

BLS: CPR & FA

Chapter Review Questions V3.0



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Chapter 1 Review Questions

1. The goal of CPR (without defibrillation) is to maintain adequate circulation of oxygenated blood to vital organs such as the:
 - a. spleen and pancreas
 - b. stomach and kidney
 - c. heart and brain
 - d. liver and muscles
2. Exhaled air contains about 10% oxygen.
 - a. True
 - b. False
3. To avoid legal problems, always ask a person for _____ before you provide first aid. This may be done by stating:

 - a. permission; "My name is... I am a first-aid provider. May I help you?"
 - b. autograph; "My name is... I am a first-aid provider. May I help you?"
 - c. certification card; "My name is... I am a first-aid provider. May I help you?"
4. What CPR protocol should be used when responding to a victim of drowning?
 - a. A-B-C
 - b. B-A-C
 - c. C-A-B
 - d. C-B-A
5. The six links in the chain of survival in correct order are:
 - a. 911, CPR, AED, Advanced Cardiac Life Support, Post Cardiac Arrest Care, Recovery
 - b. CPR, 911, AED, Advanced Cardiac Life Support, Post Cardiac Arrest Care, Recovery
 - c. AED, Advanced Cardiac Life Support, Post Cardiac Arrest Care, 911, CPR, Recovery
 - d. Post Cardiac Arrest Care, Advanced Cardiac Life Support, 911, CPR, AED, Pay the bill
6. When calling EMS you should tell them:
 - a. what happened and the condition of the injured person
 - b. the location of the emergency and a call-back number
 - c. how many persons are involved
 - d. your name and the first aid provided
 - e. all of the above
7. During CPR, the function of the heart and lungs are temporarily taken over by
 - a. chest compressions and ventilations
 - b. cardiac defibrillation and an oxygen bottle
 - c. advanced medications and ventilator machines

8. Heart attack symptoms may
 - a. vary between men and women
 - b. differ in those having preexisting medical conditions
 - c. include heavy pressure or squeezing in the center of the chest or back
 - d. include nausea and vomiting
 - e. all of the above
 - f. only c. and d.

9. In most cases, the heart restarts after someone performs CPR.
 - a. True
 - b. False

10. In the case of children and drowning victims, once unresponsiveness has been established, the single rescuer should:
 - a. check for injuries
 - b. check the mouth for foreign bodies
 - c. activate EMS
 - d. perform CPR for 2 minutes and then call EMS

11. Emotional stress may occur before, during or after a rescue.
 - a. True
 - b. False



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Chapter 2 Review Questions

1. The respiratory system includes the:
 - a. heart, lungs, brain
 - b. arteries, spinal cord, nose
 - c. nose, trachea, lungs
 - d. bones, muscles, skin
2. The cardiovascular system includes the:
 - a. veins, arteries, heart
 - b. mouth, lungs, stomach
 - c. skin, bones, muscles
 - d. nose, lungs, pharynx
3. Gas exchange takes place at the
 - a. vein-artery interface
 - b. long bone joints
 - c. alveolar-capillary membrane
 - d. muscle-nerve junctions
 - e. lungs



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Chapter 3 Review Questions

1. Potential dangers at the scene of an accident or injury requiring assistance may include:
 - a. fire and animals
 - b. expired first-aid certifications
 - c. electricity, gas, and traffic
 - d. a. and c.
2. The S-A-F-E mnemonic helps us remember:
 - a. to activate EMS
 - b. scene safety assessment
 - c. to use personal protective equipment
 - d. b and c
 - e. none of the above

3. Personal protective equipment is a critical part of keeping yourself safe while providing care.
 - a. True
 - b. False
4. Protective equipment includes:
 - a. nonlatex gloves
 - b. eye shields
 - c. resuscitation masks
 - d. all of the above
 - b. False
5. When removing gloves after providing first aid, it is important to keep the outer surface of the glove from touching your skin during removal.
 - a. True
 - b. False



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Chapter 4 Review Questions

1. Initial assessment includes:
 - a. assessing for responsiveness and activating EMS
 - b. adjusting the individual's position for care
 - c. initiating CPR
 - d. all of the above
 - e. a and c only
 - f. b and c only
2. To check for a pulse on an adult or child, use gentle finger pressure on the
 - a. carotid artery
 - b. brachial artery
 - c. femoral artery
 - d. radial artery
3. To check for a pulse on an infant, use gentle finger pressure on the
 - a. carotid artery
 - b. brachial artery
 - c. femoral artery
 - d. radial artery
4. Any breathing sounds at all are considered normal.
 - a. True
 - b. False
5. Placing an unconscious, breathing person in the recovery position is important to maintain an open airway and to minimize the potential of blood and vomit to obstruct the airway.
 - a. True
 - b. False
6. Persons with back or neck injuries should not be placed in the recovery position.
 - a. True
 - b. False



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Chapter 5 Review Questions

1. The recommended rate of compression for all ages is
 - a. 60-80 per minute
 - b. 100-120 per minute
 - c. at least 140 per minute
 - d. rate is not important as long as compressions are being done.

2. The recommended depth of chest compression for an adult is
 - a. 1 1/2" - 2"
 - b. 2" - 2 1/2"
 - c. 3" - 3 1/2"
 - d. Depth is not important as long as compressions are being done.
3. The recommended depth of compressions for infants and children is
 - a. 1/3 of chest depth
 - b. 5 cm (2 inches)
 - c. 2.5 cm (1 inch)
4. The compression/ventilation ratio for an adult is:
 - a. 30:2
 - b. 15:2
 - c. 5:1
 - d. 50:2

5. Full CPR is always recommended for drowning and scuba diving injuries
 - a. True
 - b. False

6. Each ventilation should take about _____ in duration.
 - a. 2 seconds
 - b. 1 second
 - c. 5 seconds

7. The compression-to-ventilation ratio for two-person CPR on children and infants is
 - a. 30:2
 - b. 30:3
 - c. 15:2
 - d. 15:1

8. CPR for drowning victims should follow an A-B-C protocol.
 - a. True
 - b. False



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Chapter 6 Review Questions

1. Each rescue breath should last about
 - a. 2 seconds
 - b. 1 second
 - c. 5 seconds
2. The volume of rescue breaths for children should be adjusted to accommodate their size to avoid over expansion of their lungs.
 - a. True
 - b. False
3. When delivering rescue breaths to an infant, the head should
 - a. be extended as it would for an adult or child
 - b. not be extended at all
 - c. be extended gently but not as far as you would for an adult or child

4. When delivering only rescue breaths (no compressions) on an adult, the rate of ventilations is one breath every

- 10 seconds
- 5-6 seconds
- 3 seconds

5. Rescue breaths only (no compressions) on an infant should be delivered every 3-5 seconds.

- True
- False

6. Full CPR is always recommended for

- drowning victims
- scuba diving injuries
- both a and b



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Chapter 7 Review Questions

1. The use of an AED is often helpful but may decrease the chance of survival.

- True
- False

2. Every minute the heart is in fibrillation, survival rates decrease by

- 3-5%
- 7-10%
- 12-15%
- 20-25%

3. All cardiac arrests can benefit from the shock delivered by an AED.

- True
- False

4. The charge from a delivered shock should be allowed to dissipate before touching the person to resume CPR.

- True
- False

5. AEDs with adult pads may be used on infants and children.

- True
- False

6. AED pad placement on adults is

- on the right chest and left side
- on the center of the chest and center of the back
- under both arms, centering the heart between them

7. AED pad placement on infants is

- on the right chest and left side
- on the center of the chest and center of the back
- under both arms



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Chapter 8 Review Questions

1. The most common cause of airway obstruction and choking in adults is:

- the tongue
- food
- dentures

2. With infants and children, airway obstruction and choking can also be caused by

- food
- foreign bodies (toys, coins, nuts)
- fingers

3. Grasping the neck is a common sign made by choking victims.

- True
- False

4. If you suspect that someone is choking,

- look in the mouth
- check for responsiveness
- ask, "Are you choking?"
- ask a doctor

5. In which of the following circumstances is permission to assist a choking individual not required?

- a responsive choking adult
- a choking adult who has become unconscious
- a choking child or infant with a parent present

6. With complete airway obstruction, the person will be unable to _____ but might nod their head in response to your question. If the person is unable or has a limited ability to move air, they may soon lose _____.

- yell for help, their breath
- talk, their breath
- breathe/cough/speak, consciousness

7. In the case of a partial airway obstruction, the rescuer should encourage the choking victim to cough but should do nothing else.

- True
- False

8. If the choking victim becomes unconscious, the rescuer should

- drop the person in the hope that the fall will dislodge the foreign body
- ease the person to the ground, remove the foreign body if visible, and start CPR
- ease the person to the ground, initiate supplemental oxygen therapy

9. An obstructed airway in a responsive infant should be cleared with back blows alternating with chest compressions.

- True
- False

10. What must you do when a person regurgitates?

- Roll the person on their side, and wipe or suction out the mouth.
- Blow vomit back into the stomach.
- Remove gloves, and wipe away vomit with bare hands.

11. Suctioning for adults, children and infants respectively should be limited to

- 15 seconds, 10 seconds, 5 seconds
- 2 minutes, 1 minute, 30 seconds
- 20 seconds, 10 seconds, 5 seconds
- 30 seconds, 15 seconds, 10 seconds



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Chapter 9 Review Questions

1. Essential equipment to have available at every dive site includes
 - a. oxygen unit
 - b. first aid kit
 - c. emergency action plan
 - d. all of the above
2. Emergency action plans should include
 - a. local resources and emergency phone numbers
 - b. communication equipment
 - c. method of documenting information about injured divers and first aid provided
 - d. location of the nearest hyperbaric chamber
 - e. a, b and c only



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Chapter 10 Review Questions

1. Potential hazards that should prompt caution when approaching the scene of an accident include:
 - a. fire and animals
 - b. expired first-aid certifications
 - c. electricity, gas and traffic
 - d. a and c
2. The S-A-F-E mnemonic helps us remember
 - a. to activate EMS
 - b. scene safety assessment
 - c. to use personal protective equipment
 - d. b and c
 - e. none of the above
3. Personal protective equipment is a critical part of keeping yourself safe while providing care.
 - a. True
 - b. False
4. Protective equipment includes:
 - a. nonlatex gloves
 - b. eye shields
 - c. resuscitation masks
 - d. all of the above



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Chapter 11 Review Questions

1. When removing gloves after providing first aid, it is important to keep the outer surface of the glove from touching your skin.
 - a. True
 - b. False

2. The OSHA Bloodborne Pathogens Standard exists to
 - a. ensure safe and healthful conditions for working men and women
 - b. set and enforce standards
 - c. provide training, outreach, education and assistance guidelines
 - d. all of the above

3. Disease transmission occurs when which of the following is present?
 - a. an infectious pathogen
 - b. sufficient quantity of the pathogen
 - c. exposure to a susceptible host
 - d. site of entry/mechanism of transmission
 - e. all of the above

4. Disease transmission can be prevented by
 - a. personal protective equipment
 - b. thorough hand washing
 - c. engineering controls
 - d. all of the above

5. If you think you may have been exposed to a bloodborne pathogen, you should
 - a. cover it tightly to protect it
 - b. milk it to make it bleed
 - c. report it according to your organization's emergency action plan
 - d. both b and c
 - e. all of the above

6. Zoonosis is a generic term describing diseases transmitted from vertebrate animals to humans.
 - a. True
 - b. False

7. Specialized training is required when diving in contaminated water.
 - a. True
 - b. False



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Chapter 12 Review Questions

1. The two types of assessments are
 - a. There is only one assessment
 - b. Initial and complete
 - c. Primary and secondary
 - d. Partial and complete
2. The purpose of a secondary assessment is to identify injuries that may not be readily apparent.
 - a. True
 - b. False
3. What are the three steps to the Initial Assessment sequence?
 - a. Rapid assessment of breathing and pulse; level of consciousness; activate EMS
 - b. Check for Pulse and begin CPR
 - c. Stop; Assess the scene; Find the first aid kit.
 - d. Secure the scene; Activate EMS and wait

4. Any breathing sounds at all are considered normal?
 a. True b. False

5. What are some of the general guidelines when conducting a secondary assessment?
 a. Remember SAFE; work from the feet to the head
 b. Ask permission; use a gentle, but firm, touch
 c. Look for deformities, contusions, bleeding, tenderness and swelling
 d. Remember SAFE; ask permission; activate EMS if needed
 e. b and c



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Chapter 13 Review Questions

1. Placing an unconscious, breathing person in the recovery position is important to maintain an open airway and to minimize the potential of blood and vomit to cause obstruction.
 a. True b. False

2. Persons with neck, spine or pelvic injuries should not be placed in the recovery position.
 a. True b. False

3. A breathing, responsive injured diver should be placed in a position of comfort or the recovery position.
 a. True b. False

4. If a person is on their stomach (prone), one technique to use to move them to a supine position is the _____
 a. Pia roll
 b. Back roll
 c. Jelly roll
 d. Log roll



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Chapter 14 Review Questions

1. Movement of an injured person should be limited to times of emergency or when the current location places the individual at risk of further injury.
 a. True b. False

2. The rescuer should consider which of the following body mechanics when lifting?
 a. keep back straight
 b. bend only from hips
 c. keep head neutral
 d. lift with legs
 e. all of the above



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Chapter 15 Review Questions

1. The primary function of the blood is to supply nutrients and oxygen to the body tissues and to remove carbon dioxide.
 a. True b. False

2. Should the first dressing become soaked, you should,
 a. Remove the dressing and replace it with a fresh dressing
 b. Place additional dressings on top of the existing dressing as needed
 c. Remove the dressing and irrigate the wound
 d. Leave it as is

3. Which of the following is the first line of action to control external bleeding?
 a. direct pressure
 b. tourniquets
 c. hemostatic dressings

4. A tourniquet should be placed
 a. if the wound exhibits massive arterial bleeding
 b. if bleeding is not stopped by direct pressure over the wound
 c. 2.5-5cm (1-2 inches), or high and tight
 d. all of the above

5. A tourniquet should be removed after two hours regardless of continued bleeding.
 a. True b. False



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Chapter 16 Review Questions

1. What are the two general categories of fractures?
 a. open and closed
 b. simple and compound
 c. complete and incomplete
 d. painful and not painful

2. A sprain is the overstretching of a ligament.
 a. True b. False

3. A dislocation only affects the joint.
 a. True b. False

4. The proper technique for splinting is:
 a. splint only the affected area and check for CMS
 b. immobilize the joint above and below the injury and check for CMS
 c. only splint a suspected fracture and check for CMS
 d. only use commercially available splints and check for CMS



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Chapter 17 Review Questions

1. When should impaled objects be removed?
 a. If the object obstructs the airway
 b. The object should never be removed
 c. The object should always be removed
 d. Only if the impaled object is smooth

2. What are the two types of amputations?

- a. Painful and not painful
- b. Minor and major
- c. Complete and incomplete
- d. There is only one type of amputation

3. What is the method for bandaging an injured eye?

- a. Don't bandage the eye at all
- b. Bandage both eyes
- c. Bandage only the injured eye
- d. Just have the injured person keep their eyes closed

4. You should never put a bandage on a joint.

- a. True
- b. False

5. When bandaging an open chest wound you should

- a. Only use the wound-packing technique
- b. Use an occlusive dressing secured on 3 sides
- c. Use an occlusive dressing secured on 4 sides
- d. Leave it open

6. If an injured person has intestines exposed you should put them back in.

- a. True
- b. False

7. If the injured person shows signs of internal bleeding you should apply ice, unless it's a head injury.

- a. True
- b. False

8. When dealing with a suspected spinal injury you should

- a. Do nothing, just activate EMS and monitor them.
- b. Stabilize the head
- c. Realign the head
- d. Only realign the head if the airway is compromised
- e. b and d
- f. all of the above

9. If a tooth comes out, and it can't be re-implanted on the spot, there is nothing you can do.

- a. True
- b. False

10. Signs of an infected wound include:

- a. Redness
- b. Swelling
- c. Pus
- d. Fever
- e. All of the above



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Chapter 18 Review Questions

1. Superficial burns are severe and involve all skin layers.

- a. True
- b. False

2. Immediate first aid for burns includes removal from the source and the application of cool water to stop the burning process.

- a. True
- b. False

3. In the event of chemical burns to the face or eyes, continuously flush the area with cool water for approximately 20 minutes, and call EMS.

- a. True
- b. False



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Chapter 19 Review Questions

1. The first step in rewarming is to prevent further heat loss.

- a. True
- b. False

2. Management of hypothermia may include

- a. removal from the cold
- b. removal of wet clothing
- c. use of blankets and heat packs
- d. calling EMS
- e. all of the above

3. Heat stroke is a medical emergency that requires aggressive cooling and activation of EMS.

- a. True
- b. False



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Chapter 20 Review Questions

1. A general first-aid assessment includes assessing

- a. overall impression of the individual's health and well-being
- b. respiratory effort
- c. presentation of skin color
- d. all of the above

2. Asthma

- a. is a noncontagious respiratory illness
- b. is airway narrowing that makes breathing difficult
- c. can be treated by metered dose inhalers
- d. can be life-threatening if severe and prolonged
- e. all of the above

3. All heart attacks are painful.

- a. True
- b. False

4. Hypoglycemia is a condition

- a. in which blood sugars are low
- b. that should be treated with additional insulin
- c. that can be reversed by eating and/or drinking foods with high sugar content
- d. both a and c

5. F-A-S-T stands for Face, Arms, Smile, Time.

- a. True
- b. False

6. During a seizure, the rescuer's primary concern is to move objects that may cause injury if the person should hit them.

- a. True
- b. False

7. In the event of suspected poisoning,
a. determine what was ingested
b. determine how much was taken
c. note current symptoms
d. call the local poison control center or EMS
e. all of the above

8. Plain water is the preferred first-aid measure for exertional dehydration.
a. True b. False

9. Someone who appears to have suffered a concussion can resume his regular activities regardless of how he may feel.
a. True b. False

10. The signs and symptoms of allergic reaction include
a. itching
b. localized redness with swelling (hives)
c. swelling that affects the eyes, lips and possibly the airway
d. all of the above

11. In the event of an allergic reaction, the rescuer should
a. assist the injured person with any medications prescribed for them
b. monitor airway and breathing
c. immediately begin CPR
d. a and b only

12. Cardiogenic shock refers to
a. a decrease in blood volume
b. the heart's inability to circulate blood
c. an allergic reaction
d. all of the above
e. none of the above

13. The primary course of action for cardiogenic shock is to immediately call EMS and
a. be prepared to begin CPR
b. provide fluids to restore blood volume
c. both a and b
d. neither a nor b

14. Hypovolemic shock results in
a. cool, clammy skin
b. confusion
c. weakness
d. all of the above

15. Respond to hypovolemic shock by
a. contacting EMS
b. controlling any external bleeding
c. providing fluids to replenish blood volume
d. all of the above
e. a and b only



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Chapter 21 Review Questions

1. Emergency action plans should include
a. local resources and emergency phone numbers
b. communication equipment
c. method of documenting information about injured (s) and first aid provided
d. location of the nearest hyperbaric chamber
e. a, b and c only
2. First aid kits should be checked and assessed for appropriate supplies
a. on a monthly basis
b. on a weekly basis
c. as needed
3. Hyperbaric chambers will always be available to treat injured divers.
a. True b. False

