Instructions: Read each of the following questions carefully and then place an “X” over the correct answer on the separate answer sheet provided. Please do not write on the exam.

1. You are attending to a 54-year-old man who collapsed suddenly and is unresponsive. It does not look like he is breathing normally and there is no pulse. There is no suspicion of trauma. You should:
   a. Tilt the head and lift the chin.
   b. Immediately provide CPR, activate EMS.
   c. Give a series of abdominal thrusts.
   d. Place the patient in a recovery position.

2. Sudden cardiac arrest in an adult is MOST LIKELY caused by __________, and requires __________.
   a. Ventricular fibrillation, defibrillation.
   b. Choking, abdominal thrusts.
   c. Suffocation, rescue breaths.
   d. Stroke, supplemental oxygen.

3. It’s a hot day, and you are waiting to check out at the grocery store when the woman standing behind you in line suddenly collapses to the floor. She is unresponsive and doesn’t seem to be breathing. You should:
   a. Take time to check her brachial pulse and do a blind finger sweep.
   b. Have someone activate EMS and get an AED, if one is available, then check for a carotid pulse.
   c. Start CPR and continue until the person revives from her fainting spell.
   d. Roll her into a recovery position and run for help.

4. Prompt defibrillation in sudden cardiac arrest is:
   a. Provided after about six to ten minutes of effective CPR.
   b. Only provided by someone trained in advanced cardiac life support.
   c. Attempted after CPR is unsuccessful in restoring normal heart function.
   d. The most effective treatment for ventricular fibrillation.

5. The links in the “chain of survival” in children are:
   a. Early advanced airway, supplemental oxygen, adequate or normal breathing, strong circulation, and integrated pre-hospital team approach.
   b. Assess for respiratory arrest, alert parents or guardians, activate EMS, initiate rapid transport, and attend to the ABCDs.
   c. Proper meal planning and nutrition, ample physical activity, adequate sleep, quality behavior management, and parenting.
   d. Prevention, early CPR, early activation of EMS, early pediatric advanced life support, and integrated post-cardiac arrest care.
6. The links in the “chain of survival” in adults are:
   a. Preventing stroke with aspirin regimen, controlling hypertension, reducing high “bad” cholesterol, and having regular cancer screenings.
   b. Avoiding high blood pressure, controlling diet to prevent diabetes, avoiding smoking or tobacco use, and reducing high cholesterol levels.
   c. Maintain a healthy weight, control your alcohol intake, get daily high-intensity exercise, don’t smoke, and wear sunblock when outdoors.
   d. Early recognition and activation of EMS, early CPR, early defibrillation, early advanced life support, and integrated post-cardiac arrest care.

7. When providing CPR on a child or infant:
   a. Ensure the child or infant has an open airway and provide effective rescue breaths along with chest compressions.
   b. Ensure the child or infant has an open airway and only provide effective rescue breaths.
   c. Perform compression-only CPR for children and infants who you suspect are in cardiac arrest.
   d. Get an AED, apply the pads rapidly, and use it as quickly as possible.

8. To “observe universal precautions” means:
   a. To quickly look for life-threatening or hazardous scene conditions.
   b. To clear the patient before delivering a shock with an AED.
   c. Managing all blood and other body substances as if they are infectious.
   d. To lower your risk for cardiovascular disease by making healthy lifestyle choices.

9. You are at the park with your dog, walking near a group of teenagers who are skateboarding along the park paths. Suddenly, they start shouting for help. One of the teenagers is on the ground and not moving. You should:
   a. Rush to the person and begin CPR as soon as possible.
   b. Tell one of the kids to start CPR while you run for help.
   c. Try to identify the nearest location with an AED.
   d. Pause for a brief moment and look for obvious hazards.

10. You are performing CPR on your uncle who collapsed at a family gathering where you are the only trained rescuer. What is the most appropriate approach to deliver rescue breaths?
    a. Perform compression-only CPR without giving any rescue breaths.
    b. Have a second provider deliver rescue breaths with a bag-mask device.
    c. Use a CPR mask with a one-way valve.
    d. Deliver rescue breaths by direct mouth-to-mouth contact.

11. The proper depth of chest compression for an adult patient is at least:
    a. 1 to 1½ inches.
    b. 2 inches
    c. 1½ to 2 inches.
    d. ⅜ depth of the chest.

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12. Chest compressions during CPR should be:
   a. Hard and fast, interrupted as little as possible.
   b. Gentle and slow, interrupted as little as possible.
   c. Hard and fast, with frequent interruptions for pulse checks.
   d. Gentle and slow, with frequent interruptions for pulse checks.

13. For proper chest compressions, a patient should be positioned:
   a. Face-up on a soft, flat surface.
   b. Face-up on a firm, flat surface.
   c. Prone and on a firm, flat surface.
   d. In the left-lateral recovery position.

14. The proper depth of chest compression in a 3-year-old child is at least:
   a. ¼ of the depth of the chest.
   b. ½ to 1 inch or as shallowly as possible.
   c. 1½ to 2 inches or until you hear cracking.
   d. ¼ the depth of the chest or about 2 inches.

15. The proper hand position for chest compression on a 7-year-old child is:
   a. Upper third of the breastbone, 1 hand.
   b. Center of the breast bone, two hands.
   c. Lower half of the breastbone, 1 or 2 hands.
   d. Two thumbs on the breastbone, fingers encircling the chest.

16. When giving rescue breaths, make sure to:
   a. Prevent chest rise.
   b. Avoid excessive volume.
   c. Give them over 2 seconds.
   d. Keep the head in a neutral position.

17. Air blown into the stomach while giving rescue breaths:
   a. Can limit lung movement, cause vomiting, and reduce the effectiveness of rescue breathing.
   b. Can increase the probability of a successful resuscitation when used in conjunction with an AED.
   c. Can increase lung movement, decrease vomiting, and increase the effectiveness of rescue breathing.
   d. Can decrease lung movement, decrease vomiting, and increase the effectiveness of rescue breathing.

18. You are attending to a neighbor who is unresponsive, not breathing, and pulseless. Your spouse has activated EMS while you begin CPR. You have just given your first set of compressions and are ready to give your initial rescue breaths using a CPR mask. You should:
   a. Place it on the person’s face and begin rescue breaths.
   b. Rinse the mask off before applying it to the person’s face.
   c. Inspect the mask to make sure the one-way valve is in place.
   d. Apply gloves and goggles before using a CPR mask.
19. When providing rescue breaths using a bag-mask device, it is highly recommended to:
   a. Continue use of an oropharyngeal airway, to maintain an open airway.
   b. Give enough air to make both the chest and stomach rise.
   c. Remove any airway device, like an oropharyngeal airway.
   d. Connect the bag-mask to supplemental oxygen and adjust the flow rate.

20. You are using two people to give rescue breaths using a bag-mask device. Your partner will hold and squeeze the bag. You should:
   a. Position the mask on the patient’s face using the thumb and index finger of one hand in a “C” shape.
   b. Apply the mask to the patient’s face using the pictures on the device to ensure correct placement.
   c. Position the mask on the patient’s face with one hand, using the other hand to feel the chest rise as you deliver rescue breaths.
   d. Position the mask on the person’s face, with your palms and thumbs on both sides of the mask.

21. You are giving rescue breaths by yourself with a bag-mask device. You should:
   a. Position the mask on the patient’s face using the thumb and index finger of one hand in a “C” shape.
   b. Apply the mask to the patient’s face using the pictures on the device to ensure correct placement.
   c. Position the mask on the patient’s face with both hands and deliver rescue breaths, allowing the chest to rise.
   d. Position the mask on the person’s face, with your palms and thumbs on both sides of the mask.

22. You are attending to a child who is unresponsive and not breathing after being struck by an automobile. To initially open the airway to give rescue breaths use the:
   a. Head-tilt, chin-lift.
   b. Oropharyngeal airway.
   c. Bag-mask device.
   d. Jaw thrust without head-tilt.

23. You are attending to an adult who has fallen off a ladder from the roof of a nearby house. She is unresponsive, does not appear to be breathing, and has no palpable carotid pulse. To open the airway to give rescue breaths during CPR you should:
   a. Use a head-tilt, chin-lift.
   b. Use a jaw-thrust without head-tilt.
   c. Place the patient in a recovery position.
   d. Place the patient in a prone position.

24. During CPR, you are opening the airway of a person who you suspect has had significant trauma to the head, neck, and back. You should:
   a. Place your palms and thumbs on both sides of a CPR mask, hook your fingers underneath the angles of the jaw, and displace the jaw with your fingers, moving it upward without lifting the head.
   b. Place one hand on the forehead, with fingertips of the other hand under the bony part of the chin, applying backward pressure on the forehead while lifting the chin upward.
   c. Extend the arm nearest you alongside the head, bring the other arm across the chest and place the back of the hand against the cheek, preparing to roll the patient to his side.
   d. Apply the pads of an AED to the person’s chest, using the pictures on the pads to ensure accurate placement, allow the AED to analyze the heart, and deliver shock.
25. Standing in line at a local government facility, a middle-aged man suddenly collapses. The man is unresponsive and he occasionally gasps for breath. He looks dead. This condition is most likely caused by and treated with:
   a. Seizure, ventilation, recovery position.
   b. Choking, abdominal thrusts, back blows.
   c. Sudden cardiac arrest, CPR, defibrillation.
   d. Cerebral Vascular Accident, ventilation, oxygen.

26. You and another provider are attending to a 17-year-old found unresponsive with occasional gasps. After checking for a pulse, you are not certain if a pulse is present or not. You should:
   a. Start CPR; 15:2 compressions to ventilations.
   b. Start CPR; 30:2 compressions to ventilations.
   c. Place the patient in a recovery position.
   d. Give 1 rescue breath about every 5 to 6 seconds.

27. You have determined a 47-year-old man is unresponsive. In order to assess for normal breathing, you should:
   a. Look in the mouth for a possible obstruction.
   b. Listen to the chest for equal lung sounds.
   c. Quickly look at the face and chest.
   d. Feel for a carotid or brachial pulse.

28. You are providing care to a 23-year-old found unresponsive at a party. She is breathing normally and has a pulse. You should immediately:
   a. Provide about two minutes of CPR.
   b. Place the patient in the recovery position.
   c. Identify and correct the cause of the unresponsiveness.
   d. Attach an AED and deliver a shock.

29. You are attending to a child who is unresponsive but breathing normally. No trauma is suspected, and the scene is safe. You want to protect the child's open airway. You have extended the arm nearest to you up alongside the head, brought the other arm across his chest, and have the back of his hand against his cheek. Your next step should be to:
   a. Lay the child down on his back on a firm, flat surface.
   b. Place the child in a tripod position to improve breathing.
   c. Roll the child's hips away from you first, and then the shoulders.
   d. Grasp the shoulder and hip and roll the child toward you.

30. You are attending to a patient who is unresponsive and is breathing normally. You are alone and need to activate EMS. You should:
   a. Place the person in a recovery position and then activate EMS.
   b. Place the person flat on his back and elevate his feet before leaving.
   c. Use head-tilt, chin-lift to establish an airway before you leave.
   d. Log roll the patient on to his stomach before you go.
31. You are attending a person who is unresponsive, not breathing, but you can clearly feel a carotid pulse. What is the determined problem?
   a. Cardiac arrest.
   b. Fainting.
   c. Respiratory arrest.
   d. Respiratory distress.

32. You are attending to an unresponsive 4-year-old child who is not breathing normally, but definitely has a carotid pulse. Using a CPR mask or bag-mask device, you should:
   a. Give 5 to 10 rescue breaths per minute.
   b. Give 10 to 12 rescue breaths per minute.
   c. Give 12 to 20 rescue breaths per minute.
   d. Give 20 to 30 rescue breaths per minute.

33. You find an 11-year-old child who is unresponsive, blue, and is not breathing normally. Her friend states that she collapsed and stopped moving after playing the “pass out” choking game. You are the only trained provider. You need to:
   a. Leave to activate EMS, get an AED, and have the friend perform CPR.
   b. Perform 5 cycles of CPR at 30:2 and send the friend to alert EMS.
   c. Send the friend to activate EMS and get an AED, then check for a carotid pulse.
   d. Give 1 breath every 5 to 6 seconds for about 2 minutes.

34. You respond to a 51-year-old man found collapsed inside a closed garage. Bystanders have dragged him outside onto the lawn. He is unresponsive and does not appear to be breathing normally. You can clearly feel his carotid pulse. What is your next step?
   a. Give 5 to 10 rescue breaths per minute.
   b. Give 10 to 12 rescue breaths per minute.
   c. Give 12 to 20 rescue breaths per minute.
   d. Give 20 to 30 rescue breaths per minute.

35. What is the compression per minute rate for CPR (for all age groups)?
   a. 60-80
   b. 80-100
   c. At least 80
   d. At least 100

36. The proper hand position for one-rescuer chest compressions on a 3-month-old infant is:
   a. 2 fingertips, just below the nipple line.
   b. 1 or 2 hands, center of chest.
   c. 1 hand, the center of the chest.
   d. 2 hands, the center of the chest.

37. During CPR, if a child’s chest does not rise with the first rescue breath you need to?
   a. Give 15 compressions and then 2 breaths.
   b. Reposition the airway and give a second rescue breath.
   c. Perform 5 abdominal thrusts and look in the airway.
   d. Start CPR if the pulse is less than 60 beats per minute.
38. A roofer was electrocuted when his aluminum ladder contacted an energized power line. The scene has been made safe. An AED has been attached to the patient. The AED has analyzed the heart and a shock is advised. You should:
   a. Give 30 chest compressions and then deliver the shock.
   b. Give 2 rescue breaths and then deliver the shock.
   c. Clear the patient and deliver the shock.
   d. Check either the carotid or brachial pulse.

39. After delivering a shock with an AED, you should:
   a. Check the pulse over one minute, counting beats per minute.
   b. Turn off the AED, detach the pads, and wipe off the adhesive residue.
   c. Give at least 30 chest compressions and deliver another shock.
   d. Immediately resume CPR and follow any instructions given by the AED.

40. You are performing CPR on an adult man who has collapsed. EMS has been activated and another provider shows up with an AED. She turns on the device and the voice prompts begin. What is the next step?
   a. Clear the patient and deliver a shock before removing or cutting away any clothing.
   b. Deliver 30 compressions before applying the pads.
   c. Hold the pads in place over the patient's heart and under the arm, and deliver at least one shock.
   d. Cut open or tear away the patient's shirt to allow for the application of the defibrillation pads to a bare chest.

41. CPR is being performed on a child who was removed from a swimming pool. An AED arrives and is positioned near the child's head. The next step is to:
   a. Deliver rescue breaths first before applying pads.
   b. Wipe his chest dry before attaching the pads.
   c. Immediately apply the pads to his wet skin.
   d. Roll the child into a recovery position.

42. You have been performing CPR on a 9-year-old child for about four minutes. An AED has just arrived. You should:
   a. Attach the AED quickly and follow the voice prompts.
   b. Attach the AED only if you have the child pads/system.
   c. Continue CPR (15:2) for at least two minutes then attach the AED.
   d. Continue CPR (30:2) for at least two minutes then attach the AED.

43. When two or more providers are performing CPR on an infant, the compression to ventilation ratio and preferred chest compression method is:
   a. 30:2 with two thumbs and the fingers encircling the chest.
   b. 15:2 with two thumbs and the fingers encircling the chest.
   c. 30:2 with two fingertips placed just below the nipple line.
   d. 15:2 with two fingertips placed just below the nipple line.
44. Two providers are performing CPR. To prevent fatigue and maintain the quality of chest compressions, they should:
   a. Interrupt CPR and change positions after resting a couple of minutes.
   b. Slow down and interrupt compressions more frequently to check the pulse.
   c. Immediately stop chest compressions and deliver about 10 to 12 rescue breaths per minute.
   d. Change positions about every two minutes with compressions interrupted as little as possible.

45. While eating, a woman suddenly grabs her throat and cannot make any sound. You ask, “Are you choking?” She nods yes. You should:
   a. Deliver abdominal thrusts.
   b. Give about 5 cycles of CPR.
   c. Encourage her to cough hard.
   d. Provide at least 5 chest thrusts.

46. You are alone with an adult patient who is choking. You are performing abdominal thrusts when the patient suddenly collapses. You should:
   a. Telephone for help and then perform CPR.
   b. Give 5 back blows until the object is expelled.
   c. Perform a blind finger sweep to remove the obstruction.
   d. Continue abdominal thrusts until the object is expelled.

47. While crawling around on the floor, an 11-month-old suddenly starts gagging and coughing forcefully. You should:
   a. Give 5 forceful rescue breaths until the stomach visibly rises.
   b. Give 5 back blows and 5 chest thrusts until the object is expelled.
   c. Watch closely and be ready to take action if the symptoms worsen.
   d. Give abdominal thrusts in rapid sequence until the object is expelled.