

## LIFEGUARDING

### REVIEW QUESTIONS

#### 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 \_\_\_\_\_ activities.**
  
12. **Lifeguards should always assume that a head, neck or back injury occurred in the following situations—**
  - a. **Any \_\_\_\_\_ entry into shallow water.**
  - b. **A fall from a height \_\_\_\_\_ than the victim's height.**
  - c. **An injury involving a \_\_\_\_\_ board or water slide.**
  - d. **A person entering the water from a \_\_\_\_\_, 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 \_\_\_\_\_, including whether he or she shows signs of life.
- b. The \_\_\_\_\_ of the victim (shallow or deep water, at the surface of the water, submerged or not in the water).
- c. The availability of additional \_\_\_\_\_.
- d. The facility's \_\_\_\_\_.
- e. The \_\_\_\_\_ and \_\_\_\_\_ 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 \_\_\_\_\_ feet deep.**

**15. At least \_\_\_\_\_ lifeguards are needed to place and secure a victim on a backboard. Additional \_\_\_\_\_ 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 \_\_\_\_\_ 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.**

- \_\_\_ Provide emergency care as needed
- \_\_\_ Activate the facility's emergency action plan
- \_\_\_ Remove the victim from the water
- \_\_\_ Assess the victim's condition
- \_\_\_ Check for consciousness and signs of life
- \_\_\_ Safely enter the water
- \_\_\_ Move the victim to shallow water whenever possible
- \_\_\_ 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.**

- \_\_\_ The lifeguard comforts the victim while another rescuer monitors the victim's ABCs until EMS personnel arrive and take over.
- \_\_\_ 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.

- \_\_\_ 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.
- \_\_\_ The lifeguard holds the victim in this position.
- \_\_\_ After the head is secured between the arms, the lifeguard begins to roll the victim toward him or herself.
- \_\_\_ 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.**
- 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.**

- 24. When strapping a victim to a backboard, where and in what order should the three straps be placed?**
- 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.**
- 26. List the three proper lifting techniques lifeguards should use to avoid injury while removing a victim from the water using a backboard.**
- 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?**
- 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?**
- 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?**