

LOS ANGELES CITY LIFEGUARD PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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THE FULL VERSION STUDY GUIDE

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Table of Contents

Copyright	1
Table of Contents	2
Introduction	3
How to Use This Guide	4
Questions	5
Answers	8
Explanations	10
Next Steps	15

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Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 – 45 minutes). Review a handful of questions, reflect on the explanations.

3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

Questions

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1. How can lifeguards prevent accidents on pool decks?

- A. By allowing running for safety drills
- B. By enforcing no running policies and maintaining a clean area
- C. By setting up distracting games for swimmers
- D. By minimizing surveillance to avoid disturbing swimmers

2. What is the purpose of lifeguard drills?

- A. To pass time during shifts
- B. To enhance skills and ensure readiness for real-life emergencies
- C. To test the lifeguard's physical fitness
- D. To maintain team morale

3. What is the significance of establishing and maintaining good public relations as a lifeguard?

- A. It only helps in sharing experiences.
- B. It builds trust, promotes safety awareness, and encourages compliance with regulations.
- C. It is primarily to collect data on swimmers.
- D. It does not have a significant impact on lifeguarding.

4. What are the areas included in a general physical assessment?

- A. Arms, Legs, Feet, Hands
- B. Head, Heart, Lungs, Abdomen
- C. Scalp, Face, Neck, Torso
- D. Fingers, Toes, Palms, Soles

5. What action should a lifeguard take if they witness a swimmer struggling in the water?

- A. Call for help
- B. Jump in without assessing the situation
- C. Blow the whistle and alert others
- D. Immediately jump in without a flotation device

- 6. How much of the victim's body weight should a rescuer not exceed while performing a rescue?**
- A. 50%
 - B. 60%
 - C. 70%
 - D. 80%
- 7. What technique should a lifeguard use for effective chest compressions?**
- A. Compress at a rate of 80 to 100 compressions per minute
 - B. Compress at a rate of 100 to 120 compressions per minute
 - C. Compress at a rate of 120 to 140 compressions per minute
 - D. Compress at a rate of 60 to 80 compressions per minute
- 8. What does CMS stand for in a medical context?**
- A. Cognition, Motion, Sensation
 - B. Circulation, Motor functions, Sensation
 - C. Clinical Management System
 - D. Cardiac Monitoring System
- 9. What is the recovery position used for in first aid?**
- A. To assist someone experiencing a heat stroke
 - B. To keep an unconscious, breathing person safe
 - C. To treat a person with a broken limb
 - D. To ensure a person is hydrated
- 10. Which of the following is an important part of a lifeguard's daily duties?**
- A. Engaging in team sports.
 - B. Checking and reporting equipment conditions.
 - C. Planning events for lifeguard training.
 - D. Updating social media accounts.

Answers

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1. B
2. B
3. B
4. C
5. A
6. C
7. B
8. B
9. B
10. B

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Explanations

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1. How can lifeguards prevent accidents on pool decks?

- A. By allowing running for safety drills
- B. By enforcing no running policies and maintaining a clean area**
- C. By setting up distracting games for swimmers
- D. By minimizing surveillance to avoid disturbing swimmers

Lifeguards can prevent accidents on pool decks primarily by enforcing no running policies and maintaining a clean area. This proactive approach is essential because a slippery or cluttered surface is a prime cause of falls and injuries. By ensuring that the pool deck is free of obstacles and that swimmers are aware of the rules against running, lifeguards foster a safer environment. Additionally, keeping the area clean can significantly reduce hazards such as spills or debris, which can contribute to accidents. Consistent enforcement of safety policies encourages swimmers to adopt safe behaviors, ultimately reducing the likelihood of injuries among patrons.

2. What is the purpose of lifeguard drills?

- A. To pass time during shifts
- B. To enhance skills and ensure readiness for real-life emergencies**
- C. To test the lifeguard's physical fitness
- D. To maintain team morale

The purpose of lifeguard drills is fundamentally to enhance skills and ensure readiness for real-life emergencies. These drills provide lifeguards with an opportunity to practice and refine their rescue techniques, CPR, first aid, and emergency response skills in a controlled environment. By regularly engaging in these drills, lifeguards can remain familiar with the procedures and protocols necessary to respond effectively to incidents that may occur while on duty. Additionally, frequent practice builds muscle memory and helps lifeguards to remain calm and focused when faced with a real emergency, ultimately increasing their effectiveness and confidence in emergency situations. The training and skills developed during drills prepare lifeguards to protect beachgoers and respond quickly to save lives in crises.

3. What is the significance of establishing and maintaining good public relations as a lifeguard?

- A. It only helps in sharing experiences.
- B. It builds trust, promotes safety awareness, and encourages compliance with regulations.**
- C. It is primarily to collect data on swimmers.
- D. It does not have a significant impact on lifeguarding.

The significance of establishing and maintaining good public relations as a lifeguard is fundamentally tied to the role of the lifeguard in ensuring the safety and well-being of the public. By building trust with the community, lifeguards create an environment where swimmers feel safe and are more likely to adhere to safety rules and guidelines. This compliance is crucial for preventing accidents and ensuring a fun experience for everyone. Furthermore, when lifeguards promote safety awareness, they help educate the public about potential hazards and the importance of following regulations. This proactive communication can lead to a safer beach or pool environment, as individuals become more informed about how to enjoy water activities responsibly. Good public relations also foster a positive image of lifeguards, which can enhance community cooperation and support. In contrast, merely sharing experiences or collecting data on swimmers lacks the broader impact that effective public relations practices can achieve, and it is incorrect to view this relationship as unimportant. Good communication and rapport with the community fundamentally enhance the effectiveness of a lifeguard in their duties.

4. What are the areas included in a general physical assessment?

- A. Arms, Legs, Feet, Hands
- B. Head, Heart, Lungs, Abdomen
- C. Scalp, Face, Neck, Torso**
- D. Fingers, Toes, Palms, Soles

The areas included in a general physical assessment typically focus on those that allow for a comprehensive evaluation of the body's systems and overall health. The head, heart, lungs, and abdomen are critical components in assessing vital signs and major organ function, providing a thorough examination that can reveal a wide range of medical conditions. While the other choices provide specific areas of the body, they are too limited in scope for a full physical assessment. For instance, the options focusing on limbs or specific parts such as fingers and toes do not encompass the essential systems of the body that are typically evaluated when assessing a person's health. Assessing the scalp, face, neck, and torso also does not provide a complete picture of vital organs and is therefore not considered sufficient for a general physical assessment. This comprehensive approach is vital for identifying potential health issues effectively.

5. What action should a lifeguard take if they witness a swimmer struggling in the water?

- A. Call for help**
- B. Jump in without assessing the situation
- C. Blow the whistle and alert others
- D. Immediately jump in without a flotation device

When a lifeguard witnesses a swimmer struggling in the water, the appropriate action is to call for help. This ensures that additional trained personnel can respond, which is crucial in emergencies. Alerting others not only allows for a coordinated rescue effort but also helps ensure that the lifeguard's own safety is prioritized. In many cases, the situation may appear urgent, but jumping in without proper assessment can lead to complications, such as a lifeguard becoming overwhelmed or unintentionally making the situation worse. Using a flotation device is also essential as it allows the lifeguard to assist the struggling swimmer more effectively and safely. Calling for help sets the stage for a more deliberate and safer rescue operation.

6. How much of the victim's body weight should a rescuer not exceed while performing a rescue?

- A. 50%
- B. 60%
- C. 70%**
- D. 80%

During a rescue, the guideline that a rescuer should not exceed 70% of the victim's body weight is based on safety and effectiveness principles. This limit is crucial for ensuring that the rescuer maintains enough strength and stability to perform the rescue safely while also managing the victim's weight effectively in the water. If the rescuer were to exceed this percentage, it could lead to inadequate control over the victim during the rescue, increasing the risk of both the rescuer and victim succumbing to exhaustion or panic. Staying within the 70% threshold allows for better maneuverability, reduces the risk of injury, and ensures that the rescuer can assist the victim back to safety without compromising their own safety. This guideline is part of standard practices in lifeguarding to ensure that rescues are conducted safely and effectively.

7. What technique should a lifeguard use for effective chest compressions?

- A. Compress at a rate of 80 to 100 compressions per minute
- B. Compress at a rate of 100 to 120 compressions per minute**
- C. Compress at a rate of 120 to 140 compressions per minute
- D. Compress at a rate of 60 to 80 compressions per minute

The recommended technique for effective chest compressions is to compress at a rate of 100 to 120 compressions per minute. This rate aligns with current guidelines provided by organizations such as the American Heart Association. Compressions performed at this speed help ensure that blood circulates effectively, which is critical during cardiac arrest situations. By maintaining an adequate rate, lifeguards maximize the chances of perfusing vital organs with oxygen-rich blood, which is essential for patient survival. Furthermore, compressing at the recommended pace encourages both sufficient blood flow and effective recoil of the chest after each compression. This recoil allows the heart to refill with blood, enhancing overall circulation. Adhering to this rate is crucial in maintaining the quality of cardiopulmonary resuscitation (CPR) and is supported by research showing that faster rates of compression outside of the recommended range are less effective in maintaining cardiac output. This understanding underscores the importance of proper training and adherence to established protocols in emergency response scenarios.

8. What does CMS stand for in a medical context?

- A. Cognition, Motion, Sensation
- B. Circulation, Motor functions, Sensation**
- C. Clinical Management System
- D. Cardiac Monitoring System

In a medical context, CMS stands for "Circulation, Motor functions, Sensation." This acronym is used to assess a patient's neurological and physiological status during examinations. It focuses on three critical aspects of a patient's health: circulation assesses blood flow and pulse; motor functions evaluate the ability to perform movements, indicating muscle strength and coordination; and sensation checks the patient's ability to feel stimuli, which can be essential in diagnosing neurological conditions. Other interpretations of CMS, such as Clinical Management System or Cardiac Monitoring System, pertain to specific areas of healthcare but do not encapsulate the comprehensive assessment indicated by circulation, motor functions, and sensation. The combination of these three elements provides a holistic view of a patient's condition, making it essential for lifesaving interventions in emergency medical situations.

9. What is the recovery position used for in first aid?

- A. To assist someone experiencing a heat stroke
- B. To keep an unconscious, breathing person safe**
- C. To treat a person with a broken limb
- D. To ensure a person is hydrated

The recovery position is specifically designed to keep an unconscious but breathing person safe. This position helps maintain an open airway, allowing the individual to breathe freely while minimizing the risk of choking on any fluids or vomit. Additionally, it helps prevent the tongue from obstructing the airway, which is crucial in an emergency situation. By placing the person on their side in this position, it also allows for easy monitoring of their condition and gives responders the ability to effectively provide further aid if necessary. In contrast, the other choices do not accurately reflect the primary purpose of the recovery position. Heat stroke management involves cooling the individual, treating injuries requires specific immobilization techniques, and hydration assistance is not related to positioning in cases of unconsciousness. Therefore, understanding the recovery position's role in first aid is vital for ensuring the safety and well-being of someone who is unresponsive yet breathing.

10. Which of the following is an important part of a lifeguard's daily duties?

- A. Engaging in team sports.
- B. Checking and reporting equipment conditions.**
- C. Planning events for lifeguard training.
- D. Updating social media accounts.

An essential part of a lifeguard's daily duties is checking and reporting equipment conditions. Lifeguards are responsible for ensuring that all equipment, such as rescue boards, boats, and first aid kits, is in proper working order. This vigilance helps ensure safety for both lifeguards and beachgoers. Regular checks allow for the identification of any potential issues, such as damage or wear that could compromise the lifeguard's ability to respond effectively in emergencies. Reporting these conditions to the relevant authorities ensures timely maintenance or replacement, which is critical in maintaining a safe environment at the beach. Engaging in team sports, planning events for lifeguard training, and updating social media accounts may be beneficial or enjoyable activities, but they do not directly pertain to the immediate responsibilities and safety protocols expected of a lifeguard on duty.

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Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

<https://l Lifeguard.examzify.com>

We wish you the very best on your exam journey. You've got this!

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