

RED CROSS 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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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. Signs and symptoms of sudden illness do not include:**
 - A. Changes in LOC.
 - B. Nausea or vomiting.
 - C. Bruising or rigidity of the abdomen.
 - D. Loss of vision or blurred vision.
- 2. What are early warning signs of overtraining in lifeguards?**
 - A. Increased stamina and enthusiasm
 - B. Fatigue, decreased performance, and irritability
 - C. Ability to manage stress effectively
 - D. Improved reaction times and focus
- 3. What should be done if a victim starts breathing normally after receiving CPR?**
 - A. Continue CPR until emergency services arrive.
 - B. Place the victim in the recovery position.
 - C. Check for additional injuries.
 - D. Prepare to perform rescue breaths.
- 4. When managing a situation involving an unresponsive drowning victim, what is crucial to do?**
 - A. Provide CPR immediately
 - B. Assess the surroundings for safety first
 - C. Call for help before entering the water
 - D. Attempt to revive in the water
- 5. What is the protocol for dealing with a minor cut or scrape?**
 - A. Ignore it if the bleeding is minimal
 - B. Clean the area, apply antiseptic, and cover with a bandage
 - C. Only apply a bandage without cleaning
 - D. Apply ice directly to the wound

- 6. What action should be taken immediately after an AED pad is placed on the chest?**
- A. Press the shock button
 - B. Begin chest compressions
 - C. Ensure no one is touching the victim
 - D. Turn off the AED
- 7. What should be your next step if you find an unresponsive adult with occasional gasps and no pulse?**
- A. Give 5 abdominal thrusts.
 - B. Immediately begin CPR, starting with chest compressions.
 - C. Place the victim in the recovery position.
 - D. Give 2 ventilations and begin CPR.
- 8. Which of the following is not a component of scene size-up?**
- A. Gathering an initial impression of the situation.
 - B. Calling for additional resources as needed.
 - C. Looking for situations that are hazardous.
 - D. Checking for responsiveness.
- 9. CPR should be performed on which type of victim?**
- A. One who is in cardiac arrest.
 - B. One who is conscious and is choking.
 - C. One who is experiencing difficulty breathing.
 - D. One who responds to painful stimuli.
- 10. 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

Answers

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

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Explanations

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1. Signs and symptoms of sudden illness do not include:

- A. Changes in LOC.
- B. Nausea or vomiting.
- C. Bruising or rigidity of the abdomen.**
- D. Loss of vision or blurred vision.

The signs and symptoms of sudden illness can vary widely, but certain indicators are more commonly associated with such conditions. Changes in level of consciousness (LOC), nausea or vomiting, and loss of vision or blurred vision are all recognized symptoms that can occur in various sudden illness scenarios. Bruising or rigidity of the abdomen, however, does not typically fall under the standard symptoms of sudden illness. While abdominal issues can manifest in sudden situations, presenting symptoms such as bruising or rigidity are often related to specific injuries rather than a broader category of sudden illness. This distinction is important because sudden illnesses often show a pattern of symptoms that reflect physiological changes in the body, rather than localized physical trauma indicators like bruising. Understanding this can help individuals differentiate between symptoms of sudden illness and those that may suggest an external injury.

2. What are early warning signs of overtraining in lifeguards?

- A. Increased stamina and enthusiasm
- B. Fatigue, decreased performance, and irritability**
- C. Ability to manage stress effectively
- D. Improved reaction times and focus

The early warning signs of overtraining in lifeguards include fatigue, decreased performance, and irritability. Overtraining occurs when an individual exceeds their body's ability to recover from physical exertion. This state can lead to a variety of physical and psychological symptoms. Fatigue is a common sign, reflecting the body's inability to rest and recover properly after intensive training sessions. Lifeguards, who often have demanding physical requirements and need to remain alert, may experience a decline in both physical abilities and mental sharpness as overtraining sets in. Decreased performance is another crucial indicator; lifeguards may notice that their times in drills are slower, or they might find routine tasks require more effort than usual. This decline can impact their effectiveness on the job, as lifeguards must be at their best to respond to emergencies swiftly. Irritability can occur due to physical stress and mental fatigue, making it difficult to maintain the high level of communication and teamwork essential in their roles. Recognizing these signs early helps in adjusting training loads and ensuring adequate recovery, which is vital for maintaining optimal performance and safety in lifeguarding duties. In contrast, increased stamina and enthusiasm, effective stress management, and improved reaction times and focus are generally positive indicators, suggesting

3. What should be done if a victim starts breathing normally after receiving CPR?

- A. Continue CPR until emergency services arrive.
- B. Place the victim in the recovery position.**
- C. Check for additional injuries.
- D. Prepare to perform rescue breaths.

When a victim begins to breathe normally after receiving CPR, placing them in the recovery position is crucial for their safety and well-being. The recovery position helps maintain an open airway and prevents the risk of aspiration if the person vomits. It also ensures that any secretions can drain from the mouth, reducing the likelihood of airway obstruction. Continuing CPR until emergency services arrive would not be appropriate once the victim is breathing normally, as CPR is intended for cases of unresponsiveness and absence of normal breathing. Checking for additional injuries can be important, but the immediate priority is to ensure the victim's airway remains clear, which is why placing them in the recovery position is essential. Preparing to perform rescue breaths is not necessary at this point since the victim has started to breathe on their own.

4. When managing a situation involving an unresponsive drowning victim, what is crucial to do?

- A. Provide CPR immediately
- B. Assess the surroundings for safety first**
- C. Call for help before entering the water
- D. Attempt to revive in the water

In a situation with an unresponsive drowning victim, assessing the surroundings for safety first is crucial. Before entering the water or attempting any rescue, it is essential to ensure that both the rescuer and the victim will not be in further danger. This includes looking for potential hazards such as strong currents, the presence of other individuals who may also be in distress, or environmental factors that could complicate the rescue efforts. Prioritizing safety helps reduce the risk of additional injuries or complications. Once the area is assessed, actions such as calling for help or providing CPR can be effectively executed, as the rescuer will have a clear understanding of the situation and any immediate dangers. This methodical approach enhances the chances of a successful rescue and ensures that resources can be utilized safely and effectively.

5. What is the protocol for dealing with a minor cut or scrape?

- A. Ignore it if the bleeding is minimal
- B. Clean the area, apply antiseptic, and cover with a bandage**
- C. Only apply a bandage without cleaning
- D. Apply ice directly to the wound

The correct approach to managing a minor cut or scrape involves cleaning the wound, applying an antiseptic, and then covering it with a bandage. This protocol is essential because it helps to prevent infection, promotes healing, and provides a protective barrier against further injury. Cleaning the area allows for the removal of any dirt or debris that could introduce bacteria into the wound, reducing the risk of infection. Using an antiseptic helps to disinfect the area and further decrease the chance of pathogens causing complications. Finally, covering the wound with a bandage not only protects it but also keeps it clean and moist, which is conducive to healing. Proper wound care is crucial in any first aid scenario, and this protocol ensures that even minor injuries are addressed effectively to support the overall health and safety of the individual.

6. What action should be taken immediately after an AED pad is placed on the chest?

- A. Press the shock button
- B. Begin chest compressions
- C. Ensure no one is touching the victim**
- D. Turn off the AED

After placing the AED pads on the chest of a victim, ensuring that no one is touching the victim is crucial. This action is necessary because the AED is designed to analyze the heart's rhythm and deliver a shock if needed. If anyone is in contact with the victim during this analysis or shock delivery, it poses a risk of injury to bystanders and may interrupt the process, leading to ineffective AED operation. This action is a critical safety measure that allows the AED to work properly to assess the heart rhythm without interference from external contact. Following this, if the AED advises a shock, the responder will be instructed to press the shock button, but that comes only after ensuring a clear area around the victim. Therefore, prioritizing safety by keeping everything clear ensures that the AED can function as intended, thereby optimizing the chances of a successful resuscitation.

7. What should be your next step if you find an unresponsive adult with occasional gasps and no pulse?

- A. Give 5 abdominal thrusts.
- B. Immediately begin CPR, starting with chest compressions.**
- C. Place the victim in the recovery position.
- D. Give 2 ventilations and begin CPR.

In a situation where you encounter an unresponsive adult who is displaying occasional gasping and has no pulse, the immediate priority is to provide life-saving interventions. The appropriate step involves beginning CPR as quickly as possible, starting with chest compressions. When someone is unresponsive and has no pulse, it indicates cardiac arrest, and immediate resuscitative efforts are crucial. The action of giving ventilations before chest compressions is generally appropriate in cases of respiratory arrest, but in the setting of an unresponsive adult with no pulse, the focus should be on high-quality chest compressions to circulate blood. Compressions are vital for maintaining blood flow to the brain and vital organs until emergency medical services can arrive. It's important to note that if you only provide ventilations before initiating compressions, you may delay crucial blood flow to vital organs, reducing the chances of survival. In such a scenario, chest compressions take precedence, followed by ventilations after the initial set of compressions. Thus, beginning CPR with chest compressions while calling for emergency assistance is the most effective approach in this critical situation.

8. Which of the following is not a component of scene size-up?

- A. Gathering an initial impression of the situation.
- B. Calling for additional resources as needed.
- C. Looking for situations that are hazardous.
- D. Checking for responsiveness.**

In lifeguarding and emergency response, scene size-up is a critical process that takes place at the onset of a call or emergency situation. It involves evaluating the scene to determine the nature and extent of the emergency, as well as the safety of both the responder and the victims. Checking for responsiveness pertains specifically to the assessment of a victim's condition after you have determined that it is safe to approach them. While it is a vital part of patient assessment, it happens after the scene size-up. The primary focus during the scene size-up includes gathering initial impressions, calling for additional resources when necessary, and identifying any hazards present in the environment that could pose a risk to responders or victims. Thus, the process of checking for responsiveness is part of the subsequent evaluation of victims, rather than a component of the initial scene size-up. Understanding this distinction helps responders systematically prioritize their assessments and actions in emergency situations to ensure safety and effective care delivery.

9. CPR should be performed on which type of victim?

- A. One who is in cardiac arrest.**
- B. One who is conscious and is choking.
- C. One who is experiencing difficulty breathing.
- D. One who responds to painful stimuli.

Cardiopulmonary resuscitation (CPR) is specifically indicated for individuals who are in cardiac arrest. Cardiac arrest occurs when the heart stops beating effectively, leading to a cessation of blood flow to vital organs. This life-threatening condition requires immediate action, and performing CPR helps to maintain circulation by manually compressing the heart, which can be critical in preventing brain damage and increasing the chances of survival until advanced medical help arrives. While there are various emergency situations that may require different interventions, such as the Heimlich maneuver for a choking victim or providing rescue breaths for someone having difficulty breathing, these scenarios do not necessitate CPR unless the individual becomes unresponsive and shows no signs of life. For victims who respond to painful stimuli or are conscious, CPR is not appropriate, as these individuals either have some level of circulation or require different first aid techniques.

10. 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.

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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