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American Red Cross Lifeguard Manual

The American Red Cross lifeguarding manual provides important safety information along with the necessary tools and techniques needed when caring for those in and around water. You can purchase the American Red Cross Lifeguard Manual on the Red Cross Store.

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Updated and released in January 2017, the American Red Cross Lifeguarding Manual is used by participants in the new 2017 Lifeguarding Program. This newly revised program trains lifeguards to

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act with speed and confidence in emergency situations – both in and out of the water.

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Red Cross Manuals - CPR, Lifeguard, Water Safety

The Red Cross provides useful study tools to help you prepare for your lifeguarding test. The American Red Cross Lifeguard Manual contains skills sheets and references to help you understand the importance of water safety and arm you with all of the knowledge necessary to help save lives and avoid injury.

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Lifeguarding can be taught by any experienced lifeguard with oversight by a Red Cross-certified Lifeguarding Instructor or Water Safety Instructor. The course is about 30 hours long and includes 15 lessons of 2 hours each, plus a 45-minute precourse ...

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resource to help reinforce the learning objectives of the various Lifeguarding, Waterfront Lifeguarding, courses. There are multiple review questions in a variety of formats, such as true and false, fill-in-the-blank, multiple choice and matching, to support the chapters in American Red Cross Lifeguarding manual. Chapter 1- The Professional ...

Lifeguarding Study Guide Questions

The American Red Cross Lifeguarding/First Aid/CPR/AED Certification is valid for 2 years. Additional training may be required to meet state and local regulations or facility-specific policies. To re-certify, American Red Cross certified Lifeguards with a current certification may participate in a review course.

PARTICIPANT'S MANUAL CHAPTER REVIEW ANSWER KEYS

Lifeguard Certification Earn your lifeguard certification from the American Red Cross. Our lifeguard certification courses are designed to ensure that you are properly trained and prepared in the event of a water emergency.

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Lifeguard Training & Certification | Red Cross

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Chapter 3 Cardiac Emergencies | 38 | First Aid/CPR/AED Participant's Manual. 60 30 55 5 50 10 45 15 40 20 35 25. 60 30 50 10 40 20. 60 10 1. 30 50 2 0. 4-6 minutes:

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The purpose of the American Red Cross Lifeguarding course is to provide entry-level lifeguard participants with the knowledge and skills to prevent, recognize and respond to aquatic emergencies as well as provide care for breathing and cardiac emergencies, injuries and sudden

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illnesses until emergency medical services (EMS) personnel take over.

CPR, Lifeguard and Swim Instructor Training | University ...

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