

CPR TEST, Form 2

Name: _____

Date: _____

Please answer all questions. Mark only one answer per question.

1. Can a person be breathing but not have a heartbeat?

- a. Yes
- b. No

2. Where is the best place to check an adult's pulse in an emergency?

- a. The wrist.
- b. The neck.
- c. The temple.
- d. The groin.

3. Where is the pain likely to be worst in a heart attack?

- a. The legs.
- b. The back.
- c. The chest.
- d. The head.

4. Can people of any age have cardiac arrest?

- a. Yes
- b. No

5. When do you clean the mouth?

- a. As the first step in mouth-to-mouth breathing.
- b. Right after you check for breathing and find no breathing.
- c. Never.
- d. Only when you have a good reason.

6. When you start to give mouth-to-mouth breathing to an adult, what kind of breaths do you give?

- a. Full, even breaths, at normal speed.
- b. 2 quick, full breaths, then continue at normal speed.
- c. 3 quick, full breaths, then continue at normal speed.
- d. 4 quick, full breaths, then continue at normal speed.

7. Will chest compressions force blood to the brain while the victim is sitting up?
- a. Yes
 b. No
8. Does it matter when kind of surface the adult victim is on when you give chest compressions?
- a. Yes, it should be hard.
 b. Yes, it should be very soft.
 c. Yes, it should be moderately soft.
 d. No, it doesn't matter.
9. When you give chest compressions to an adult, you
- a. straddle him.
 b. sit on the floor or ground beside him.
 c. kneel at his head.
 d. kneel at his side.
10. How far do you compress the chest of an adult?
- a. 1/4 to 1/2 inch.
 b. 1/2 to 3/4 inch.
 c. 3/4 to 1-1/2 inches.
 d. 1-1/2 to 2 inches.
11. When compressing the chest, keep your elbows
- a. straight.
 b. bent slightly.
 c. bent about 30 degrees.
 d. flexible and able to bend as needed.
12. Should you practice chest compressions on someone who does not have cardiac arrest?
- a. Yes
 b. No
13. Where do you put your hands when you finish each chest compression?
- a. Pushing firmly on the victim's chest.
 b. Resting lightly on the victim's chest.
 c. A few inches above the victim's chest.
 d. Off the victim's chest completely, in your lap, or at your sides.

14. Pushing on the lower tip of the sternum (xiphoid) is likely to
- a. increase circulation but not increase air exchange.
 - b. increase air exchange but not increase circulation.
 - c. increase both air exchange and circulation.
 - d. cause internal injuries, such as lacerations of the liver.
15. Which kind of CPR is more difficult to give?
- a. One-rescuer CPR.
 - b. Two-rescuer CPR.
 - c. There is no difference.
16. In two-rescuer CPR, you blow into the lungs
- a. when the chest is being compressed.
 - b. when the other rescuer's hands are going up.
 - c. during one complete cycle of compression and release.
 - d. whenever you are ready—just keep the breaths evenly spaced.
17. At what rate do you give chest compressions when you give two-rescuer CPR to an adult?
- a. 30 per minute.
 - b. 60 per minute.
 - c. 80 per minute.
 - d. 100 per minute.
18. You and another rescuer are giving CPR, and a third person checks the victim's pupils—they get smaller (constrict) when a bright light is shined in his eyes. This means you
- a. are getting oxygen to the brain with CPR.
 - b. are not getting oxygen to the brain with CPR.
19. You are giving CPR and find that pulse and breathing begin again. What will you do next?
- a. Take the victim to a life-support unit.
 - b. Continue chest compressions without mouth-to-mouth breathing.
 - c. Continue mouth-to-mouth breathing without chest compressions.
 - d. Continue CPR.
20. What is the longest pause permitted in CPR for checking the pulse?
- a. None.
 - b. 1 second.
 - c. 5 seconds.
 - d. 15 seconds.

21. How long should 15 compressions take in two-rescuer CPR for an adult?

- a. About 7 seconds.
- b. About 11 seconds.
- c. About 15 seconds.
- d. About 23 seconds.

22. In one-rescuer CPR for an adult, what kind of breaths do you give?

- a. One quick breath.
- b. Two quick breaths.
- c. One slow breath.
- d. Two slow breaths.

23. How many times do you give a precordial thump to an adult when care is delayed (unwitnessed)?

- a. None.
- b. One.
- c. Two.
- d. As many as needed.

24. You are giving immediate (witnessed) care. What do you do after you check the pulse the *first* time if the victim is not breathing but does have a pulse?

- a. CPR.
- b. Precordial thump.
- c. Mouth-to-mouth breathing.
- d. Keep watching and checking.

25. You are giving immediate (witnessed) care. What do you do after you check the pulse the *second* time if the victim is not breathing and does not have a pulse?

- a. CPR.
- b. Precordial thump.
- c. Mouth-to-mouth breathing.
- d. Keep watching and checking.

26. In giving delayed (unwitnessed) care, when do you check the pulse the first time?

- a. Before you tip the head and check for breathing.
- b. While you tip the head and check for breathing.
- c. Right after you check for breathing.
- d. Right after you give breaths.

27. What do you do at the same time you tip the head and check for breathing in a case of immediate (witnessed) care?

- a. Nothing.
- b. Check pulse.
- c. Check for reduced body temperature.
- d. Jut the jaw.

28. How do you remember the first steps for delayed (unwitnessed) care?

- a. Check ACT Quick.
- b. A ACT Quick.
- c. A Quick Check.
- d. ACT Quick Check.

29. Any person needing CPR should be moved to a hospital

- a. before starting CPR.
- b. after CPR has been started, only if he can be moved without stopping CPR for even one second.
- c. after CPR has been started if CPR is not stopped for more than 15 seconds.
- d. after CPR has been started if CPR is not stopped for more than a few minutes.

30. List and explain the first steps for immediate (witnessed) care for suspected cardiac arrest. The victim is unconscious.

Short Name of Step

Explanation of Step

| <i>Short Name of Step</i> | <i>Explanation of Step</i> |
|---------------------------|----------------------------|
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |

(Use more space if necessary)

31. A lifeguard wades out to a swimmer who went under and pulls him onto shore. He starts giving mouth-to-mouth breathing in the water about 30 seconds after he saw him go under, and starts CPR on the shore in about one and one-half minutes. What kind of care is this?

- a. Immediate (witnessed).
- b. Delayed (unwitnessed).

32. In "fibrillation," the heart is

- a. beating normally.
- b. beating irregularly but still pumping blood.
- c. completely stopped.
- d. wiggling but not pumping blood.

33. Can a first-aider tell the difference between fibrillation and other forms of cardiac arrest?

- a. Yes
- b. No

34. Where do you give a precordial thump?

- a. Solar plexus.
- b. Middle of the back.
- c. Middle of the sternum.
- d. Just to the left of the cordium.

35. A man collapses on the street, but no one sees him collapse. You start helping him as soon as you find him. What kind of care is this?

- a. Immediate (witnessed).
- b. Delayed (unwitnessed).

36. In one-rescuer CPR for an adult, what is the ratio of breaths to compressions?

- a. 1 breath to 5 compressions.
- b. 1 breath to 15 compressions.
- c. 2 breaths to 5 compressions.
- d. 2 breaths to 15 compressions.

37. A lifeguard sees a swimmer go under and gets him out of the water and onto a raft to give CPR, all in about 30 seconds. What kind of care is this?

- a. Immediate (witnessed).
- b. Delayed (unwitnessed).

38. What is the ratio of breaths to compressions in CPR for a baby?

- a. 1 breath to 5 compressions.
- b. 1 breath to 15 compressions.
- c. 2 breaths to 5 compressions.
- d. 2 breaths to 15 compressions.

39. How do you give breaths to a baby?

- a. Mouth-to-mouth.
- b. Mouth-to-nose.
- c. Mouth-to-mouth-and-nose.

40. What kind of breaths do you give a baby?

- a. Small puffs.
- b. Slow, full, gentle breaths.
- c. Normal breaths.
- d. Large breaths.

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41. How many times do you give a precordial thump to a small child?

- a. None.
- b. One.
- c. Two.
- d. As many as needed.

42. Which positions are OK for giving CPR to a baby?

- a. Level or head higher than heart.
- b. Level or head lower than heart.
- c. Head higher than heart only.
- d. Head lower than heart only.

43. How do you give chest compressions to a small child?

- a. With the tips of two fingers.
- b. With the heel of one hand.
- c. With the heel of one hand, with the other hand on top of it.
- d. With the heels of both hands, side by side.

44. Where do you check the pulse of a baby?

- a. At the wrist.
- b. In the area of the left nipple.
- c. At the temple.
- d. On the side of the neck, near the Adam's apple.

45. How far do you compress the chest of a small child?

- a. 1/4 to 1/2 inch.
- b. 1/2 to 3/4 inch.
- c. 3/4 to 1-1/2 inches.
- d. 1-1/2 to 2 inches.

46. Do you slow down or stop compressions to allow time for a breath when giving CPR to a baby?

- a. Yes, stop giving compressions.
- b. Yes, slow down the compressions just enough to allow time.
- c. No, don't allow time—keep the same speed.
- d. It doesn't matter.

47. At what rate do you compress a baby's chest?

- a. 30 times per minute.
- b. 60 times per minute.
- c. 80 times per minute.
- d. 100 times per minute.