Basic Life Support Exam A
(25 questions)

Please do not mark on this exam. Record the best answer on the separate answer sheet.

1. While performing high-quality CPR on an adult, what action should you ensure is being accomplished?
   A. Maintaining a compression rate of 90 to 120/min
   B. Placing hands on the upper third of the sternum
   C. Allowing the chest to recoil 1 inch
   D. Compressing to a depth of at least 2 inches

Use this scenario to answer the next 2 questions:
A 59-year-old woman collapses while gardening. She is unresponsive, is not breathing, and does not have a pulse. A neighbor, who is an emergency medical technician, rushes to her with an AED.

2. When the AED arrives, what is the first step for using it?
   A. Apply the pads to the patient’s chest
   B. Clear the patient
   C. Turn on the AED
   D. Press the shock button

3. After the AED pads are attached to the victim’s bare chest, the AED detects ventricular fibrillation. What is the next step when using an AED?
   A. Check the victim for a carotid pulse
   B. Follow the AED prompts
   C. Clear the patient
   D. Press the shock button

4. What should you do if you need to use an AED on someone who has been submerged in water?
   A. Do not move the victim, and do not use the AED
   B. Pull the victim out of the water, but do not use the AED
   C. Pull the victim out of the water, and wipe the chest
   D. Do not pull the victim out of the water, but wipe the chest before placing pads

5. How can rescuers ensure that they are providing effective breaths when using a bag-mask device?
   A. Observing the chest rise with breaths
   B. Delivering breaths quickly and forcefully
   C. Always having oxygen attached to the bag
   D. Allowing air to release around the mask
6. What ratio for compressions to breaths should be used for 1-rescuer infant CPR?
   A. 5 compressions to 1 breath
   B. 20 compressions to 2 breaths
   C. 15 compressions to 2 breaths
   D. 30 compressions to 2 breaths

7. What is a consideration when you are using an AED?
   A. You should never remove a transdermal medication patch before applying AED pads
   B. On a hairy chest, the pads may not stick and may fail to deliver a shock
   C. AEDs can be used while a victim is submerged in water
   D. You should not use an AED on someone with an implanted pacemaker

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Use this scenario to answer the next 2 questions:

A 9-year-old child has suddenly collapsed. After confirming that the scene is safe, a single rescuer determines that the child is in cardiac arrest, shouts for nearby help, and activates the emergency response system. He immediately begins performing high-quality CPR. Two additional rescuers arrive to assist in the resuscitation attempt.

8. What actions should occur next, to support a team-based resuscitation attempt?
   A. 2 rescuers alternate using the AED and giving breaths
   B. 1 rescuer gives CPR while the other 2 wait for advanced life support to arrive
   C. 2 rescuers alternate giving high-quality chest compressions
   D. 2 rescuers operate the AED while the third rescuer gives breaths

9. Two rescuers begin high-quality CPR while the third rescuer leaves to get the AED. What action supports 2-rescuer CPR?
   A. Alternating the AED role every 2 minutes
   B. Alternating the compressor role every 2 minutes
   C. Alternating giving rescue breaths every 3 cycles
   D. Alternating giving shocks every 3 cycles

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10. "Members of the team know their boundaries and ask for help before the resuscitation attempt worsens." Match this statement with the most appropriate element of team dynamics listed.
    A. Knowledge sharing
    B. Summarizing and reevaluation
    C. Constructive intervention
    D. Knowing your limitations

11. A victim with a foreign-body airway obstruction becomes unresponsive. What is your first course of action?
    A. Start CPR, beginning with chest compressions
    B. Roll the victim over and perform back blows
    C. Perform abdominal thrusts
    D. Perform blind finger sweeps
12. Why is defibrillation important?

A. It prevents re-arrest from occurring
B. It is not important for cardiac arrest
C. There is a 100% success rate in regaining a normal cardiac rhythm
D. It can restore a regular cardiac rhythm

13. You witness someone suddenly collapse. The person is unresponsive, you hear gasping sounds, and there is no pulse. What should you do next?

A. Begin CPR; the gasps are not normal breathing
B. Give rescue breaths only; the gasps are not normal breathing
C. Monitor the patient; the gasps are considered normal breathing
D. Begin CPR, even though gasping is normal breathing

Use this scenario to answer the next 2 questions:

A middle-aged man collapses. You and a second rescuer go to the victim and find that he is unresponsive, is not breathing, and does not have a pulse.

14. Which action is most likely to positively impact this victim’s survival?

A. Performing high-quality CPR
B. Ensuring scene safety
C. Providing rescue breaths
D. Checking the pulse frequently

15. You and another rescuer begin CPR. After a few cycles, you notice the chest compression rate is slowing. What should you say to offer constructive feedback?

A. “You need to compress at a rate of 80 to 120 per minute.”
B. “You need to compress at a rate of at least 120 per minute.”
C. “You need to compress at a rate of 100 to 120 per minute.”
D. “You need to compress at a rate of at least 100 per minute.”

16. How do you perform chest compressions when providing high-quality CPR to a child victim?

A. By compressing the chest at least one third the depth of the chest, about 2 inches (5 cm)
B. By compressing the chest at least one fourth the depth of the chest, about 1.5 inches (4 cm)
C. By compressing the chest at least two thirds the depth of the chest, about 4 inches (10 cm)
D. By compressing the chest at least one half the depth of the chest, about 3 inches (8 cm)

17. When performing CPR on an unresponsive choking victim, what modification should you incorporate?

A. There are no modifications to CPR for an unresponsive choking victim
B. You do not give breaths to an unresponsive choking victim
C. Each time you open the airway, look for the obstructing object
D. Attempt a jaw thrust instead of a head tilt-chin lift
Use this scenario to answer the next 2 questions:

An 8-month-old infant is eating and suddenly begins to cough. The infant is unable to make any noise shortly after. You pick up the infant and shout for help.

18. You have determined that the infant is responsive and choking with a severe airway obstruction. How do you relieve the airway obstruction?
   A. Encourage the infant to cough
   B. Give sets of 5 back slaps and 5 chest thrusts
   C. Begin 2 thumb-encircling hands chest compressions
   D. Give abdominal thrusts

19. Which action do you perform to relieve choking in an unresponsive infant?
   A. Perform CPR, and look in the mouth for the obstructing object
   B. Give sets of 5 back slaps and 5 chest thrusts
   C. Give sets of 5 abdominal thrusts and 5 back slaps
   D. Attempt a blind finger sweep when giving breaths to remove the obstructing object

20. Which victim requires high-quality CPR?
   A. A victim who is unresponsive, has a strong pulse, and is breathing adequately
   B. A victim who is unresponsive with no normal breathing and no pulse
   C. A victim who is responsive, has a pulse, and is having trouble breathing
   D. A victim who is responsive, is having trouble breathing, and has a pulse less than 60/min

21. "The team functions smoothly when all team members know their positions, functions, and tasks during a resuscitation attempt." Match this statement with the most appropriate element of team dynamics listed.
   A. Clear roles and responsibilities
   B. Knowing your limitations
   C. Constructive intervention
   D. Mutual respect

22. Why is allowing complete chest recoil important when performing high-quality CPR?
   A. There will be a reduction of rescuer fatigue
   B. It will reduce the risk of rib fractures
   C. The heart will adequately refill between compressions
   D. The rate of chest compressions will increase
Use this scenario to answer the next 2 questions:

A 67-year-old man is found unresponsive, not breathing, and without a pulse. You and a second rescuer begin performing high-quality CPR.

23. When should rescuers switch positions during CPR?
   A. Never switch rescuers, and maintain current roles
   B. Switch rescuers at 5-minute intervals
   C. Switch rescuers about every 2 minutes
   D. Switch rescuers when placing the AED pads

24. You notice the person giving chest compressions is not allowing for complete chest recoil. What is your next course of action?
   A. Stand back and await direction from the team leader
   B. Take over leadership and give direction
   C. Immediately take over chest compressions
   D. Tell the compressor you notice decreased chest recoil

25. Rapid defibrillation is a link in the adult Chain of Survival. Why is this important to survival?
   A. It prevents cardiac arrest
   B. It prevents respiratory arrest
   C. It provides normal respiration
   D. It eliminates the abnormal heart rhythm
Individual CPR Course Record

Name: ___________________________ Date: ___________

Name of Course: ___________________________

Liability Statement for CPR Courses
The course you are enrolled in may include physical strain, the possibility of cross infection and emotional stress. If your physician has recommended that you avoid strenuous activity in any way, you should reconsider attending this class. CPR is hard work. This is true both in practicing on the manikin and in doing CPR for a cardiac arrest victim. If you have a medical or coronary history that may be aggravated by this course, you should consult your physician and ask his/her advice as to whether you should participate in a CPR course. If you have reservations about being able to perform CPR on a cardiac arrest victim, you should consider this before beginning this course. If you have recently had any type of infectious disease, including upper respiratory infection or open sores on your mouth or hands, it is IMPERATIVE to defer manikin practice until you are well.

Signature: ___________________________ Date: ___________

FLORIDA GOOD SAMARITAN STATUTE

1. This act shall be known and cited as the Good Samaritan Act.

2. Any Person including those licensed to practice medicine, who gratuitously and in good faith renders emergency care or treatment at the scene of an emergency outside a hospital, doctors office or other place having proper medical equipment, without objection of the injured victim or victims thereof, shall not be held liable for any act or failure to act in providing or arranging further medical treatment where the person acts as an ordinary reasonably prudent man would have acted under the same or similar circumstances.

Instructor's signature affirms that skills tests were done according to AHA guidelines.

Instructor's Signature: ___________________________ 
Print Instructor's Name: ___________________________
Date: ___________
## Summary of High-Quality CPR Components for BLS Providers

<table>
<thead>
<tr>
<th>Component</th>
<th>Adults and Adolescents</th>
<th>Children (Age 1 Year to Puberty)</th>
<th>Infants (Age Less Than 1 Year, Excluding Newborns)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Scene safety</td>
<td>Make sure the environment is safe for rescuers and victim</td>
<td>Check for responsiveness</td>
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<tr>
<td>Recognition of cardiac arrest</td>
<td>No breathing or only gasping (i.e., no normal breathing)</td>
<td>No definite pulse felt within 10 seconds</td>
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<td></td>
<td>(Breathing and pulse check can be performed simultaneously in less than 10 seconds)</td>
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<tr>
<td>Activation of emergency response system</td>
<td>If you are alone with no mobile phone, leave the victim to activate the emergency response system and get the AED before beginning CPR</td>
<td>Witnessed collapse</td>
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<td></td>
<td>Otherwise, send someone and begin CPR immediately; use the AED as soon as it is available</td>
<td>Unwitnessed collapse</td>
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<tr>
<td>Compression-ventilation ratio without advanced airway</td>
<td>1 or 2 rescuers</td>
<td>Continuous compressions at a rate of 100-120/min</td>
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<td></td>
<td>30:2</td>
<td>Give 1 breath every 6 seconds (10 breaths/min)</td>
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<tr>
<td>Compression-ventilation ratio with advanced airway</td>
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<tr>
<td>Compression rate</td>
<td>At least 2 inches (5 cm)*</td>
<td>At least one third AP diameter of chest</td>
<td>At least one third AP diameter of chest</td>
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<tr>
<td>Compression depth</td>
<td>At least 1 inch (2.5 cm)</td>
<td>About 2 inches (6 cm)</td>
<td>About 1½ inches (4 cm)</td>
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<tr>
<td>Hand placement</td>
<td>2 hands on the lower half of the breastbone (sternum)</td>
<td>2 hands or 1 hand (optional for very small child) on the lower half of the breastbone (sternum)</td>
<td>2 thumb-encircling hands in the center of the chest, just below the nipple line</td>
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<tr>
<td>Chest recoil</td>
<td>Allow full recoil of chest after each compression; do not lean on the chest after each compression</td>
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<tr>
<td>Minimizing interruptions</td>
<td>Limit interruptions in chest compressions to less than 10 seconds</td>
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*Compression depth should be no more than 2.4 inches (6 cm).

Abbreviations: AED, automated external defibrillator; AP, anteroposterior; CPR, cardiopulmonary resuscitation.

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# Adult CPR and AED Skills Testing Checklist

**Hospital Scenario:** "You are working in a hospital or clinic, and you see a person who has suddenly collapsed in the hallway. You check that the scene is safe and then approach the patient. Demonstrate what you would do next."

**Prehospital Scenario:** "You arrive on the scene for a suspected cardiac arrest. No bystander CPR has been provided. You approach the scene and ensure that it is safe. Demonstrate what you would do next."

## Assessment and Activation
- [ ] Checks responsiveness
- [ ] Shouts for help/Activates emergency response system/Sends for AED
- [ ] Checks breathing
- [ ] Checks pulse

Once student shouts for help, instructor says, "Here's the barrier device. I am going to get the AED."

## Cycle 1 of CPR (30:2)

**Adult Compressions**
- [ ] Performs high-quality compressions:
  - Hand placement on lower half of sternum
  - 30 compressions in no less than 15 and no more than 18 seconds
  - Compresses at least 2 inches (5 cm)
  - Complete recoil after each compression

**Adult Breaths**
- [ ] Gives 2 breaths with a barrier device:
  - Each breath given over 1 second
  - Visible chest rise with each breath
  - Resumes compressions in less than 10 seconds

## Cycle 2 of CPR (repeats steps in Cycle 1)

- [ ] Compressions
- [ ] Breaths
- [ ] Resumes compressions in less than 10 seconds

Rescuer 2 says, "Here is the AED. I'll take over compressions, and you use the AED."

## AED (follows prompts of AED)
- [ ] Powers on AED
- [ ] Correctly attaches pads
- [ ] Clears for analysis
- [ ] Clears to safely deliver a shock

## Resumes Compressions
- [ ] Ensures compressions are resumed immediately after shock delivery
  - Student directs instructor to resume compressions or
  - Student resumes compressions

## STOP TEST

**Instructor Notes**
- Place a ✓ in the box next to each step the student completes successfully.
- If the student does not complete all steps successfully (as indicated by at least 1 blank check box), the student must receive remediation. Make a note here of which skills require remediation (refer to Instructor Manual for information about remediation).

**Test Results**
- Check PASS or NR to indicate pass or needs remediation:
  - PASS ✓
  - NR □

**Instructor Initials** ____________  **Instructor Number** 02112271843  **Date** ____________

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Infant CPR Skills Testing Checklist (1 of 2)

Student Name ____________________ Date of Test ____________

Hospital Scenario: "You are working in a hospital or clinic when a woman runs through the door, carrying an infant. She shouts, ‘Help me! My baby's not breathing.’ You have gloves and a pocket mask. You send your coworker to activate the emergency response system and to get the emergency equipment."

Prehospital Scenario: "You arrive on the scene for an infant who is not breathing. No bystander CPR has been provided. You approach the scene and ensure that it is safe. Demonstrate what you would do next."

Assessment and Activation

- Checks responsiveness
- Shouts for help
- Activates emergency response system
- Checks breathing
- Checks pulse

Once student shouts for help, instructor says, "Here's the barrier device."

Cycle 1 of CPR (30:2) *CPR feedback devices preferred for accuracy*

Infant Compressions

- Performs high-quality compressions:
  - Placement of 2 fingers in the center of the chest, just below the nipple line
  - 30 compressions in no less than 15 and no more than 18 seconds
  - Compresses at least one third the depth of the chest, about 1½ inches (4 cm)
  - Complete recoil after each compression

Infant Breaths

- Gives 2 breaths with a barrier device:
  - Each breath given over 1 second
  - Visible chest rise with each breath
  - Resumes compressions in less than 10 seconds

Cycle 2 of CPR (repeats steps in Cycle 1) Only check box if step is successfully performed

- Compressions
- Breaths
- Resumes compressions in less than 10 seconds

Rescuer 2 arrives with bag-mask device and begins ventilation while Rescuer 1 continues compressions with 2 thumb-encircling hands technique.

Cycle 3 of CPR

Rescuer 1: Infant Compressions

- Performs high-quality compressions:
  - 15 compressions with 2 thumb-encircling hands technique
  - 15 compressions in no less than 7 and no more than 9 seconds
  - Compresses at least one third the depth of the chest, about 1½ inches (4 cm)
  - Complete recoil after each compression

Rescuer 2: Infant Breaths

This rescuer is not evaluated.

(continued)
### Infant CPR
#### Skills Testing Checklist (2 of 2)

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### Cycle 4 of CPR

**Rescuer 2: Infant Compressions**  
*This rescuer is not evaluated.*

**Rescuer 1: Infant Breaths**

- Gives 2 breaths with a bag-mask device:
  - Each breath given over 1 second
  - Visible chest rise with each breath
  - Resumes compressions in less than 10 seconds

### Instructor Notes

- Place a ✓ in the box next to each step the student completes successfully.
- If the student does not complete all steps successfully (as indicated by at least 1 blank check box), the student must receive remediation. Make a note here of which skills require remediation (refer to Instructor Manual for information about remediation).

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<td>PASS [✓] NR [ ]</td>
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Instructor Initials:  
Instructor Number: 02112271893  
Date:              

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**LifeTech Instructional Services**  
1423 Wisconsin Ave.  
Palm Harbor, FL 34683
# Student Answer Sheet  
## Basic Life Support Exam

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