

East Bay Regional Park District  
Junior Lifeguard Quiz  
Session 3: Be Kind, C-Spine

1. True/False: Always provide initial care as if the injury is serious when dealing with any head, neck or back injuries.
  
2. What is NOT a sign and symptom of a head, neck or back injury?
  - A.) Unusual bumps or depressions on the head, neck, or back
  - B.) Profuse external bleeding of head, neck, or back.
  - C.) Slow, labored breathing combined with chest pains.
  - D.) Tingling or loss of sensation in the extremities (arms, legs)
  
3. A technique used to minimize movement of the head and neck is called...
  - A.) Head-tilt, chin-lift
  - B.) In-line stabilization
  - C.) Jaw thrust
  - D.) C-collar
  
4. To properly apply a cervical collar (c-collar) one measures it by:
  - A.) Randomly guessing which size the victim is and applying c-collar.
  - B.) Asking the victim which size they would prefer to use.
  - C.) While one responder holds in-line stabilization, second responder uses their fingers to measure width from base of neck to bottom of jaw-line.
  - D.) Let go of in-line stabilization, use your fingers to measure the width of neck, starting at base of neck to the bottom of jaw line.
  
5. What is the most effective way of a preventing spinal injury in the water?
  - A.) "No Running" around pool deck
  - B.) Always have a buddy system in the water
  - C.) Never jump off diving boards or docks.
  - D.) Never dive in shallow water
  
6. When approaching a victim with suspected spinal injury...
  - A.) Run, Jump, or Swim as fast as you can to get to victim.
  - B.) Slowly enter water, trying not to cause waves or, any harsh movements around victim.
  - C.) Dolphin dive and flutter kick towards victim.
  - D.) Call control 1 or 911, wait until they arrive to properly extricate victim out of water.

7. In the acronym SAMPLEDDD, what does the "P" stand for?
- A.) Pulse
  - B.) Pupils
  - C.) Pain
  - D.) Past History
8. Skin signs: What skin signs could help determine if the victim has hypothermia?
- A.) If skin color is red, and hot to the touch.
  - B.) If skin is bluish/purple in color.
  - C.) If the victim is shivering.
  - D.) If victims skin is pale, or ashen color.
9. True/False: If victim with a suspected spinal injury has a closed airway, a technique used to open airway to minimize movement of head and neck is called?
- A.) In-line stabilization
  - B.) Head- tilt, chin lift
  - C.) Jaw thrust technique
  - D.) C-spine

**\*\*Please have your Parent/Guardian sign and date this form and then turn it into your Instructor(s) for a prize.\*\***

Name of Junior Lifeguard: \_\_\_\_\_  
Parent/Guardian Signature: \_\_\_\_\_