

69. *A parent with a child comes to you when you are not on surveillance duty and asks for your help. The child has sand or some other type of small debris in her eye. What three steps do you take to provide care?*

- **Tell the victim to blink several times to try to remove the object.**
- **Gently flush the eye with water.**
- **Seek medical attention if the object remains.**

70. *If a pregnant woman is about to give birth, summon EMS personnel. List five important facts to give to the dispatcher.*

- **The pregnant woman's name.**
- **The woman's age.**
- **The expected due date.**
- **How long she has been having labor pains.**
- **If this is her first child.**

71. *List the four sources of burns.*

- **Heat**
- **Radiation**
- **Chemical**
- **Electrical**

72. *In addition to wind and humidity, what other four conditions can contribute to heat- and cold-related emergencies?*

- **Physical activity**
- **General working or living conditions**
- **Age**
- **State of health**

73. *List at least five signs and symptoms of hypothermia.*

Answers should include any five of the following:

- **Shivering**
- **Numbness**
- **A glassy stare**
- **Apathy**
- **Weakness**
- **Impaired judgment**
- **Loss of consciousness**

74. *List in order the nine steps necessary to care for frostbite.*

1. **Get the victim out of the cold.**
2. **Do not attempt to rewarm the frostbitten area if there is a chance that it might refreeze or if close to a medical facility.**
3. **Handle the area gently; never rub the affected area.**
4. **Warm gently by soaking the affected area in warm water (100° – 105° F or 37° – 40° C) until normal color returns and the area feels warm.**
5. **Loosely bandage the area with dry, sterile dressings.**
6. **If the victim's fingers or toes are frostbitten, place dry, sterile gauze between them to keep them separated.**
7. **Avoid breaking any blisters.**
8. **Take precautions to prevent hypothermia.**
9. **Summon EMS personnel to seek emergency medical care as soon as possible.**

INSTRUCTOR ANSWERS TO REVIEW QUESTIONS
LIFEGUARDING
CHAPTER 10: CARING FOR HEAD, NECK AND BACK INJURIES

Multiple Choice

Circle the correct answer to the question.

1. *Victims with a head, neck or back injury may show specific signs and symptoms, such as—*
 - a. Elevated body temperature.
 - b. **Tingling or loss of sensation in the hands, fingers, feet or toes.**
 - c. Excessive thirst.
 - d. Painful muscle spasms in the legs and abdomen.

2. *Which of the following techniques can be used in the water to minimize movement of the victim's head and neck during a suspected head, neck or back injury rescue?*
 - a. Chin splint
 - b. Head and back support
 - c. **Head splint technique**
 - d. Back splint technique

Multiple Answers

Place a check next to the correct answer or answers

3. *Signs and symptoms of a possible head, neck or back injury may include—*
 - Blood or other fluids in the ears or nose.**
 - Stomach ache or indigestion.
 - Broken arm.
 - Severe pain or pressure in the head, neck or back.**
 - Rapid pulse.
 - Loss of balance.**
 - Sprained ankle.
 - Impaired breathing or vision as a result of injury.**
 - No pulse.
 - Partial or complete loss of movement of any body area.**
 - Pain in the chest.
 - Tingling or loss of sensation in the hands, fingers, feet or toes.**
 - Slurring of words and weak facial muscles on one side of the face.
 - Unusual bumps, bruises or depressions on the head, neck or back.**
 - Changes in the level of consciousness.**
 - Seizures.**
 - Complete or partial inability to move the arms and legs.**

True or False

Circle True or False.

4. **True False** *Head, neck and back injuries frequently happen during supervised diving activities.*
5. **True False** *To remove a victim from the water with a head, neck or back injury, you must first secure the victim on a backboard.*
6. **True False** *If the victim of a head, neck or back injury in the water is not breathing, immediately remove the victim from the water using a backboard.*
7. **True False** *Only the head splint technique can be used in shallow water, greater than 3 feet to minimize head and neck movement.*
8. **True False** *Do not use the rescue tube for support when performing the head and chin support on a face-down victim in deep water.*
9. **True False** *When using the head and chin support or the head splint technique on a victim of a head, neck or back injury in shallow water, you should submerge your body to about shoulder depth before touching the victim.*
10. **True False** *Lifeguards may have to modify the care provided to a person with a head, neck or back injury.*

Fill in the Blanks

11. *Most head, neck and back injuries occur during unsupervised activities.*
12. *Lifeguards should always assume that a head, neck or back injury occurred in the following situations —*
 - a. *Any head-first entry into shallow water.*
 - b. *A fall from a height greater than the victim's height.*
 - c. *An injury involving a diving board or water slide.*
 - d. *A person entering the water from a height, such as an embankment, cliff or tower.*
13. *The care provided to a victim with a head, neck or back injury in the water depends on—*
 - a. *The victim's condition, including whether he or she shows signs of life.*
 - b. *The location of the victim (shallow or deep water, at the surface of the water, submerged or not in the water).*

- c. The availability of additional **help**.
 - d. The facility's **specific procedures**.
 - e. The **air** and **water** temperature.
14. The head and chin support is used for face-up and face-down victims, at or near the surface, in shallow water at least **3** feet deep.
15. At least **two** lifeguards are needed to place and secure a victim on a backboard. Additional **lifeguards** should also help if available.
16. If a lifeguard treats a victim of a suspected head, neck or back injury, the lifeguard should tell the victim not to **move** his or her head to answer any questions, but to answer "yes" or "no."

Ordering

Place the following in the correct order.

17. Place in the correct sequence the eight steps necessary to rescue a person with a head, neck or back injury in the water.

- 8 Provide emergency care as needed
- 1 Activate the facility's emergency action plan
- 7 Remove the victim from the water
- 2 Assess the victim's condition
- 6 Check for consciousness and signs of life
- 3 Safely enter the water
- 5 Move the victim to shallow water whenever possible
- 4 Perform an appropriate rescue

18. Place in the correct sequence the six steps for caring for a head, neck or back injury in extreme shallow water if the victim is found face-down.

- 6 The lifeguard comforts the victim while another rescuer monitors the victim's ABCs until EMS personnel arrive and take over.
- 3 While rolling the victim's head, the lifeguard steps from the victim's side toward the victim's head and turns the victim face-up.
- 1 The lifeguard approaches the victim from the side and moves his or her arms slowly and carefully into position. The lifeguard grasps the victim's right arm with his or her right hand and the left arm with his or her left hand and traps the victim's head between the arms.
- 5 The lifeguard holds the victim in this position.
- 2 After the head is secured between the arms, the lifeguard begins to roll the victim toward him or herself.

- 4.** The lifeguard then lowers his or her arm on the victim's side that is closest to the lifeguard so that the victim's arms go over the top of the lifeguard's arm as he or she steps toward the victim's head. It is important to maintain arm pressure against the victim's head, since the lifeguard's hand position will change during this maneuver. The lifeguard will now be positioned above and behind the victim's head.

Circle the Correct Answer from the Pair

19. When performing the head splint technique, grasp the victim's arms midway between the (**shoulder/** wrist) and the elbow.
20. When securing a victim of a head, neck or back injury to a backboard, always strap (**high/low**) across the chest.
21. Once you have finished securing the straps on the backboard over a victim of a head, neck or back injury in the water, you (**should/should not**) recheck the straps for tightness.

Short Answer

22. List at least five situations in which a head, neck or back injury may occur in the water.

Answers should include any five of the following:

- o Injuries caused by entry into shallow water
 - o Injuries most likely occur in a corner
 - o Injuries most likely occur where the bottom slopes from shallow to deep water
 - o When the patron strikes a floating object, such as an inner tube or person, while diving
 - o Most injuries occur during unsupervised activities
 - o Injuries occur where depths change with the tide or current
 - o When the person plunges head-first into shallow water
 - o When the person plunges head-first into a breaking wave
 - o From collisions with an underwater hazard, such as a rock, tree stump or sandbar
 - o Injuries involving a diving board, water slide or a person entering water from a height, such as an embankment, cliff or tower
23. You are on duty when a patron swimming on her back swims into the wall and suffers a neck injury. List the three most important steps in treating her injury.
- o Stabilize and restrict motion of the head, neck and back.
 - o Keep the victim as still as possible until EMS personnel arrive and take over.
 - o Always provide care as if the head, neck or back is injured.
24. When strapping a victim to a backboard, where and in what order should the three straps be placed?
1. Across the upper chest and under the armpits

2. **Across the hips with the arms and hands secured**
 3. **Across the thighs**
25. *List, in order, the six steps to perform the head and chin support on a face-up victim, at or near the surface of the water.*
1. **Approach the victim from the side.**
 2. **With the lifeguard's body at about shoulder depth in the water, place one forearm along the length of the victim's breastbone and the other forearm along the victim's spine.**
 3. **Use the hands to gently hold the victim's head and neck in line with the body. Place one hand on the victim's lower jaw and the other hand on the back of the lower part of the head. Be careful not to place pressure or touch the front and back of the neck.**
 4. **Squeeze the forearms together, clamping the victim's chest and back. Continue to support the victim's head and neck.**
 5. **Hold the victim face-up in the water until help arrives.**
 6. **Check for consciousness and signs of life. If there are no signs of life, immediately remove the victim from the water.**
26. *List the three proper lifting techniques lifeguards should use to avoid injury while removing a victim from the water using a backboard.*
1. **Keep the back straight.**
 2. **Bend at the knees.**
 3. **Move in a controlled way without jerking, tugging or dropping the board.**
27. *You are providing care for a face-down victim of a head, neck or back injury in water less than 3 feet deep. What type of in-line stabilization technique would you use?*
- Head splint technique or modified head splint technique**
28. *Why is securing a standing victim of a head, neck or back injury to a backboard on land as important as it is to secure a victim of a head, neck or back injury to a backboard in water?*
- o **To restrict movement**
 - o **If the victim begins to lose consciousness, the victim can be safely and carefully lowered to the ground**
29. *List three specific situations in various aquatic facilities that would require special considerations for caring for a victim of a head, neck or back injury?*
- Answers should include any three of the following:**
- o **Moving water**
 - o **Catch pools**
 - o **Extreme shallow water**
 - o **Slides**