

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.

- 2, deep
- 1, normal
- 1, deep
- 2, normal

9. Compression-to-ventilation ratio in single-rescuer CPR is 30:2. What is the rate per minute for chest compressions?

- as fast as you can push
- 100-120
- 70-80
- 180-200

10. Chest compressions should be delivered to a depth of

- 1-1.5 inches (3 cm)
- 2-2.5 inches (5-6 cm)
- 3-4.5 inches (7.5-11 cm)
- 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.

- 40-50%
- 30-35%
- 7-10%
- 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?

- Immediately apply the pads and follow the AED prompts.
- Continue with CPR until the two-minute cycle is complete, then use the AED.
- Wait a little while to see if CPR alone is sufficient.
- 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?

- Turn off the AED so it will not interfere with CPR.
- Check for breathing.
- Resume CPR, beginning with compressions.
- Place the individual in the recovery position.

14. Place an injured, unresponsive but breathing person in what position?

- supine (on their back)
- sitting up (on the floor or in a chair)
- recovery position (on their side)
- 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

- removing the source of the burn
- flushing the area with cool water
- applying ointment or antiseptics
- a and b

31. Heat stroke requires

- cool drinks and rest
- aggressive intervention and cooling
- lots of water with salt mixed in
- 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.

- True
- False

33. Injured persons should not be moved unless there is a threat of further harm to themselves or the rescuers.

- True
- False

34. A home emergency plan

- can be a vital resource in an emergency
- should provide critical emergency phone numbers
- should be in a readily accessible place
- all of the above

35. CPR and first-aid training should be refreshed regularly to ensure your ability to respond in an emergency.

- True
- False