

# NPLQ 10TH GENERATION PRACTICE TEST (SAMPLE)

**STUDY GUIDE**



**SAMPLE STUDY GUIDE  
WITH LIMITED QUESTIONS**

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THE FULL VERSION STUDY GUIDE**

<https://nplq10thgen.examzify.com>



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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 |

SAMPLE

# 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. What is the first step in the CPR flow chart?**
  - A. Call 999/112
  - B. Check if responsive or breathing normally
  - C. Perform rescue breaths
  - D. Begin chest compressions
- 2. How many hours of ongoing training are legally required for lifeguards per month?**
  - A. 1 hour
  - B. 2 hours
  - C. 3 hours
  - D. 4 hours
- 3. In which situation should you call for help while managing a seizure?**
  - A. If the person is breathing normally
  - B. If it is their first seizure
  - C. If the seizure lasts less than 3 minutes
  - D. If the person remains awake after the seizure
- 4. What should you always do before sinking a spinal board?**
  - A. Put on the head blocks
  - B. Take off the head blocks
  - C. Secure the casualty
  - D. Check for responsiveness
- 5. What should lifeguards do in the event of a swimming emergency?**
  - A. Immediately dive into the water without assessing the situation
  - B. Stay calm and follow emergency protocols
  - C. Wait to see if someone else intervenes
  - D. Shout for help without taking further action
- 6. During CPR, what action should you take regarding the casualty's nose?**
  - A. Pinch the nose during breaths
  - B. Keep the nose open
  - C. Cover the nose with a cloth
  - D. Do not touch the nose

**7. What type of training is essential for lifeguards to manage emergencies effectively?**

- A. Training in swimming only
- B. Comprehensive first aid and rescue training
- C. Understanding pool maintenance
- D. Communication skills only

**8. What should a lifeguard do if they are fatigued during their shift?**

- A. Continue working until the shift ends
- B. Inform a supervisor and consider taking a brief break
- C. Switch roles with another lifeguard without informing anyone
- D. Leave the station without alerting others

**9. What does the acronym DNR in the context of pool safety refer to?**

- A. Do Not Rescue
- B. Do Not Repeat
- C. Do Not Reenter
- D. Do Not Respond

**10. What does the term "duty of care" refer to in lifeguarding?**

- A. The responsibility to assist during emergencies
- B. The legal obligation to ensure the safety and well-being of pool users
- C. The requirement to patrol the pool area
- D. The necessity to maintain first aid certifications

## **Answers**

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

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## **Explanations**

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### 1. What is the first step in the CPR flow chart?

- A. Call 999/112
- B. Check if responsive or breathing normally**
- C. Perform rescue breaths
- D. Begin chest compressions

*The first step in the CPR flow chart is to check if the person is responsive or breathing normally. This initial assessment is crucial because it helps determine the appropriate course of action. By checking responsiveness, you can establish whether the individual is conscious or unconscious. If the person is unresponsive, this indicates a potential emergency, which necessitates calling for help immediately. Furthermore, assessing breathing ensures that you can quickly identify if the victim requires CPR or other interventions. If the individual is breathing normally, CPR may not be needed, which helps avoid unnecessary procedures. Therefore, this step lays the foundation for the proper response in an emergency situation.*

### 2. How many hours of ongoing training are legally required for lifeguards per month?

- A. 1 hour
- B. 2 hours**
- C. 3 hours
- D. 4 hours

*The correct answer is that lifeguards are legally required to complete 2 hours of ongoing training per month. This requirement is essential to ensure that lifeguards maintain their skills, stay updated with the latest safety protocols, and continuously improve their response capabilities in emergency situations. Regular training not only reinforces previously learned skills but also provides opportunities for lifeguards to practice new techniques and procedures that may be implemented to enhance safety at aquatic facilities. Such training can encompass a variety of topics, including rescues, first aid, CPR, and the use of emergency equipment, all of which are critical for effective lifeguarding. Ensuring that lifeguards meet this ongoing training requirement helps to uphold safety standards and contributes to the overall effectiveness of lifeguards in preventing and responding to incidents in their environments.*

### 3. In which situation should you call for help while managing a seizure?

- A. If the person is breathing normally
- B. If it is their first seizure**
- C. If the seizure lasts less than 3 minutes
- D. If the person remains awake after the seizure

*Calling for help is crucial when a person is having a seizure, especially if it is their first one. A first seizure may indicate an underlying medical condition that requires evaluation and treatment by healthcare professionals. Prompt medical assistance can ensure that the individual receives appropriate care and monitoring after the seizure, as they may need further tests or interventions to understand the cause of this new onset. While other scenarios might warrant attention, such as a seizure lasting longer than usual or other concerning symptoms, the first occurrence is particularly significant and should always be treated as a medical emergency to rule out serious health issues. In contrast, if the person is breathing normally or remains awake after the seizure, it may not be as urgent to call for help, but it is still important to monitor their wellbeing. Each situation should be assessed individually, but the first seizure is a clear signal that medical support is needed.*

#### 4. What should you always do before sinking a spinal board?

- A. Put on the head blocks
- B. Take off the head blocks**
- C. Secure the casualty
- D. Check for responsiveness

*Before sinking a spinal board, it is essential to take off the head blocks. Removing the head blocks ensures that the casualty's head is properly aligned with the spinal board and helps prevent any unnecessary movement of the head and neck during the transfer process. Proper positioning is critical in minimizing the risk of exacerbating any potential spinal injuries. This action also allows for a more secure fit against the board, avoiding any gaps that could lead to movement. Properly managing head stabilization is vital for maintaining spinal alignment and protecting the casualty's injury. In a situation where spinal injuries are suspected, every step taken to minimize movement is crucial for the patient's safety and care.*

#### 5. What should lifeguards do in the event of a swimming emergency?

- A. Immediately dive into the water without assessing the situation
- B. Stay calm and follow emergency protocols**
- C. Wait to see if someone else intervenes
- D. Shout for help without taking further action

*In the event of a swimming emergency, it is crucial for lifeguards to stay calm and follow emergency protocols. This approach ensures that they can assess the situation effectively and implement the appropriate rescue measures, prioritizing safety for both the victim and themselves. Remaining calm allows lifeguards to think clearly and communicate efficiently with others, including coordinating additional assistance or alerting emergency services if needed. Following established protocols is essential as these guidelines are designed to minimize risks and maximize efficiency in an emergency. They provide a systematic approach to managing emergencies, detailing steps such as assessing the scene, determining the type of emergency, and executing the rescue or first aid procedures that are most applicable. By adhering to these protocols, lifeguards can maintain control over the situation and provide the necessary support to those in distress without endangering themselves or others.*

#### 6. During CPR, what action should you take regarding the casualty's nose?

- A. Pinch the nose during breaths**
- B. Keep the nose open
- C. Cover the nose with a cloth
- D. Do not touch the nose

*During CPR, pinching the nose while giving rescue breaths is the correct action to take. This technique is vital as it helps to create a seal between the rescuer's mouth and the casualty's mouth, minimizing the likelihood of air escaping from the nose. By ensuring the nasal passages are closed, the rescuer can deliver the breaths more effectively into the lungs, allowing for better ventilation and oxygenation of the casualty. When rescue breaths are administered without pinching the nose, there is a chance that air may flow out through the nose instead of entering the lungs, which can significantly reduce the effectiveness of the breaths being delivered. Therefore, applying pressure to pinch the nose keeps the airway closed and directs the air into the body, enhancing the chances of survival until further medical assistance can be provided.*

**7. What type of training is essential for lifeguards to manage emergencies effectively?**

- A. Training in swimming only
- B. Comprehensive first aid and rescue training**
- C. Understanding pool maintenance
- D. Communication skills only

*The correct response emphasizes the critical importance of comprehensive first aid and rescue training for lifeguards. This type of training prepares them to handle a wide range of emergency situations, from medical emergencies such as cardiac arrest or drowning incidents to rescue operations in and around the water. Lifeguards must not only possess strong swimming skills but also understand how to assess the situation, perform CPR, administer first aid, and execute rescues safely. This multidisciplinary approach ensures that they are well-equipped to protect patrons and respond effectively under pressure. Comprehensive training encompasses various scenarios they may encounter, including recognizing signs of distress, utilizing rescue equipment, and effectively communicating with emergency services when necessary. In contrast, focusing solely on swimming does not provide the necessary skills for first response in emergencies. An understanding of pool maintenance, while important, does not directly relate to managing emergencies. Likewise, communication skills are vital but are part of a broader skill set required for effective lifeguarding rather than a standalone focus. So, the most well-rounded preparation comes from comprehensive training that covers both first aid and rescue techniques.*

**8. What should a lifeguard do if they are fatigued during their shift?**

- A. Continue working until the shift ends
- B. Inform a supervisor and consider taking a brief break**
- C. Switch roles with another lifeguard without informing anyone
- D. Leave the station without alerting others

*When a lifeguard feels fatigued during their shift, it is crucial for them to prioritize safety for themselves and the individuals they are responsible for monitoring. Informing a supervisor and considering taking a brief break is the appropriate action because it allows the lifeguard to address their fatigue in a safe manner. By communicating with a supervisor, the lifeguard ensures that there is a plan in place to maintain surveillance of the area while they take a moment to recover. A brief break can help restore focus and energy levels, thus enhancing the lifeguard's ability to perform their duties effectively. Safety is paramount in lifeguard roles, and managing fatigue is essential to prevent errors in judgment that could lead to dangerous situations for both the lifeguard and the patrons they are monitoring. This approach not only supports the well-being of the lifeguard but also upholds the safety standards of the facility.*

## 9. What does the acronym DNR in the context of pool safety refer to?

- A. Do Not Rescue
- B. Do Not Repeat
- C. Do Not Reenter
- D. Do Not Respond

*The acronym DNR, which stands for 'Do Not Rescue,' is particularly relevant in the context of pool safety. This term is used to indicate a safety protocol where rescuers are advised not to attempt a specific type of rescue due to the potential danger it poses to themselves. In situations where a lifeguard or rescuer is confronted with a scenario where an attempted rescue could lead to further complications or put the lifeguard at risk—for example, if a distressed individual is thrashing about in the water—the instruction to 'Do Not Rescue' serves to ensure the safety of both the rescuer and the victim. In professional training, understanding the implications of this acronym is crucial, as it prioritizes risk management and the safety of the lifesaving staff. This allows trained personnel to assess the situation fully, seek assistance, and employ alternative rescue strategies without jeopardizing their own safety. The knowledge of when to invoke DNR is an essential skill for lifeguards and similar professionals, emphasizing the overall importance of safety protocols in aquatic environments.*

## 10. What does the term "duty of care" refer to in lifeguarding?

- A. The responsibility to assist during emergencies
- B. The legal obligation to ensure the safety and well-being of pool users
- C. The requirement to patrol the pool area
- D. The necessity to maintain first aid certifications

*The term "duty of care" in lifeguarding refers specifically to the legal obligation that lifeguards have to ensure the safety and well-being of individuals using the pool or aquatic facility. This encompasses not only the responsibility to intervene in emergencies but also to take preventative measures to minimize risks and provide a safe environment. This obligation requires lifeguards to remain vigilant, provide proper supervision, and act within their training and authority to protect the health and safety of patrons. It emphasizes the legal expectations surrounding a lifeguard's role and underscores that they must act in a manner that a reasonable person in the same position would consider appropriate to prevent harm to others. Ensuring that pool users are safe and not exposed to hazardous conditions is a fundamental part of a lifeguard's duties.*

## 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](mailto:hello@examzify.com).

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

<https://nplq10thgen.examzify.com>

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

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