



CPR and AED for the Community and Workplace

Adult, Child, and Infant CPR/AED Exam

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. Which of the following is appropriate protection during CPR:
 - a. Gloves and a breathing device.
 - b. A gown.
 - c. A respirator.
 - d. Gloves and a gown.
2. The links in the "chain of survival" in adults are:
 - a. Ringing in the ears, dizziness, hiccups, and belching.
 - b. Early recognition and activation of EMS, early CPR, early defibrillation, and early advanced life support (ALS).
 - c. Maintain a healthy weight, control your alcohol intake, don't smoke, and exercise.
 - d. High blood pressure, diabetes, smoking, and high cholesterol level.
3. The links in the "Chain of Survival" in children are:
 - a. Injuries, drowning, and SIDS.
 - b. Prevention, early CPR, early activation of EMS, and early advanced life support.
 - c. Assess, Alert, and Attend to the ABCDs.
 - d. Proper nutrition, physical activity, sleep, and parenting.
4. Which of the following are the critical factors necessary to resuscitate an adult cardiac arrest victim?
 - a. Aspirin and nitroglycerin.
 - b. CPR and defibrillation.
 - c. Surgery and rehabilitation.
 - d. Low fat diet and pacemakers.
5. The warning signs and symptoms for heart attack:
 - a. Can range from slight to severe.
 - b. Are limited to chest pain that quickly spreads to the left arm.
 - c. Occur when the blood supply to part of the brain is suddenly interrupted.
 - d. Occur when the heart is getting enough oxygenated blood flow.

6. You suspect a victim with a known heart condition is having a heart attack. First aid includes all of the following EXCEPT:
- Loosening any tight clothing and having victim sit down and rest quietly.
 - Helping victim take any medication prescribed to him/her.
 - Waiting at least 30 minutes before instructing victim to take their prescribed medication.
 - Giving emergency oxygen if it's available and you are properly trained.
7. Stroke first aid includes:
- Giving aspirin for headache.
 - Alert EMS or your Emergency Action Plan.
 - Giving sugar.
 - Lying victim flat and elevating the legs.
8. Standing in line at a local government facility, a middle-aged man suddenly collapses without warning. The man is unresponsive, and occasionally gasping for breath. He looks dead. This condition is most likely _____ and is best treated with _____ and _____.
- Diabetes, sugar, insulin.
 - Epilepsy, privacy, rest.
 - Choking, abdominal thrusts, back blows.
 - Sudden cardiac arrest, CPR, defibrillation.
9. Before beginning external chest compressions on an unresponsive victim, you should:
- Open the airway, verify breathlessness, and give 2 breaths.
 - Check the pulse in the victim's wrist.
 - Check the pulse in the victim's neck.
 - Call the victim's personal physician.
10. You are attending to a victim who collapsed suddenly. You open the airway and note the victim is making weird, gasping sounds that don't seem effective or normal. You should:
- Place a barrier and give 2 rescue breaths that make the chest visibly rise.
 - Give 5 abdominal thrusts.
 - Comfort, calm, and reassure the victim while awaiting EMS.
 - Place the victim on his/her side in the recovery position.
11. Chest compressions during CPR should be:
- Gentle and slow with frequent interruptions for pulse checks.
 - Gentle and slow and interrupted as little as possible.
 - Hard and fast with frequent interruptions for pulse checks.
 - Hard and fast and interrupted as little as possible.
12. The proper depth of chest compression in a 3-month-old infant is about:
- $\frac{1}{4}$ depth of the chest.
 - One-third to one-half depth of the chest.
 - 1½ to 2 inches (4 to 5 cm).
 - 16 inches (41 cm).

- 13. A 4-year-old child is blue and not breathing. To open the airway:**
- Tilt child's head back and lift the chin.
 - Tilt the child's head forward until the chin rests on the chest.
 - Hook your thumb under the soft part of the chin and lift.
 - Pull the tongue forward.
- 14. Your coworker was electrocuted when his aluminum ladder contacted an energized power line. The scene has been made safe, and you are performing CPR. Another trained rescuer has attached an AED to the victim. CPR is stopped and the AED says "shock advised." You should:**
- Give 15 chest compressions, then 1 shock.
 - Give 30 chest compressions then 3 shocks.
 - Turn off the AED, immediately resume CPR.
 - Clear the victim, give 1 shock.
- 15. After giving 1 shock with an AED, a victim remains unresponsive with no signs of life. You should:**
- Remove the electrode pads from the victim's chest.
 - Give 30 compressions and 2 breaths, and then let the AED reassess the rhythm.
 - Give continuous cycles of 30 compressions and 2 breaths, and follow any additional instructions given by the AED.
 - Clear the victim and give 2 more shocks.
- 16. You are attending to a 5-year-old child, who is pulled limp and unresponsive from an unfenced pool. After tilting the head and lifting the chin, you are not sure if the child is breathing. You should:**
- Give 2 rescue breaths that make the chest visibly rise.
 - Give 5 abdominal thrusts.
 - Place the child on his side in the recovery position.
 - Give 5 back blows/slaps.
- 17. While attending a holiday party an obviously intoxicated man starts gagging loudly and coughing forcefully after taking a large bite of carved roast beef. A woman with him screams, "Somebody please help him, he's choking!" You should:**
- Give the victim a series of back blows.
 - Give the victim a series of abdominal thrusts.
 - Give the victim a series of chest thrusts.
 - Encourage the victim to cough.
- 18. While crawling around on the floor of the child care center, an 11-month-old suddenly starts gagging and coughing forcefully. You should:**
- Watch closely and be ready to take action if symptoms worsen.
 - Give 5 back blows and 5 chest thrusts until the object is expelled.
 - Give abdominal thrusts in rapid sequence until the object is expelled.
 - Give forceful rescue breaths until the stomach visibly rises.

19. While feeding an infant, she suddenly stops making any sound and turns blue. You should:
- a. Watch closely and be ready to take action if symptoms worsen.
 - b. Give 5 back blows and 5 chest thrusts until the object is expelled.
 - c. Give abdominal thrusts in rapid sequence until the object is expelled.
 - d. Give forceful rescue breaths until the stomach visibly rises.
20. You discover a 7-month-old infant left face down on the sofa. The baby is not moving. You roll him over and see a bluish tint around his lips. You should:
- a. Shout for help and immediately start the steps of CPR.
 - b. Leave the baby to call 9-1-1 and get an AED (if available).
 - c. Give 5 back blows and 5 chest thrusts until the object is expelled.
 - e. Immediately attach an AED and follow the voice prompts.