

Adult First Aid/CPR/AED – Exam B

IMPORTANT: Read all instructions before beginning the exam.

INSTRUCTIONS: Mark all answers on a separate answer sheet. The questions on this exam are multiple choice. Read each question carefully. Then choose the best answer(s) and fill in the circle(s) on the answer sheet. If you wish to change an answer, erase your first answer completely. Return this exam with your answer sheet to your instructor when you are finished.

EXAMPLE

ANSWER SHEET

xx. (a) (b) (c) ●

xx. Why does the American Red Cross teach this course?

- a. To help people recognize and respond appropriately in an emergency
 - b. To help people make appropriate decisions when they see an emergency
 - c. To enable people to give immediate care to a suddenly injured or ill person until more advanced medical care takes over
 - d. All of the above
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Foundations

- The first signs of an emergency often include which of the following?
 - Unusual appearances or behaviors
 - Unusual noises
 - Unusual odors
 - All of the above
- Hand washing and use of PPE can help lower your risk for infection when giving care. True or False?
 - True
 - False
- When conducting an interview using SAM, which of the following questions are part of the SAM approach? Select all that apply.
 - Whether the person has any allergies
 - What signs and symptoms the person has
 - What the person's age is
 - Whether the person takes any medication or has any medical conditions
- What are the three important steps to follow in *any* emergency?
 - Call—Check—Secure
 - Care—Call—Check
 - Check—Call—Care
 - Check—Care—Defibrillate
- About how many seconds should you check for responsiveness, breathing, life-threatening bleeding and other life-threatening conditions?
 - No more than 5 to 10 seconds
 - At least 20 seconds
 - No more than 2 to 4 seconds
 - At least 15 seconds
- You see a woman collapse in front of you while entering the lobby of your office building. You check her for responsiveness, breathing, life-threatening bleeding and other life-threatening conditions. She is unresponsive and not breathing. What should you do next?
 - Call 9-1-1 and get equipment or tell someone to do so.
 - Put the woman in the recovery position.
 - Give 2 breaths.
 - Take the woman to the emergency room.
- In which of the following situations should you call 9-1-1? Select all that apply.
 - The person has minor bleeding from their hand.
 - The person is not breathing.
 - The person is unresponsive.
 - The person has life-threatening bleeding.

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CPR

- Which of the following are the appropriate depth and rate to use when giving chest compressions to an adult? Select all that apply.
 - Compress the chest to a depth of at least $\frac{1}{2}$ inch
 - Compress the chest at a rate of 100 to 120 compressions per minute
 - Compress the chest to a depth of at least 2 inches
 - Compress the chest at a rate of 140 to 180 compressions per minute
- When giving breaths, it is important to minimize interruptions to chest compressions to the shortest time possible, but definitely *less than* which of the following?
 - 5 seconds
 - 7 seconds
 - 3 seconds
 - 10 seconds
- When giving breaths to an adult, you should open the airway by tilting the head to which position?
 - Slightly past neutral
 - Past neutral
 - Neutral
 - You should not tilt the head.
- When giving breaths during CPR, about how long should each breath last?
 - $\frac{1}{2}$ second
 - 1 second
 - 2 seconds
 - 3 seconds
- When giving breaths during CPR, it is important that each breath does what?
 - Makes the chest begin to rise
 - Makes the chest fully rise
 - Makes the chest fall
 - Makes the abdomen rise
- When giving chest compressions to an adult, which of the following are important aspects of your body position? Select all that apply.
 - Shoulders directly over hands
 - Lock elbows to keep arms straight
 - Shoulders above and behind hands
 - Keep elbows loose to keep arms bent
- What is the cycle of chest compressions and breaths in CPR?
 - 15 chest compressions to 1 breath
 - 15 chest compressions to 3 breaths
 - 30 chest compressions to 1 breath
 - 30 chest compressions to 2 breaths
- When you give back blows to an adult who is responsive and choking, how should you position the person?
 - Sitting down and bending forward at the waist; upper body as parallel to the ground as possible
 - Standing with their head down; upper body straight
 - Standing and bending forward at the waist; upper body as parallel to the ground as possible
 - On their hands and knees; upper body as parallel to the ground as possible

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AED

- For an adult, where should the AED pads normally be placed?
 - The chest and stomach
 - The upper left and lower right side of the chest
 - The upper right and lower left side of the chest
 - The upper right and upper left side of the chest
- When a cardiac arrest occurs and an AED becomes available, it should be used as soon as possible. True or False?
 - True
 - False
- After giving a shock, you should resume compressions and continue CPR until which of the following occurs? Select all that apply.
 - You notice an obvious sign of life.
 - The AED prompts you to analyze again.
 - EMS personnel arrive and begin their care of the person.
 - You have been giving CPR for 5 minutes.
- What is the benefit of early CPR and early defibrillation when a person is in cardiac arrest?
 - It eliminates the need for advanced medical care.
 - It reduces responder fatigue.
 - It gives the person the best chance for surviving cardiac arrest.
 - It eliminates the need to call 9-1-1.
- Once you have turned on the AED, you should do which of the following?
 - Apply the pads and allow the AED to analyze the heart rhythm
 - Check the person for movement and breathing
 - Give abdominal thrusts
 - Give chest compressions
- It is fine to use pediatric AED pads on an adult. True or False?
 - True
 - False
- While the AED is analyzing, it is important to make sure of what?
 - No one, including you, is touching the person.
 - Your hands are on the person's head to maintain an open airway.
 - Your hands are on the person's chest to give compressions.
 - Your hands are on the person's legs to keep them steady.
- You should remove all clothing covering the chest to place the AED pads. True or False?
 - True
 - False

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First Aid

- Which of the following statements about anaphylaxis is true?
 - A person experiencing anaphylaxis may have trouble breathing and may go into shock.
 - Anaphylaxis is a life-threatening allergic reaction.
 - The effects of anaphylaxis can be slowed or stopped by administering epinephrine.
 - All of the above
- A person is having a diabetic emergency and requests sugar. The person is awake, can follow simple commands and can chew and swallow. How much sugar should you give?
 - 10 grams
 - 20 grams
 - 25 grams
 - 30 grams
- A person burned their hand in the lunchroom. You should do which of the following?
 - Cool the burn under clean, cool running water for at least 10 minutes, ideally 20 minutes.
 - Wrap the burn tightly with a gauze dressing and apply a sling and binder.
 - Apply antibiotic ointment to the burn and offer the person some water to drink.
 - Cool the burn with ice for at least 10 minutes, ideally 20 minutes.
- Which of the following are some of the signs and symptoms of a concussion? Select all that apply.
 - Loss of consciousness
 - Runny nose
 - Headache
 - Chest pain
- A person is having signs and symptoms of a heart attack. What should you do after calling 9-1-1 and getting equipment or telling someone to do so? Select all that apply.
 - Assist with administering aspirin.
 - Help the person rest in a comfortable position and loosen any tight clothing.
 - Begin CPR, starting with compressions.
 - Apply adult AED pads on the person's chest.
- In what circumstance would it be appropriate to use a tourniquet?
 - The person has minor bleeding from an arm or a leg.
 - The person has life-threatening bleeding from a chest wound.
 - The person has life-threatening bleeding from an arm or a leg.
 - The person has minor bleeding from a head wound.
- You believe that a responsive person has a head, neck or spinal injury. What should you do after calling 9-1-1 and getting equipment or telling someone to do so?
 - Have the person sit up and show you where it hurts.
 - Have the person remain in the position they were found.
 - Put the person in the recovery position.
 - Have the person nod the head up and down and shake the head from side to side to see if there is any pain or difficulty with movement.
- When using direct pressure to control life-threatening bleeding on an arm or a leg, you should do which of the following?
 - Lift the gauze dressing every minute to see if the bleeding has stopped.
 - Apply direct pressure 2 inches below the wound with one hand so that you can call 9-1-1 with your other hand.
 - Apply direct pressure directly on the wound with two hands until the bleeding stops or a tourniquet becomes available.
 - Apply direct pressure 2 inches above the wound with two hands until the bleeding stops.
- Which of the following medications can you assist a family member with administering when you suspect that a person is experiencing an opioid overdose?
 - Naloxone
 - Acetaminophen
 - Epinephrine
 - Albuterol
- When you give care to an adult who is responsive and choking, where on the back should you give back blows?
 - Above the shoulder blades
 - Between the shoulder blades
 - Below the shoulder blades
 - On the lower back
- If you suspect a person is experiencing heat stroke, what is the preferred thing you should do immediately after calling 9-1-1 and getting equipment or telling someone to do so?
 - Immerse the person up to their neck in cold water.
 - Fan the person and ask them what they are feeling.
 - Offer the person a cold glass of water to drink.
 - Offer the person something to eat.

—DO NOT WRITE ON THIS EXAM—

12. If a responsive choking person is too large for you to reach around to give abdominal thrusts, which technique should you use to give care?
 - a. Chest thrusts
 - b. Finger thrusts
 - c. Back blows only
 - d. Abdominal thrusts
13. When a person is responsive and choking, it is important to give cycles of which of the following? Select all that apply.
 - a. Back blows
 - b. Abdominal thrusts
 - c. Chest compressions
 - d. Breaths
14. Which of the following are two ways to tell if bleeding is life-threatening?
 - a. Volume and flow
 - b. Color and thickness
 - c. Pain and sensation
 - d. Depth and location of the wound
15. When you give care to an adult who is responsive and choking, where should you position your fist to give abdominal thrusts?
 - a. In the center of the breastbone
 - b. In the middle of the abdomen, just above the navel
 - c. On the rib cage
 - d. Between the shoulder blades
16. A person is experiencing life-threatening bleeding from their neck. It is appropriate to use a tourniquet to stop the bleeding in this case. True or False?
 - a. False
 - b. True
17. Where should you place a tourniquet on a limb of someone who is experiencing life-threatening bleeding?
 - a. Directly on the wound
 - b. 5 inches above the wound
 - c. On a joint above the wound
 - d. 2 to 3 inches above the wound; not on a joint