

Instructions: Read each of the following questions carefully and then place an “X” over the correct answer on the separate answer sheet provided. Please do not write on the exam.

1. Two providers are performing CPR. What should they do to prevent fatigue and maintain the quality of chest compressions?
 - a. Take longer to give rescue breaths.
 - b. Slow down the compression rate.
 - c. Change positions every minute.
 - d. Change positions every 2 minutes.
2. You are performing CPR on your uncle who collapsed at a family gathering where you are the only trained BLS provider. If possible, what is the preferred approach to deliver rescue breaths?
 - a. Quickly teach someone to deliver rescue breaths with a bag-mask.
 - b. Deliver rescue breaths by direct mouth-to-mouth contact only.
 - c. Perform compression-only CPR without rescue breaths.
 - d. Use a CPR mask with a one-way valve.
3. You respond as an EMS provider to a 51-year-old man found collapsed near a car with its engine running inside a closed garage. Bystanders have dragged him outside onto the lawn. He is unresponsive and does not appear to be breathing normally. You cannot feel his carotid pulse. What is the indicated care?
 - a. Give 10 to 12 rescue breaths per minute.
 - b. Perform CPR with effective rescue breaths.
 - c. Give 12 to 20 rescue breaths per minute.
 - d. Perform CPR using a 15:2 ratio of compressions to breaths.
4. Early recognition of cardiac arrest and activation of an emergency response protocol; immediate high-quality CPR; rapid defibrillation; effective BLS and ALS care and transportation; and effective post-cardiac arrest care at a hospital are the links in which chain of survival?
 - a. adults inside a hospital
 - b. adults outside a hospital
 - c. children and infants
 - d. adults in or out of a hospital
5. You have determined a 47-year-old man is unresponsive. In order to assess for normal breathing, what should you do?
 - a. Open the airway and look, listen, and feel for breathing.
 - b. Listen to the chest with your ear for lung sounds.
 - c. Look at the face and chest for signs of breathing.
 - d. Accept gasping as a sign of normal breathing.

6. In the hospital cafeteria, a hospital employee suddenly begins to cough loudly at her table. She appears to be trying to get something out of her throat. Her eyes are watering and she continues to cough forcefully. What should you do?
- Stay close and let her try to resolve the problem on her own.
 - Provide back blows to expel the object in her throat.
 - Get behind her and perform chest thrusts.
 - Leave her alone, in order to not embarrass her.
7. You are alone with an adult man who is choking. Another person has gone to get more help. You are performing abdominal thrusts when he suddenly collapses. What should you do next?
- Perform CPR and check the mouth for an object before rescue breaths.
 - Repeat 5 back blows and 5 chest thrusts until the object is expelled.
 - Perform a blind finger sweep to remove the foreign object from the airway.
 - Straddle the person's legs and continue to perform abdominal thrusts.
8. When providing CPR on a child or infant
- Ensure there is an open airway for rescue breaths.
 - Activate EMS and get an AED yourself, before starting CPR.
 - Get an AED and use it as quickly as possible.
 - Perform compression-only CPR.
9. To observe standard precautions means
- to look quickly for life-threatening or hazardous scene conditions
 - to clear a person before delivering a shock with an AED
 - to follow a set of infection control practices used whether or not an infection is suspected
 - making healthy lifestyle choices to lower risk for cardiovascular disease
10. You are providing care to a 23-year-old female found unresponsive on a couch at a party. She is breathing normally and has a pulse. You should immediately do which of the following?
- Move her to the floor and begin CPR immediately.
 - Place her in the side-lying recovery position.
 - Identify and correct the cause of the unresponsiveness.
 - Attach an AED and allow it to analyze the heart rhythm.
11. What are the basic steps of the BLS Assessment in the proper order?
- assess scene safety; check response; activate emergency response protocol; check breathing; check pulse
 - assess scene safety; check response; check breathing and pulse; activate emergency response protocol
 - assess scene safety; check breathing and pulse; activate emergency response protocol
 - assess scene safety; activate emergency response protocol; check response; check breathing and pulse

12. You are caring for a child who is unresponsive but breathing normally. No trauma is suspected, and the scene is safe. You want to protect the child's open airway. You have extended the arm nearest to you up alongside the head, brought the other arm across his chest, and have the back of his hand against his cheek. What is your next step?
- Keep the child positioned on his back on a firm, flat surface.
 - Place the child flat on his abdomen with his head rotated to the side.
 - Roll the child so the hips twist and the shoulders stay in place.
 - Grasp the shoulder and hip and roll the child onto his side.
13. You are performing CPR on a 65-year-old man who suddenly collapsed. Another provider shows up with an AED. She turns on the device and the voice instructions begin. What is the next step?
- Stop CPR so you can place the defibrillation pads correctly.
 - Deliver an additional 30 compressions before applying the pads.
 - Place the pads as indicated on his shirt; AEDs can shock through clothing.
 - Cut open or tear away the man's shirt and apply the pads to his bare chest.
14. Prevention of airway and breathing emergencies; early CPR with an emphasis on effective rescue breaths and, if needed, rapid defibrillation; early activation of the appropriate emergency response protocol; effective BLS and ALS care and transportation; and effective post-cardiac arrest care at a hospital are the links in which chain of survival?
- adults inside a hospital
 - adults outside a hospital
 - children and infants
 - adults in or out of a hospital
15. You are attending to a person who is unresponsive, gasping, but you can clearly feel a carotid pulse. What is the determined problem?
- sudden cardiac arrest
 - secondary cardiac arrest
 - respiratory arrest
 - respiratory distress
16. When two or more providers are performing CPR on an infant, the compression to ventilation ratio and preferred chest compression method is
- 30:2 with 2 thumbs and the fingers encircling the chest
 - 15:2 with 2 thumbs and the fingers encircling the chest
 - 30:2 with 2 fingertips placed just below the nipple line
 - 15:2 with 2 fingertips placed just below the nipple line
17. It's a hot day and you have responded as an EMS provider to a report of a woman suddenly collapsing to the floor at a grocery store. The scene is safe and she is unresponsive to your voice and touch. What is your next action?
- Place her in a recovery position and monitor breathing.
 - Check her for breathing and pulse at the same time.
 - Start rescue breathing, giving 1 breath every 5 to 6 seconds.
 - Check for normal breathing, then check for the carotid pulse separately.

18. High-performance CPR includes
- high-quality CPR skills and an effective hospital system
 - CPR feedback devices and emergency dispatcher instructions
 - high-quality CPR skills and an efficient team approach
 - bystander compression-only CPR and general public AED
19. You are attending to a neighbor who is unresponsive, not breathing normally, and pulseless. Your spouse has left to activate EMS while you begin CPR. You have just given your first set of compressions and are ready to give your initial rescue breaths using a CPR mask. What is your next step?
- Roll the person onto his or her side to clear any fluid out of the airway.
 - Rinse or wipe the CPR mask off before applying it to the person's face.
 - Open the person's airway and give 2 rescue breaths.
 - Provide rescue breaths without using a CPR mask.
20. You and another provider are attending to a 17-year-old boy found unresponsive with occasional gasps. You are not certain if a pulse is present. What should you do?
- Start CPR; 15:2 compressions to ventilations.
 - Start CPR; 30:2 compressions to ventilations.
 - Place him in a side-lying recovery position.
 - Give 1 rescue breath about every 5 to 6 seconds.
21. After delivering a shock with an AED, you should
- Reassess breathing and pulse, and provide the indicated care.
 - Turn off the AED but keep it near the person, leaving the pads attached.
 - Have the AED reanalyze and immediately deliver another shock.
 - Immediately resume CPR and follow any instructions given by the AED.
22. Sudden cardiac arrest in an adult is most likely caused by _____ and requires _____.
- ventricular fibrillation; defibrillation
 - a slow heart rate; deep and fast compressions
 - loss of breathing; CPR with rescue breaths
 - opioid overdose; naloxone administration
23. Monitoring, prevention, and treatment of pre-arrest conditions; early recognition of cardiac arrest and activation of an emergency response protocol; immediate high-quality CPR; rapid defibrillation; and effective post-cardiac arrest care are the links in which chain of survival?
- adults inside a hospital
 - adults outside a hospital
 - children and infants
 - adults in or out of a hospital
24. You are attending to a 54-year-old man who collapsed suddenly and is unresponsive. He is not breathing normally and you cannot feel a pulse. There is no suspicion of trauma and your emergency response protocol is being activated. What is your next step?
- Perform rescue breathing.
 - Immediately provide CPR.
 - Give a series of abdominal thrusts.
 - Place him in a recovery position.

25. A roofer was electrocuted when his aluminum ladder contacted an energized power line. The scene has been made safe and you have determined he is in cardiac arrest. The AED has analyzed the heart and is indicating a shock is advised. What should you do?
- Give another 30 chest compressions and then deliver the shock.
 - Finish the current CPR cycle and then deliver the shock.
 - Clear the person and immediately deliver the shock.
 - Check the carotid pulse to verify cardiac arrest.
26. You have responded to a report of an abrupt collapse of a middle-aged man at a local office building. Your BLS assessment shows the man is unresponsive, not breathing normally, and has no carotid pulse. This condition is most likely caused by and treated with
- respiratory arrest; rescue breaths, recovery position
 - secondary cardiac arrest; CPR, effective rescue breaths
 - sudden cardiac arrest; CPR, defibrillation
 - altered mental status; recovery position, monitor breathing
27. You find an 11-year-old child who is unresponsive and blue. She is not breathing normally and you cannot feel a carotid pulse. Her friend states that she collapsed and stopped moving after playing the “pass out” choking game. You are the only trained BLS provider. What do you need to do?
- Tell the friend to activate EMS using a mobile phone and perform at least 2 minutes of CPR.
 - Leave to activate EMS and get an AED, then return as quickly as you can to perform CPR.
 - Send the friend to activate EMS and get an AED, then begin CPR yourself.
 - Give 1 rescue breath every 5 to 6 seconds until EMS arrives.
28. You are attending to a person who is unresponsive and is breathing normally. You are alone and need to leave to activate EMS. Before leaving, what should you do?
- Place the person in a side-lying recovery position.
 - Place the person flat on his back and elevate his feet.
 - Use head-tilt, chin-lift to establish an airway.
 - Log roll the person onto his abdomen.
29. While eating, an older woman suddenly grabs her throat and cannot make any sound. You ask, “Are you choking?” She nods yes. What should you do?
- Perform abdominal thrusts.
 - Continue to observe.
 - Lay her on her back and perform CPR.
 - Provide 5 back blows and 5 chest thrusts.
30. You have been performing CPR on a 9-year-old child for about 4 minutes. An AED has just arrived. What should you do?
- Attach the AED quickly and follow the voice instructions.
 - Attach the AED only if you have the child pads/system.
 - Continue CPR (15:2) for at least 2 more minutes, then attach the AED.
 - Continue CPR (30:2) for at least 2 more minutes, then attach the AED.