

Red Cross Lifeguard Practice Test (Sample)

Study Guide



Everything you need from our exam experts!

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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. What is the appropriate action if a victim is responsive but bleeding?**
 - A. Call for additional medical personnel immediately.**
 - B. Apply a tourniquet as the first step.**
 - C. Provide water to the victim.**
 - D. Cover the wound with a sterile dressing and apply pressure.**

- 2. What is a common sign that a swimmer may be in distress?**
 - A. They are waving to attract attention**
 - B. They are attempting a normal swimming stroke**
 - C. They are submerging without any struggle**
 - D. They are splashing uncharacteristically**

- 3. In two-rescuer CPR for an infant, what is the cycle for compressions and ventilations?**
 - A. 15 chest compressions and 2 ventilations**
 - B. 15 chest compressions and 1 ventilation**
 - C. 30 chest compressions and 1 ventilation**
 - D. 30 chest compressions and 2 ventilations**

- 4. After confirming a patient is in shock, what is your priority care step?**
 - A. Provide oxygen immediately.**
 - B. Keep the victim warm and comfortable.**
 - C. Administer fluids via IV.**
 - D. Perform a rapid assessment for injuries.**

- 5. What is the purpose of maintaining a surveillance log?**
 - A. a. To document patron complaints**
 - B. b. To track lifeguard vacation dates**
 - C. c. To monitor changes in pool conditions and behavior patterns**
 - D. d. To keep a record of lifeguard certifications**

- 6. What is the primary purpose of using a rescue tube during a spinal injury rescue?**
- A. To fully submerge the victim.**
 - B. To provide buoyancy and support.**
 - C. To assist in quick recovery.**
 - D. To keep the rescuers safe only.**
- 7. What is the preferred technique to check for breathing in an unconscious person?**
- A. Watch for movements of the chest**
 - B. Check the pulse**
 - C. Look, Listen, and Feel for breath for no more than 10 seconds**
 - D. Shake the person gently**
- 8. Which type of equipment is essential for lifeguarding?**
- A. Flotation devices only**
 - B. Rescue tubes, first aid kits, and communication devices**
 - C. Only first aid kits**
 - D. Training manuals and logs**
- 9. What should a lifeguard do first when a swimmer shows signs of distress?**
- A. Call for help immediately**
 - B. Rescue the swimmer without hesitation**
 - C. Evaluate the situation before taking action**
 - D. Ignore them if they appear to be calm**
- 10. In which scenario is the use of a rescue paddleboard most appropriate?**
- A. When the water is calm and shallow**
 - B. In situations where an extended reach is required to assist a victim**
 - C. During lifeguard training sessions**
 - D. When moving multiple victims at once**

Answers

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

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Explanations

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1. What is the appropriate action if a victim is responsive but bleeding?

- A. Call for additional medical personnel immediately.**
- B. Apply a tourniquet as the first step.**
- C. Provide water to the victim.**
- D. Cover the wound with a sterile dressing and apply pressure.**

When dealing with a responsive victim who is bleeding, the appropriate action is to cover the wound with a sterile dressing and apply pressure. This method is crucial for controlling bleeding and preventing further blood loss. By applying direct pressure to the wound, you can help reduce the flow of blood and promote clotting. Using a sterile dressing also minimizes the risk of infection while ensuring that the wound is protected from external contaminants. In situations where the bleeding is severe and does not stop with direct pressure, further measures may be necessary, but initiating care with a sterile dressing and pressure is the fundamental first step in bleeding management that can be applied immediately. This approach is essential as it can stabilize the victim until advanced medical personnel can take over if needed.

2. What is a common sign that a swimmer may be in distress?

- A. They are waving to attract attention**
- B. They are attempting a normal swimming stroke**
- C. They are submerging without any struggle**
- D. They are splashing uncharacteristically**

A common sign that a swimmer may be in distress is splashing uncharacteristically. This behavior often indicates that the swimmer is struggling to stay above water or is in a state of panic. Unlike normal swimming, frantic or excessive splashing can mean that the swimmer is not able to keep themselves afloat effectively, which is a clear signal for lifeguards and others to recognize potential trouble. Observing a swimmer who is splashing more than usual prompts immediate attention because it can lead to a higher risk of drowning if assistance is not rendered quickly. Recognizing this sign allows lifeguards to act promptly and intervene before the situation escalates. In contrast, waving to attract attention may not necessarily mean the swimmer is in distress; it could simply be a way of saying hello or getting someone's attention for a different reason. Additionally, a swimmer attempting a normal stroke may indicate that they are fine, and submerging without struggle could also suggest that they are diving or swimming underwater intentionally, which doesn't imply distress. Thus, uncharacteristic splashing is a distinct and critical warning sign of swimmers in trouble.

3. In two-rescuer CPR for an infant, what is the cycle for compressions and ventilations?

- A. 15 chest compressions and 2 ventilations**
- B. 15 chest compressions and 1 ventilation**
- C. 30 chest compressions and 1 ventilation**
- D. 30 chest compressions and 2 ventilations**

In two-rescuer CPR for an infant, the correct cycle involves delivering 15 chest compressions followed by 2 ventilations. This ratio of compressions to ventilations is specifically designed to ensure effective circulation and oxygenation during the critical moments of cardiac arrest or respiratory failure. The 15 compressions help to maintain blood flow to vital organs, particularly the heart and brain, which are highly sensitive to oxygen deprivation. Following the chest compressions, delivering 2 ventilations helps to provide sufficient oxygen to the infant's lungs, addressing the need for both adequate circulation and respiratory support. This approach balances the management of both aspects of the infant's condition and reflects current guidelines for pediatric advanced life support. Other ratios would either fail to provide enough support for either compressions or ventilations, which could compromise the effectiveness of the resuscitation effort.

4. After confirming a patient is in shock, what is your priority care step?

- A. Provide oxygen immediately.**
- B. Keep the victim warm and comfortable.**
- C. Administer fluids via IV.**
- D. Perform a rapid assessment for injuries.**

In the context of caring for a patient in shock, the priority step is to keep the victim warm and comfortable. This is crucial because shock can lead to decreased blood flow to the extremities, causing the body to lose heat. Maintaining a stable body temperature is essential to prevent further complications and to support the body's natural healing processes. Warming the individual helps to protect vital organs and can aid in stabilizing their condition while preparing for further interventions. Comfort measures are also important in reducing anxiety, which can have physiological benefits during this critical time. Providing oxygen, administering IV fluids, or performing a rapid assessment for injuries are all important components of shock management; however, ensuring the patient's warmth and comfort is an immediate action that helps stabilize their condition effectively.

5. What is the purpose of maintaining a surveillance log?

- A. a. To document patron complaints**
- B. b. To track lifeguard vacation dates**
- C. c. To monitor changes in pool conditions and behavior patterns**
- D. d. To keep a record of lifeguard certifications**

Maintaining a surveillance log is essential for monitoring changes in pool conditions and behavior patterns. This practice helps lifeguards identify trends in patron behavior, such as increased restlessness or atypical swimming patterns that may indicate a potential emergency. Additionally, documenting environmental conditions like water temperature, clarity, and other relevant factors ensures that the facility can assess safety levels accurately. By observing these patterns over time, lifeguards can make informed decisions about necessary interventions or preventive measures to enhance patron safety and ensure that the aquatic environment remains safe for all visitors. This proactive approach allows lifeguards to respond more effectively to emergencies and contribute to the overall safety culture of the facility. The other options, while potentially useful in their own rights, don't align with the primary function of a surveillance log. For example, documenting patron complaints or tracking vacation dates are important for operational management but do not directly contribute to maintaining a safe and responsive environment in the aquatic setting. Keeping a record of lifeguard certifications is also necessary but falls outside the scope of behavioral observation that the surveillance log emphasizes.

6. What is the primary purpose of using a rescue tube during a spinal injury rescue?

- A. To fully submerge the victim.**
- B. To provide buoyancy and support.**
- C. To assist in quick recovery.**
- D. To keep the rescuers safe only.**

The primary purpose of using a rescue tube during a spinal injury rescue is to provide buoyancy and support. When a victim has a suspected spinal injury, it is crucial to minimize movement to prevent further injury. The rescue tube helps keep the victim afloat without requiring excessive movement, allowing for safe and stable support while waiting for emergency services or conducting necessary care. By using the tube, the rescuer can maintain the victim's position in the water, alleviating the risk of further aggravation to the spine while ensuring the victim stays above water. This support mechanism is fundamental to managing spinal injury scenarios effectively.

7. What is the preferred technique to check for breathing in an unconscious person?

A. Watch for movements of the chest

B. Check the pulse

C. Look, Listen, and Feel for breath for no more than 10 seconds

D. Shake the person gently

The preferred technique to check for breathing in an unconscious person is to look, listen, and feel for breath for no more than 10 seconds. This method involves positioning yourself close to the person's mouth and nose to detect any airflow. While observing for chest movements can provide some indication of breathing, it does not allow for as thorough an assessment as the three-pronged approach of looking, listening, and feeling. By utilizing this technique, you can accurately determine if the person is breathing and whether immediate lifesaving measures are required, such as performing CPR. Checking for a pulse is not a method to assess breathing and does not replace the need to evaluate airway and ventilation status. Shaking the person gently is not an appropriate technique for checking breathing, as it might cause further harm or wake the person if they are in a stable condition.

8. Which type of equipment is essential for lifeguarding?

A. Flotation devices only

B. Rescue tubes, first aid kits, and communication devices

C. Only first aid kits

D. Training manuals and logs

Lifeguarding is a demanding role that requires a comprehensive set of tools to ensure safety and effective rescue operations. The essential equipment for lifeguarding includes rescue tubes, which are crucial for helping to bring individuals in distress safely back to shore. First aid kits are also vital because they enable lifeguards to provide immediate medical assistance in case of injuries or emergencies. Additionally, communication devices are imperative for relaying information quickly, whether it's calling for backup or notifying other team members about an incident. This combination of equipment ensures that lifeguards are well-equipped to manage various situations that may arise while on duty. In contrast, simply having flotation devices or only first aid kits does not provide the full spectrum of support that is required in lifeguarding scenarios. Relying solely on training manuals and logs may help with knowledge and record-keeping but does not address the immediate operational needs during a rescue. Therefore, a combination of rescue tubes, first aid kits, and communication devices is crucial for a lifeguard's effectiveness and responsiveness to emergencies.

9. What should a lifeguard do first when a swimmer shows signs of distress?

- A. Call for help immediately**
- B. Rescue the swimmer without hesitation**
- C. Evaluate the situation before taking action**
- D. Ignore them if they appear to be calm**

The initial step a lifeguard should take when a swimmer exhibits signs of distress is to evaluate the situation before taking any action. This evaluation is crucial to determine the nature of the distress, whether it is due to fatigue, panic, medical issues, or another reason. By assessing the environment, the swimmer's condition, and potential hazards, the lifeguard can make informed decisions on the best course of action. Understanding the broader context allows the lifeguard to effectively plan a rescue if needed, ensuring their own safety as well as that of the distressed swimmer. It also helps in deciding whether additional assistance is necessary or if the situation can be managed with direct intervention. This methodical approach is a key part of lifeguard training, emphasizing the importance of situational awareness and prioritizing safety before executing a rescue.

10. In which scenario is the use of a rescue paddleboard most appropriate?

- A. When the water is calm and shallow**
- B. In situations where an extended reach is required to assist a victim**
- C. During lifeguard training sessions**
- D. When moving multiple victims at once**

The use of a rescue paddleboard is most appropriate in scenarios where an extended reach is required to assist a victim. This tool allows lifeguards to safely extend their reach without putting themselves in unnecessary danger. For instance, if the victim is in deeper water or beyond the lifeguard's immediate reach, a paddleboard provides the necessary platform to reach and support the individual in distress. In situations where it may be unsafe or difficult to swim directly to a victim, the paddleboard serves as a valuable aid, enabling the lifeguard to stabilize and rescue the individual effectively. Using a paddleboard is less suitable in calm and shallow water, where the potential for injury is minimized, and foot access is typically sufficient. While paddleboards can be used in training sessions, the scenario focusing on the rescue aspect emphasizes its practical application during active rescues. Additionally, moving multiple victims at once may require different equipment tailored for that specific scenario rather than solely relying on a paddleboard.

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://redcrosslifeguard.examzify.com>

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

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