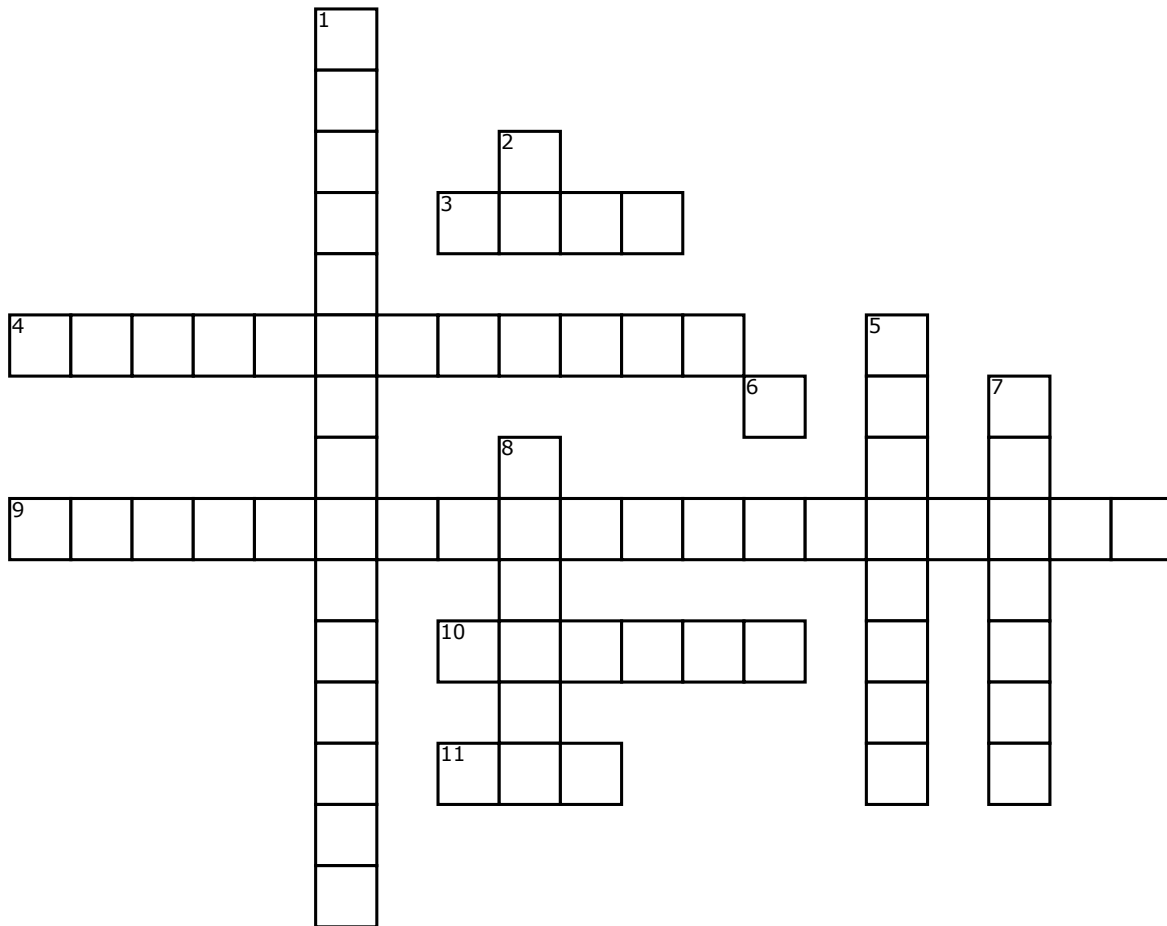


Lifeguarding Crossword Puzzle



Across

- 3.** When doing two person CPR on an infant, what does the ratio (compressions?breaths) change to?
- 4.** For CPR you do 30 _____ ?
- 9.** What is the name of the hold you need to do when performing a spinal rescue?
- 10.** What does the S Stand for in the acronym F.A.S.T?
- 11.** What is used to help restart the heart?

Down

- 1.** What is the name of the procedure you perform when an adult victim is not breathing, and you give 1 breath every 5 seconds?
- 2.** How many people can you watch on the water at one time by yourself?
- 5.** What is the name of our swim team here at Litchfield Park?
- 6.** How many guards are needed to perform an on land spinal properly?
- 7.** What do you always need to have on you when lifeguarding?
- 8.** What is the acronym that you should use when treating a first-aid emergency?