



BLS: CPR & FA

CHAPTER 2 REVIEW QUESTIONS

- The goal of CPR (without defibrillation) is to maintain adequate circulation of oxygenated blood to vital organs such as the**
 - spleen and pancreas
 - stomach and kidney
 - heart and brain
 - liver and muscles
- Exhaled air contains about 10% oxygen**
 - True
 - False
- To avoid legal problems, always ask a patient for _____ before you provide first aid. This may be done by stating _____**
 - permission; "My name is... I am a first aid provider. May I help you?"
 - autograph; "My name is... I am a first aid provider. May I help you?"
 - certification card; "My name is... I am a first aid provider. May I help you?"
- The five links in the chain of survival in correct order are**
 - 10177, CPR, AED, Advanced Cardiac Life Support, Post-cardiac-arrest Care
 - CPR, 10177, AED, Advanced Cardiac Life Support, Post-cardiac-arrest Care
 - AED, Advanced Cardiac Life Support, Post-cardiac-arrest Care, 10177, CPR
 - Post-cardiac-arrest Care, Advanced Cardiac Life Support, 10177, CPR, AED
- When calling EMS you should tell them**
 - what happened and the condition of the injured person
 - the location of the emergency and a call-back number
 - how many persons are involved
 - your name and the first aid provided
 - all of the above
- During CPR, the function of the heart and lungs are temporarily taken over by**
 - chest compressions and ventilations
 - cardiac defibrillation and an oxygen bottle
 - advanced medications and ventilator machines
- In the case of children and drowning victims, once unresponsiveness has been established, the single rescuer should**
 - check for injuries
 - check the mouth for foreign bodies
 - activate EMS
 - perform CPR for 2 minutes and then call EMS
- Emotional stress may occur before, during or after a rescue**
 - True
 - False
- In most cases, a patient's heart restarts after someone performs CPR on them**
 - True
 - False

CHAPTER 3 REVIEW QUESTIONS

- The respiratory system includes the**
 - heart, lungs, brain
 - arteries, spinal cord, nose
 - nose, trachea, lungs
 - bones, muscles, skin
- The cardiovascular system includes the**
 - veins, arteries, heart
 - mouth, lungs, stomach
 - skin, bones, muscles
 - nose, lungs, pharynx
- Gas exchange takes place at the**
 - vein-artery interface
 - long bone joints
 - alveolar-capillary membrane
 - muscle-nerve junctions
 - lungs

CHAPTER 4 REVIEW QUESTIONS

- 1. Potential dangers at the scene of an accident or injury requiring assistance may include**
 - a. fire, downed power lines, overcast skies
 - b. animals, fire, chemicals
 - c. chemicals, sunny skies, open beaches
 - d. all of the above
- 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. Three examples of protective equipment are gloves, face shield, oronasal resuscitation mask**
 - a. True
 - 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

CHAPTER 5 REVIEW QUESTIONS

- 1. Any breath sounds at all are considered normal**
 - a. True
 - b. False
- 2. Placing an unconscious, breathing victim in the recovery position is important to maintain an open airway and to minimise the potential of blood and vomit to cause obstruction**
 - a. True
 - b. False
- 3. Persons with back, neck or pelvic injuries should not be placed in the recovery position**
 - a. True
 - b. False

CHAPTER 6 REVIEW QUESTIONS

- 1. The recommended rate of compression for an adult is**
 - a. 60-80 per minute
 - b. 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. 4-5 cm
 - b. 5-6 cm
 - c. 7-8 cm
 - d. Depth is not important as long as compressions are being done

3. The compression-to-ventilation ratio for an adult is

- a. 30:2
- b. 15:2
- c. 5:1
- d. 50:2

4. Full CPR is always recommended for drowning and scuba diving injuries

- a. True
- b. False

5. Each ventilation should take about _____

- a. 2 seconds
- b. 1 second
- c. 5 seconds

6. CPR for drowning victims should follow an A-B-C protocol

- a. True
- b. False

CHAPTER 7 REVIEW QUESTIONS

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

- a. True
- b. False

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

- a. 3-5%
- b. 7-10%
- c. 12-15%
- d. 20-25%

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

- a. True
- b. False

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

- a. True
- b. False

CHAPTER 8 REVIEW QUESTIONS

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

- a. tongue
- b. food
- c. dentures

2. Grasping the throat is a common sign made by choking victims

- a. True
- b. False

3. If you suspect that someone is choking, _____

- a. look in the mouth
- b. check for responsiveness

c. ask "Are you choking?"

d. ask a doctor

5. With complete airway obstruction, the victim will be unable to _____ but might nod his head in response to your question. If the victim is unable to speak or has a limited ability to move air, he may soon lose _____

- a. yell for help, his breath
- b. talk, his breath
- c. breathe/cough/speak, consciousness

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

- a. True
- b. False

6. If the victim at any time becomes unconscious, the rescuer should _____

- a. allow the victim to drop to the floor in the hope that the fall will dislodge the foreign body

- b. ease the victim to the ground, remove the foreign body if visible, and start CPR
- c. ease the victim to the ground, initiate supplemental oxygen therapy

7. What must you do when a victim regurgitates?

- a. Roll the patient on his side, and wipe or suction out the mouth
- b. Blow vomit back into the stomach
- c. Remove gloves, and wipe away vomit with bare hands

CHAPTER 9 REVIEW QUESTIONS

1. What is shock?

- a. A dramatic drop in blood sugar
- b. A life-threatening condition resulting from inadequate blood supply to the brain and vital organs
- c. A feeling of nausea brought on by the rocking motion of a boat

2. Which of the following is not a type of shock?

- a. Hypovolemic
- b. Cardiogenic
- c. Cryogenic
- d. Insulin
- e. Anaphylactic

3. Signs and symptoms of shock include

- a. pale, clammy skin, thirst
- b. anxiety, restlessness, confusion

- c. rapid, shallow breathing
- d. all of the above

4. Adding blankets over someone in shock always helps to maintain a normal body temperature

- a. True
- b. False

5. Oral fluid administration is recommended in the case of shock

- a. True
- b. False

6. Persons in shock should receive prompt medical attention and may need to be hospitalised for further treatment

- a. True
- b. False

CHAPTER 10 REVIEW QUESTIONS

1. First aid is care provided for injuries or illnesses that are not life-threatening

- a. True
- b. False

2. The A in S-A-M-P-L-E stands for

- a. allergies
- b. asthma
- c. anxiety
- d. aneurism

CHAPTER 11 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. Which of the following should be applied first to control external bleeding?**
 - a. direct pressure
 - b. tourniquets
 - c. haemostatic dressings
- 3. 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
- 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. 4-5 cm above the wound
 - d. all of the above
- 5. A tourniquet should be removed after two hours regardless of continued bleeding**
 - a. True
 - b. False

CHAPTER 12 REVIEW QUESTIONS

- 1. When should you bandage a dressing in place?**
 - a. after the bleeding has stopped
 - b. immediately
 - c. after allowing the wound to air out
 - d. never
- 2. You should always remove an impaled object**
 - a. True
 - b. False
- 3. When applying a splint, make sure the joints above and below the injury move freely**
 - a. True
 - b. False

CHAPTER 13 REVIEW QUESTIONS

1. Asthma

- a. is a non-contagious 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

2. All heart attacks are painful

- a. True
- b. False

3. Hypoglycaemia 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. all of the above
- e. only a and c

4. F-A-S-T stands for face, arms, smile, time

- a. True
- b. False

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

- a. True
- b. False

6. In the event of suspected poisoning, _____

- a. attempt to determine what was ingested
- b. attempt to determine how much was taken
- c. note current symptoms
- d. call the local poison control center or EMS
- e. all of the above

7. Plain water is the preferred first-aid measure for exertional dehydration

- a. True
- b. False

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

- a. True
- b. False

9. An avulsed tooth can be stored in _____

- a. egg white
- b. full-cream milk
- c. the injured person's saliva
- d. all of the above

CHAPTER 14 REVIEW QUESTIONS

1. Superficial burns are severe and involve all skin layers

- a. True
- b. False

2. Immediate first aid for burns includes removal of 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

CHAPTER 15 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

CHAPTER 16 REVIEW QUESTIONS

- 1. Patient movement should be avoided except to move the person onto his back to perform CPR or when the current location places the victim or rescuer at risk of further injury**
 - a. True
 - b. False
- 2. Body mechanics to be followed by the rescuer when lifting include**
 - a. keeping his back straight and bending from the hips
 - b. lifting with his legs
 - c. keeping his head in a neutral position
 - d. all of the above

