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? |