Lifeguarding Crossword Puzzle

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| **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 proceudre you perform when an adult victim is not breathing, and you give 1 breath every 5 seconds?  **2.** How many people can you watch un 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? |