

BLS & AED Quiz

HSF 2016 Guidelines

Please **DO NOT** write on quiz paper, only on the answer sheet provided. There can only be one right answer for each question. If you need assistance, ask your instructor.

1. The recommended rate for performing chest compressions for casualties of all ages is:
 - A. 30 compressions per minute
 - B. 60 – 80 compressions per minute
 - C. 80 compressions per minute
 - D. 100 – 120 compressions per minute
2. Which of the following devices or techniques is recommended for a single HCP rescuer to provide breaths during CPR?
 - A. Bag-mask device
 - B. Mouth-to-barrier device
 - C. Mouth-to-mask technique
 - D. Mouth-to-mouth technique
3. What is the recommended depth of chest compressions for an adult patient?
 - A. 2.5 – 4 cm (1 inch)
 - B. 5 – 6 cm (2 inches)
 - C. 7.5 – 10cm (3 inches)
 - D. At least 10 cm (4 inches)
4. Which of the following is recommended to minimize the risk of air entering the patient's stomach (gastric inflation) during bag-mask ventilation?
 - A. Give breaths as quickly as you can.
 - B. Give each breath over several seconds.
 - C. Give the largest breaths that you can.
 - D. Give a breath just until you see the chest rise.
5. As soon as an AED becomes available, which of the following is the first step you should perform to operate the AED?
 - A. Turn on the AED.
 - B. Deliver 2 rescue breaths before using the AED.
 - C. Complete 5 cycles of chest compressions.
 - D. Place the AED pads on the chest.

6. What is the compression-ventilation ratio for 2-rescuer child CPR?
- A. 5:1
 - B. 15:2
 - C. 20:2
 - D. 30:2
7. Signs of a mild choking in individuals at any age are:
- a. The patient is vomiting.
 - b. High pitched wheezes with pale face.
 - c. The patient is coughing when talking to you.
 - d. All of the above.
8. What should you do when administering breaths by using a bag-mask device for a child who is not breathing and has a pulse over 60 bpm?
- A. Give breaths at a rate of 1 breath every 3 to 5 seconds.
 - B. Position the child on his or her stomach.
 - C. Squeeze the bag as often as possible.
 - D. Avoid performing a head tilt.
9. Which of the following patients requires CPR?
- a. A patient with a pulse who is having trouble breathing
 - b. A patient with chest pain and indigestion
 - c. A patient who is unresponsive with no pulse
 - d. A patient who is unresponsive with normal breathing
10. When using adult pads on a child or infant you must:
- A. Cut the pads in half
 - B. Place one in the centre of the chest, one in the centre of the back
 - C. Place anywhere on the chest
 - D. You cannot use adult pads on children & infants
11. The treatment for conscious & severe choking for an adult & child is:
- A. Perform abdominal thrusts
 - B. Nothing
 - C. Give them some water
 - D. Encourage them to cough
12. Before delivering the shock the AED responder must:
- A. Ensure that no one is touching the patient
 - B. Announce, "Stand clear, now shocking".
 - C. Nothing
 - D. Both A and B

13. What is the best action to relieve severe choking in a responsive infant?
- A. Kneel behind the infant and perform abdominal thrusts
 - B. Give 2 breaths, repositioning the airway after each breath
 - C. Begin cycles of 5 back slaps, followed by 5 chest thrusts
 - D. Start CPR immediately
14. Where should you place your hands to perform chest compressions on an adult?
- A. On the upper portion of the abdomen
 - B. In the center of the breastbone
 - C. On the upper half of the breastbone
 - D. On the lower half of the breastbone
15. The most important factor to a successful defibrillation is:
- A. Elapsed time to first defibrillation.
 - B. Age of the patient
 - C. Cause of the cardiac arrest
 - D. If the patient has drowned
16. What should you do after the AED delivers a shock?
- A. Immediately check the carotid pulse for no more than 10 seconds
 - B. Immediately start CPR, beginning with chest compressions
 - C. Wait for the AED to reanalyze the rhythm
 - D. Provide 2 breaths to the patient
17. What are the correct compression and ventilation rates for 2-rescuer CPR in the presence of an advanced airway in an adult patient?
- A. Compress at a rate of 100 – 120 per minute, with 1 breath every 6 seconds.
 - B. Compress at a rate of 60 per minute, with 1 breath every 8 seconds.
 - C. Compress at a rate of 100 – 120 per minute, with 2 breaths every 10 seconds.
 - D. Compress at a rate of 60 per minute, with 1 breath every 5 seconds.
18. If a patient is severely choking and then becomes unresponsive, after you send someone to activate the emergency response system and an AED, what is the next recommended action?
- A. Call the casualty's doctor.
 - B. Perform abdominal thrusts.
 - C. Perform blind finger sweeps.
 - D. Start CPR, beginning with compressions

19. A patient that is experiencing sudden shortness of breath is pale, cool and clammy and has a sore jaw they may be:
- A. Having a CVA.
 - B. Out of shape.
 - C. Having a MI.
 - D. Have food poisoning.
20. Which of the following is a characteristic of high quality CPR?
- A. Push hard and fast
 - B. Allowing for full chest recoil.
 - C. Minimizing interruptions in chest compressions.
 - D. All of the above.
21. Healthcare providers are covered by the Chase McEachern Act when off duty.
- A. True
 - B. False
22. Team members should rotate doing compressions on a patient only when they become tired.
- A. True
 - B. False
23. Compressions to breath ratio for adult CPR is 15:2.
- A. True
 - B. False
24. An adult and child's pulse is checked at the carotid.
- A. True
 - B. False
25. An AED changes Vfib into normal sinus rhythm.
- A. True
 - B. False