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. To “observe universal precautions” means:
   a. To quickly look for life-threatening conditions.
   b. To clear the patient before delivering a shock with an AED.
   c. To protect yourself from the victim’s blood or other body fluids.
   d. To lower your risk for cardiovascular disease by making healthy lifestyle choices.

2. The links in the “chain of survival” in children are:
   a. Airway, oxygen, and circulation.
   b. Assess, Alert, and Attend to the ABCDs.
   c. Proper nutrition, physical activity, sleep, and parenting.
   d. Prevention, early CPR, early activation of EMS, and early pediatric advanced life support.

3. The links in the “chain of survival” in adults are:
   a. Preventing stroke, hypertension, high cholesterol, and cancer.
   b. Avoiding high blood pressure, diabetes, smoking, and high cholesterol level.
   c. Maintain a healthy weight, control your alcohol intake, exercise, and don’t smoke.
   d. Early recognition and activation of EMS, early CPR, early defibrillation, and early advanced life support.

4. The warning signs and symptoms for heart attack:
   a. Can vary in nature and range from slight to severe.
   b. Are limited to chest pain that quickly spreads to the left arm.
   c. Occur when the heart is getting enough oxygenated blood flow.
   d. Occur when the blood supply to part of the brain is suddenly interrupted.

5. You are caring for a 52-year-old female with a history of heart disease and allergy to aspirin. She is complaining of chest pain, shortness of breath and nausea. Treatment may include all of the following EXCEPT:
   a. Placing the patient in a position of comfort.
   b. Comforting, calming, and reassuring the patient.
   c. Advising the patient to chew and swallow a half or whole aspirin tablet.
   d. Assisting with administration of the patient’s own prescribed nitroglycerin.
6. If you suspect a person may be having a stroke, ask the person to perform these three tasks:
   a. Inhale deeply, eat, and drink something.
   b. Cough, stand, and write a simple sentence.
   c. Smile, raise both arms, and speak a simple sentence.
   d. Walk a straight line, blow out a deep breath, and touch their nose.

7. Standing in line at a local government facility, a middle-aged man suddenly collapses. The man is unconscious, unresponsive and occasionally gasping 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.

8. You are providing care to a 23-year-old found unresponsive at a party. The victim is breathing adequately and has a pulse. You should immediately:
   a. Provide about 2 minutes of CPR.
   b. Place the patient in the recovery position.
   c. Identify and correct the cause of the unresponsiveness.
   d. If an AED is available, expose the chest, turn the AED on, and immediately attach it.

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

10. You are attending to a child who is unresponsive after being struck by an automobile. To immediately open the airway use the:
    a. Head-tilt, chin-lift.
    b. Oropharyngeal airway.
    c. Bag-valve-mask device.
    d. Jaw thrust without head-tilt.

11. You are attending to a patient who collapsed suddenly. It does not look like the patient is breathing adequately and there is no sign of trauma. You should immediately:
    a. Tilt the head and lift the chin.
    b. Provide two minutes of CPR.
    c. Give a series of abdominal thrusts.
    d. Place the patient in a recovery position.

12. Chest compressions during CPR should be:
    a. Hard and fast and interrupted as little as possible.
    b. Gentle and slow and 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 about:
   a. \( \frac{1}{4} \) the depth of the chest.
   b. \( \frac{1}{2} \) to 1 inch (1 to 2.5 cm).
   c. 1\( \frac{1}{2} \) to 2 inches (4 to 5 cm).
   d. One-third to one-half the depth of the chest.

15. Two rescuers are performing CPR on a 9-year-old child who collapsed suddenly in front of them. An AED is available. You should:
   a. Attach the AED and follow the voice prompts.
   b. Attach the AED only if it has the child pads/system.
   c. Continue CPR (15:2) for 5 cycles then attach the AED.
   d. Continue CPR (30:2) for 5 cycles then attach the AED.

16. You and another rescuer are attending to a 17-year-old found unresponsive with inadequate, gasping breathing. After giving two rescue breaths and checking for a pulse, you are not certain if a pulse is present or not. You should:
   a. Start CPR; 15:2
   b. Start CPR; 30:2
   c. Attach the AED and follow the voice prompts.
   d. Give 1 rescue breath about every 5 to 6 seconds.

17. 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 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. Check the carotid pulse.
   d. Clear the patient and deliver the shock.

18. After delivering a shock, you should:
   a. Check the pulse.
   b. Immediately resume CPR and follow any instructions given by the AED.
   c. Give 30 chest compressions and deliver another shock.
   d. Turn off the AED.

19. When two or more rescuers 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.

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20. You have opened the airway of an unresponsive 47-year-old male. In order to assess for adequate breathing you should:
   a. Feel for a carotid pulse.
   b. Listen for air coming from the mouth.
   c. Listen to the chest for equal lung sounds.
   d. Look in the mouth for a possible obstruction.

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

22. 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. Give a series of abdominal thrusts until the object is expelled.

23. Sudden cardiac arrest in an adult is MOST LIKELY caused by ___________, and requires ____________:
   a. Stroke, oxygen.
   b. Suffocation, ventilation.
   c. Choking, abdominal thrusts.
   d. Ventricular fibrillation, defibrillation.

24. Two rescuers 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 every couple of minutes with compressions interrupted as little as possible.

25. Air blown into the stomach during rescue breathing:
   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.

26. You are attending to a 4-year-old child who is not breathing adequately, but definitely has a pulse. Using a rescue breathing mask or bag-mask device you should:
   a. Give about 5 to 10 rescue breaths per minute.
   b. Give about 10 to 12 rescue breaths per minute.
   c. Give about 12 to 20 rescue breaths per minute.
   d. Give about 20 to 30 rescue breaths per minute.
27. You find an 11-year-old child who is blue and appears to not be breathing. Her friend states that she collapsed and stopped moving after playing the “pass out” choking game. You are the only trained rescuer. You should:
   a. Give 1 breath every 5 to 6 seconds for about 2 minutes.
   b. Perform 5 cycles of CPR at 30:2 and then send the friend to alert EMS.
   c. Leave the child to alert EMS and get an AED and have the friend perform CPR.
   d. Send the friend to alert EMS, open the airway, and immediately give 2 rescue breaths.

28. If a child’s chest does not rise with the first rescue breath. You should:
   a. Give 15 compressions and then 2 breaths.
   b. Reposition the airway and give a second breath.
   c. Perform 5 abdominal thrusts and look in the airway.
   d. Start CPR if the pulse is less than 60 beats per minute.

29. The proper hand position for chest compression in a 7-year-old child is:
   a. Upper third of the breastbone, 1 hand.
   b. Lower most portion of the breastbone, two hands.
   c. Center of the chest, between the nipples, 1 or 2 hands.
   d. Two thumbs on the breastbone with the fingers encircling the chest.

30. While crawling around on the floor, an 11-month-old suddenly starts gagging and coughing forcefully. You should:
   a. Give 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.