



LIFESAVING SOCIETY
The Lifeguarding Experts

Lifesaving Fill-in-the-Blanks

Working on your Aquatic Leadership courses?

Use your Canadian Lifesaving Manual (*Chapter 7*) to complete this work page and keep your *Lifesaving Priorities – ABCs* knowledge!

- 1) Opening and maintaining an open _____ is perhaps the most important action in a rescue.
- 2) We have 300 million of these tiny air sacs, where oxygen and carbon dioxide are exchanged.
- 3) ___ are the 3 steps in performing a Primary Assessment.
- 4) ___:___ is the ratio of compressions to ventilations for Adult CPR.
- 5) This position allows for draining of fluid from the airway.
- 6) This technique is used to open a victim's airway.
- 7) The body's supply of oxygen is usually sufficient to sustain life for about _____ minutes.
- 8) Aim for a compression rate of 100-120 per minute for CPR, or about _____ every 15 seconds.
- 9) It is very common for a drowning victim to _____ during or after a rescue.
- 10) If rescue breathing has to be performed in water, is it safer in shallow or deep water?
- 11) Rescue breathing is done at a rate of 1 breath every 5 seconds for adults, or 1:_____ for children/infants.
- 12) If room air has 21% oxygen, and exhaled air has 16%, about how much do we use when we breathe?
- 13) These are not commonly used on infant victims, but can be used in an emergency.
- 14) Encourage victim to cough when they are experiencing mild _____.
- 15) Mask and _____ are used to prevent cross-contamination of disease.
- 16) Vomit is full of acids and if it gets into the lungs, it will be very hard to _____ the victim.
- 17) If an unresponsive victim is not breathing normally, begin _____.
- 18) Can abdominal thrusts be performed effectively while standing in shallow water?
- 19) By taking turns during 2 rescuer CPR every _____ minutes, you maximize the effectiveness of CPR.
- 20) AEDs used with early and effective CPR, dramatically improve the victim's chance for _____.

ANSWER KEY

VOMIT	5%	GLOVES	1:3	30:2
SURVIVAL	AVEOLI	AIRWAY OBSTRUCTION	RECOVERY	CPR
AED	ABC	RESUSITATE	30	HEAD-TILT CHIN-LIFT
AIRWAY	4	YES	2	SHALLOW