

NPLQ Practice Test Questions and Answers

1. What does NPLQ stand for in lifeguarding certification?

- A) National Pool Lifeguard Qualification
- B) National Professional Lifeguard Quality
- C) National Public Lifeguard Qualification
- D) National Pool Lifeguard Quality

2. What is the primary responsibility of a pool lifeguard?

- A) Teaching swimming lessons
- B) Preventing drowning and ensuring water safety
- C) Cleaning pool equipment
- D) Selling pool memberships

3. When should a lifeguard enter the water for a rescue?

- A) As a first resort in all situations
- B) Only after reach and throw rescue attempts have failed
- C) Never, under any circumstances
- D) Only when there are other lifeguards present

4. What is the correct ratio of chest compressions to rescue breaths for adult CPR?

- A) 15:2
- B) 30:2
- C) 20:1
- D) 25:2

Answers: 1-A 2-B 3-B 4-B

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