents a Mandatory Sign?



3. Which of these is the FIRST step of a Risk Assessment?

Evaluate the risks and decide on precautions	
Review your assessment and update if necessary	
Identify the hazards	
Record your findings and implement them	
Decide who might be harmed and how	

4. Which of these is the LAST step of a Risk Assessment?	
Record your findings and implement them	
Decide who might be harmed and how	
Evaluate the risks and decide on precautions	
Review your assessment and update if necessary	
Identify the hazards	

5. If the casualty is still choking, what would be your next course of action?	
	
Up to 5 rescue breaths	
Up to 5 back blows	
Up to 5 chest thrusts	
Wait for the emergency services to arrive	

6. Identify ONE sign or symptom of a spinal injury	
A rash on the casualties face	
The casualty starts to wheeze	
Lack of movement in one or more limbs	
You may hear crepitus	

7. Identify ONE responsibility a lifeguard has under the Health and Safety at Work Act 1974	
Lifeguards have no responsibility, this is for the employer only	
Lifeguards should write the venues risk assessment and review this regularly	
Lifeguards must induct bathers prior to entering the swimming pool	
Lifeguards should take reasonable care of the health and safety of themselves and others	

8. What is the definition of a Hazard?	
Something that can cause a leisure centres to close	
Something put in place to prevent further injury	
Something with the potential to cause harm	
Something that can alleviate suffering	


9. What is the definition of a Risk?	
A risk is how likely it is that harm will actually be caused	
A risk is something with the potential to cause harm	
A risk is something that is put in place to prevent harm	
A risk is the likelihood, a medical condition will result in death	





10. Which type of burn does this picture represent?	
	
Superficial	
Partial thickness	
Full thickness	
Intermediate thickness	

11. What does ONE short blast of a whistle indicate?	
It calls for the attention of another lifeguard	
It calls for the attention of the Duty Manager	
It calls for the attention of a pool user	
It indicates there is a spinal injury in the pool	

12. What do THREE short blasts of a whistle indicate?	
It indicates that a lifeguard is taking emergency action	
It indicates that there is a chlorine gas leak	
It calls for the attention of another lifeguard	
It calls for the attention of the Duty Manager	

13. Identify two ways Lifeguards can communicate with one another on poolside?	
Use of hand signals and texting	
Use of a smart watch and alarm systems	
Use of a mobile and radios	
Use of a whistle and hand signals	

14. What does this hand signal represent?	
	
Stop what you are doing	
Press the alarm	
A water test is due	
There is a fight in the pool	

15. Which of the following hand signals represent First Aid assistance required?	
<div style="display: flex; justify-content: space-around; align-items: flex-end;"> <div style="text-align: center;">  1 </div> <div style="text-align: center;">  2 </div> <div style="text-align: center;">  3 </div> <div style="text-align: center;">  4 </div> </div>	

16. What is a Heart Attack?	
It is an interruption in the blood supply to the heart due to a blockage	
It is an interruption in the blood supply to the brain due to a haemorrhage	
It is a lack of oxygen to the vital organs and tissue	
It is a narrowing of the arteries around the outside of the heart	

17. What is the treatment of a Heart Attack?	
Call 999/112 and lay the casualty down with their legs raised	
Call 999/112 and assist the casualty into a half sitting position	
Call 999/112 and force the casualty to take a paracetamol	
Call 999/112 and take the casualty outside for fresh air	

18. What is Hypovolemic Shock?	
It is a low cardiac output	
It is low blood sugar levels	
It is a reduction in oxygen levels	
It is a low blood volume or loss of bodily fluids	

19. Identify a sign and symptom of shock?	
Pale, cold clammy skin	
Hives and dilated pupils	
Coughing and a feeling of impending doom	
Swollen tongue and paradoxical chest movements	

20. How would you treat a casualty suffering from shock?	
Sit the casualty on a chair and encourage them to breathe slowly	
Sit the casualty in a comfortable position leaning towards one side	
Lay the casualty down with their head and shoulders slightly raised	
Lay the casualty down and raise their legs	

21. Which of the following is an example of a Lifeguard entry?	
Pencil jump	
Sit down dive	
Slide in	
Run and jump	

22. Which of the following best describes overcrowding?	
It is when there are too many people in the building and more staff are required	
It is when the chlorine level exceeds the recommended pool water parameter	
It is when there are too many Lifeguards on poolside at the same time	
It is when the bather load of the swimming pool nears, or exceeds its maximum limit	

23. Identify which of the following are the priorities of First Aid?			
<ul style="list-style-type: none"> • Preserve life • Alleviate suffering • Prevent the situation from getting worse • Promote casualty recovery 	<ul style="list-style-type: none"> • Preserve blood • Alleviate suffering • Prevent the situation from getting worse • Promote First Aid hygiene 	<ul style="list-style-type: none"> • Danger • Response • Airways • Breathing 	<ul style="list-style-type: none"> • Danger • -Catastrophic Bleeds- • Response • Airways • Breathing
1	2	3	4

24. An OPEN FRACTURE is best described as...	
The skin is not broken, but there might be bruising, swelling and deformity	
An exposed wound which leads down to a fracture, or the ends of the broken bone might stick out through the skin	
An injury to major blood vessels, brain, lungs, nerves, liver, joints or other parts of the body	
A type of fracture that can easily be confused with a sprain, or a strain and generally common in young children	

25. A GREEN STICK FRACTURE is best described as...	
The skin is not broken, but there may be bruising, swelling and deformity	
An exposed wound which leads down to a fracture, or the ends of the broken bone might stick out through the skin	
An injury to a major blood vessels, brain, lungs, nerves, liver, joints or other parts of the body	
A type of fracture that can easily be confused with a sprain, or a strain and generally common in young children	

26. Which type of sling is this?



Elevation sling	
Sterile dressing	
Support sling	
Compression sling	

27. Identify which of the following best describes a Sprain?

Occurs where a muscle is over-stretched	
Occurs at a joint where a ligament has been wrenched	
Occurs when a bone moves in the wrong direction	
Occurs after a paradoxical movement	

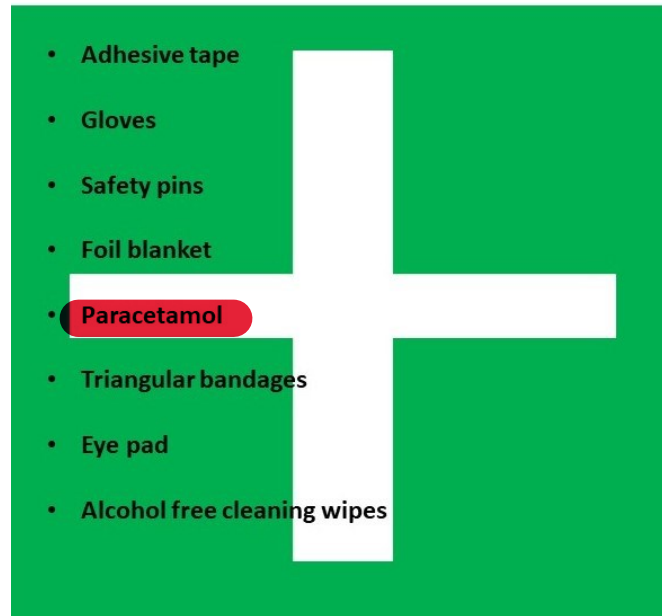
28. Which of the following, best describes the treatment for a Sprain or Strain?

Rest, stretch, compression, elevation	
Rest, massage, ice, sling	
Rest, ice, compression, elevation	
Rest, ice, comfortable position, elevation	

29. Identify a sign and symptom that best describes Cramp?

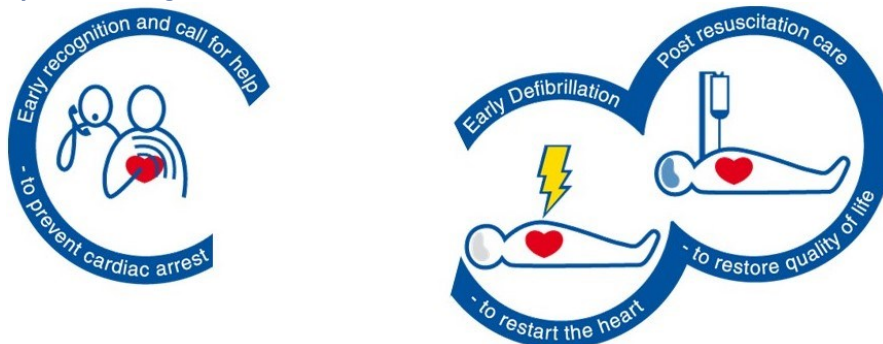
The casualty cannot relax the affected muscle	
The casualty may have swelling or bruising	
The casualty may have pain around a joint	
The casualty may hear a cracking sound	

30. From the picture shown, which of the following item should NOT be in a standard First Aid kit?



Alcohol free cleaning wipes	
Safety Pins	
Epi-pen/ Jext	
Paracetamol	

31. Identify the missing link, from the chain of survival?



Early CPR - to pump blood to the brain	
Early CPR - to buy time	
Early Breathing - to add oxygen to the blood	
Early Breathing - to increase oxygen levels	

32. What is the FIRST step of turning a casualty from front to back?	
Grasp the casualty's far shoulder, and with your other hand clamp the wrist to the casualty's hip	
Place the arm nearest to you above the casualty's head	
Kneel by the casualty's side and turn their head to face away from you	
Lift the casualty's knee and pull sharply towards you	

33. How would you best describe an Asthma Attack?	
It occurs when there is a reduced level of carbon dioxide in the blood	
It occurs when the muscles of the air passages go into spasm and narrow the airway	
It occurs when a casualty comes into contact with a trigger, causing a major allergic reaction	
It occurs due to a narrowing of the blood vessels in the heart, therefore reducing the oxygen levels	

34. Identify which of the following is a sign and symptom of Asthma?	
Red and flushed skin	
Cold hands and feet	
Confusion and vomiting	
Pale and clammy, grey or blue lips (cyanosis)	

35. When treating a young child suffering from asthma, they may require extra assistance if they have.....	
A blue inhaler	
A brown inhaler	
A spacer device	
A nebuliser	

36. A casualty presents you with one of the following. What is the casualty likely to be suffering from?

Emerade®



EpiPen®



Jext® – 150 Micrograms (patients 15–30kg)



Jext® – 300 Micrograms (patients 30kg +)



Angina	
Anaphylaxis	
Diabetes (type one)	
Diabetes (type two)	

37. A casualty is suffering from Anaphylaxis, they are having difficulty breathing. Identify which one of the following would help in this situation?

Place the casualty into the recovery position	
Laying flat on their back, with their legs elevated	
Laying flat on their back, with their head and shoulders raised	
Sit the casualty upright	

38. What is the name of the following medication?

Emerade®



EpiPen®



Jext® – 150 Micrograms (patients 15–30kg)



Jext® – 300 Micrograms (patients 30kg +)



An adrenaline auto-injector	
A reliever inhaler	
A preventer inhaler	
Glyceryl Trinitrate (GTN) - Angina spray	

39. Identify which of the following statements best describes shallow water blackout	
It occurs when a swimmer loses consciousness in water less than one metre of depth	
This is a medical condition and occurs when a swimmer cannot see underwater	
It can occur if a swimmer swims repeatedly for over 60 minutes without a rest	
It occurs when a swimmer runs out of oxygen and loses consciousness before feeling the need to breathe	

40. A casualty has a tight chest, flushed skin, is panicking and has unnaturally fast deep breathing. What is the casualty most likely to be suffering from?	
Asthma	
Flail chest	
Hyperventilation	
Stroke	