

## Final Assessment

The following questions have only one correct answer unless otherwise indicated.

1. What is the first link in the chain of survival?
  - a. rapid initiation of CPR
  - b. rapid activation of EMS
  - c. post-cardiac-arrest care
  - d. advanced life support
2. The mnemonic S-A-F-E is used to
  - a. protect the rescuer from injury or impairment
  - b. assist with assessing circumstances surrounding the injured person
  - c. remind the rescuer of important equipment and supplies
  - d. all of the above
3. Personal safety is your number one priority when providing care. What are possible concerns?
  - a. traffic at the scene of a collision
  - b. animals
  - c. toxic gas, such as carbon monoxide
  - d. all of the above
4. Personal protective equipment, which can help prevent infection while providing care, includes
  - a. gloves
  - b. mask or face shield for CPR
  - c. resuscitation mask
  - d. all of the above
5. The goal of CPR is to maintain adequate circulation of oxygenated blood to vital organs.
  - a. True
  - b. False
6. Chest compressions temporarily take over the function of the heart.
  - a. True
  - b. False
7. What is the most effective way to open the airway for ventilations?
  - a. Keep the head still and open the mouth.
  - b. Tilt back the head while lifting the chin.
  - c. Tilt back the head while flexing the neck with your hand.
  - d. They all work just fine.

8. Ventilations should be given for about \_\_\_\_\_ second(s) using a \_\_\_\_\_ breath to make the chest rise.
  - a. 2, deep
  - b. 1, normal
  - c. 1, deep
  - d. 2, normal
9. Compression-to-ventilation ratio in single-rescuer CPR is 30:2. What is the rate per minute for chest compressions?
  - a. as fast as you can push
  - b. 100-120
  - c. 70-80
  - d. 180-200
10. Chest compressions should be delivered to a depth of
  - a. 1-1.5 inches (3 cm)
  - b. 2-2.5 inches (5-6 cm)
  - c. 3-4.5 inches (7.5-11 cm)
  - d. Depth is not important as long as compressions are being done.
11. The chance of survival in cardiac arrest can decrease by \_\_\_\_\_ for each minute defibrillation is not available.
  - a. 40-50%
  - b. 30-35%
  - c. 7-10%
  - d. 15-20%
12. In a situation in which CPR is ongoing and an AED becomes available after four minutes of care, when should you use the AED?
  - a. Immediately apply the pads and follow the AED prompts.
  - b. Continue with CPR until the two-minute cycle is complete, then use the AED.
  - c. Wait a little while to see if CPR alone is sufficient.
  - d. There is no point. It has been too long.
13. You must use an AED, and it advises to deliver a shock. Which is the most appropriate next step after pressing the shock button?
  - a. Turn off the AED so it will not interfere with CPR.
  - b. Check for breathing.
  - c. Resume CPR, beginning with compressions.
  - d. Place the individual in the recovery position.
14. Place an injured, unresponsive but breathing person in what position?
  - a. supine (on their back)
  - b. sitting up (on the floor or in a chair)
  - c. recovery position (on their side)
  - d. prone (on their stomach)

15. With drowning victims, what should you do if you are alone?
  - a. Perform CPR using the A-B-C protocol for two minutes, then call EMS.
  - b. Call EMS, then wait for their arrival.
  - c. Use the same protocols as with any unresponsive person.
  - d. Perform CPR for one minute, then reassess the person.
16. If a choking victim loses consciousness you should
  - a. begin CPR
  - b. activate EMS if not already done
  - c. try to remove objects you cannot see from the individual's throat
  - d. a and b only
17. What are some differences between a mild and severe airway obstruction in choking?
  - a. Mild obstruction means the person can effectively cough and should be encouraged to do so.
  - b. Severe obstruction means the person cannot effectively cough or speak, and first-aid intervention must be provided.
  - c. It does not matter if the choking is mild or severe.
  - d. a and b only
18. Most external bleeding can be controlled by using what technique?
  - a. direct pressure
  - b. pressure points
  - c. tourniquet application
  - d. raising the affected area above the injured person's head
19. Which statement best describes shock?
  - a. life-threatening condition
  - b. inadequate circulation/oxygenation to the tissues
  - c. an emergency requiring immediate first aid
  - d. all of the above
20. Which is not a common sign/symptom of shock?
  - a. cool, sweaty skin
  - b. rapid and weak pulse
  - c. weakness or feeling faint
  - d. hyperactivity
21. What is not part of a secondary assessment?
  - a. S-A-M-P-L-E
  - b. head to toe physical exam
  - c. ongoing assessment, including any changes to initial assessment
  - d. moving the person to a more comfortable location

22. When splinting a possible fracture or dislocation, you should
- manipulate the injury site to a normal position
  - apply a very tight-fitting splint so no movement is possible
  - apply the splint in the position the limb was found and only if medical care is not readily available
  - apply heat packs, and then splint on top of them
23. What is the best way to handle impaled objects?
- Cut off object, remove, and apply stitches.
  - Secure them in place to prevent further harm.
  - Remove the object to prevent internal bleeding.
  - Remove the object, and immediately apply direct pressure to control bleeding.
24. Splints should be applied so they
- restrict movement of the joints above and below the injury
  - restrict the circulation of blood to the affected limb
  - amputate the injured limb
  - do not need padding for comfort around the site of the injury
25. An individual who has suffered a simple asthma attack that was well controlled by the person's own rescue inhaler should always be seen by EMS.
- True
  - False
26. It is important to place something in the mouth of a person having a seizure so they do not bite their tongue and cause bleeding.
- True
  - False
27. If a person known to have diabetes begins behaving abnormally and slurs their speech, what should you do first?
- Give them a shot of insulin.
  - Initiate immediate CPR.
  - Have them check their blood sugar with a glucometer.
  - Force them to drink a large amount of diet cola.
28. A person who is having a seizure should be restrained so they will not hurt themselves.
- True
  - False
29. In the case of suspected poisoning, the rescuer should
- induce vomiting
  - attempt to find out what was taken and how much
  - call EMS, and seek prompt medical evaluation
  - b and c

- 30. Treatment for burns includes
  - a. removing the source of the burn
  - b. flushing the area with cool water
  - c. applying ointment or antiseptics
  - d. a and b
- 31. Heat stroke requires
  - a. cool drinks and rest
  - b. aggressive intervention and cooling
  - c. lots of water with salt mixed in
  - d. moving the person to an air-conditioned room and see how they do
- 32. An individual who has become severely hypothermic is at risk for cardiac arrest if not handled gently.
  - a. True
  - b. False
- 33. Injured persons should not be moved unless there is a threat of further harm to themselves or the rescuers.
  - a. True
  - b. False
- 34. A home emergency plan
  - a. can be a vital resource in an emergency
  - b. should provide critical emergency phone numbers
  - c. should be in a readily accessible place
  - d. all of the above
- 35. CPR and first-aid training should be refreshed regularly to ensure your ability to respond in an emergency.
  - a. True
  - b. False