American Red Cross CPR/AED for the Professional Rescuer and CPR for the Professional Rescuer Courses Final Written Exam

Exam A

IMPORTANT: Read all instructions before beginning this exam.

INSTRUCTIONS: Mark all answers in pencil on a separate answer sheet. Do not write on this exam. The questions on this exam are multiple choice. Read each question slowly and carefully. Then choose the **best** answer and fill in that circle on the answer sheet. If you wish to change an answer, erase your first answer completely. Return this exam to your instructor when you are finished.

EXAMPLE

75. Why does the American Red Cross teach this course?

a) To help people stay calm in emergencies

b) To help people make appropriate decisions when they confront an emergency

c) To help people in an emergency keep a victim's injuries from getting worse until EMS arrives

d) All of the above

ANSWER SHEET

75. ⓐ ⓑ ⓒ ●

Section 1—CPR for the Professional Rescuer

1. The emergency action principles are performed in the following order—

a) Survey the scene, perform an initial assessment, summon advanced medical personnel and perform a secondary assessment.

b) Survey the scene, perform a secondary assessment, summon advanced medical personnel and perform an initial assessment.

c) Perform an initial assessment, summon advanced medical personnel, survey the scene and perform a secondary assessment.

d) Perform an initial assessment, survey the scene, perform a secondary assessment and summon advanced medical personnel.

2. How can you best protect yourself from possible disease transmission when providing care?

a) Carefully wash your hands before providing care.

b) Ask the victim first if he or she has any communicable diseases.

c) Use first aid supplies, such as dressings and bandages, as a barrier when contacting the victim.

d) Use protective equipment, such as disposable gloves and breathing barriers, when providing care.

3. **You come upon a scene where someone seems to be hurt. Why should you survey the scene before approaching the victim?**
   a) To see if the victim really needs help
   b) To determine what care to provide
   c) To determine if the scene is safe
   d) To see if advanced medical personnel are already providing care to the victim
4. **You are summoned to a store parking lot where a man has collapsed. The victim appears to be unconscious. After determining that the scene is safe, what should you do next?**
   a) Move the victim out of the parking lot.
   b) Check the victim for consciousness.
   c) Give CPR.
   d) Check for signs of circulation.
5. **You see a woman collapse in front of you while entering the lobby of your office building. You survey the scene and then check the victim for consciousness, but she does not respond. What should you do next?**
   a) Call, or have someone else summon advanced medical personnel.
   b) Give 2 rescue breaths.
   c) Check for signs of circulation.
   d) Drive the victim to the hospital.
6. **You and a co-worker enter the restroom and find an unconscious person lying on the floor. You survey the scene and then you check the victim. Your co-worker is getting ready to move the victim to a couch in the hotel lobby and asks for your help. What should you do next?**
   a) Help your co-worker move the victim.
   b) Start rescue breathing.
   c) Tell your co-worker not to move the victim since there is no immediate danger.
   d) Give the victim some water.
7. **You respond to an emergency and find four victims. Which victim should you care for first?**
   a) The victim who is bleeding lightly from his thigh
   b) The victim who is complaining of abdominal cramps
   c) The victim who has a burn on his forearm
   d) The victim who is unconscious
8. **You should perform an initial assessment in every emergency situation because—**
   a) It will protect you from legal liability.
   b) It identifies conditions that are an immediate threat to life.
   c) It identifies conditions that could become life threatening if not cared for.
   d) It enables you to protect the victim and bystanders from dangers at the scene.

9. **You should immediately summon advanced medical personnel for—**
   a) A 22-year-old who has a fever and vomited twice during the night.
   b) A 60-year-old experiencing severe knee pain after a morning run.
   c) A 40-year-old complaining of nausea, profuse sweating and shortness of breath for at least an hour.
   d) An 8-year-old who was hit in the leg by a baseball and now has a large bruise.
10. **An individual has been injured and is conscious. You should—**
   a) Provide care immediately based on the victim's condition.
   b) Ask the victim to walk with you to the first aid station so that you can provide care.
   c) Talk to the victim to find out what happened and check for non life-threatening conditions.
   d) Get consent, check the victim for life-threatening conditions and talk to him or her to find out what happened.
11. **The role of the professional rescuer in the EMS system is to—**
   a) Recognize an emergency and activate the EMS system by calling 9-1-1 or the local emergency number.
   b) Provide transitional care between a citizen responder's initial actions and the care of advanced medical personnel.
   c) Serve as an extension of the emergency room physician.
   d) Determine what help is needed and provide instructions to a citizen responder prior to the arrival of advanced medical personnel.
12. **Signs of respiratory distress include—**
   a) Skin that is yellowish in color.
   b) Wheezing, gurgling or high-pitched noises.
   c) Sneezing or itchy or watery eyes.
   d) Excessive thirst.
13. **A 12-year-old boy sitting next to you at a swim meet grabs his chest and begins to make wheezing noises. After you obtain consent, his mother informs you that he has a history of asthma. What care should you provide?**
   a) Perform 5 abdominal thrusts.
   b) Assist the victim with using an inhaler borrowed from another bystander.
   c) Help the victim rest in a position that helps breathing until advanced medical personnel arrive.
   d) Wait 10 minutes to see if the breathing difficulty goes away.

14. **You are a member of the company's emergency response team. You arrive on the scene and find another co-worker, who is not a professional rescuer, performing CPR. What do you do?**
    a) Inform the co-worker that you will take over chest compressions.
    b) Reassess the victim, make sure advanced medical personnel have been summoned and provide appropriate care.
    c) Offer to get an AED since the co-worker seems to know what to do.
    d) Begin gathering personal information on the victim for your report.
15. **Chest compressions for an adult victim should be performed at a rate of—**
    a) About 60 compressions per minute.
    b) Less than 90 compressions per minute.
    c) About 100 compressions per minute.
    d) At least 130 compressions per minute.
16. **While dining at a local restaurant, an adult patron suddenly clutches his throat with both hands. You ask him if he is choking and he frantically nods yes. You tell him you are a trained rescuer and ask him if you can help. After obtaining consent and sending someone to summon advanced medical personnel, what should you do?**
    a) Try to give 2 rescue breaths to the victim.
    b) Check the victim's carotid pulse and then give back blows.
    c) Give 15 chest compressions.
    d) Stand behind the victim and give abdominal thrusts.
17. **Where do you position your hands to give abdominal thrusts for a conscious adult who is choking?**
    a) On the rib cage
    b) On the navel
    c) In the middle of the abdomen just above the navel
    d) In the middle of the abdomen just below the navel
18. **You and another rescuer find an unconscious adult on the floor. You send the other rescuer to summon advanced medical personnel. When you do the initial assessment, you find that the victim is not breathing but shows signs of circulation. You should—**
    a) Give quick breaths at the rate of 60 to 80 a minute.
    b) Give CPR.
    c) Give back blows and chest thrusts.
    d) Use a resuscitation mask and give the victim 1 rescue breath about every 5 seconds.

19. If your first 2 breaths do not go in during the initial assessment, what should you do next?

a) Reposition the victim's airway and reattempt 2 rescue breaths.
b) Give up to 5 abdominal thrusts.
c) Sweep out the mouth.
d) Reattempt the breaths.

20. To determine whether a victim is breathing—

a) Check for a pulse.
b) Look, listen and feel for breathing for about 5 seconds.
c) Look in the victim's mouth for at least 10 seconds.
d) Press on the ribs to feel for resistance.

21. You notice that a patron at a movie theater looks uncomfortable. He is sweating and seems to be having difficulty breathing. You ask him if he feels okay and he says no, that for the last 5 minutes he has been feeling chest pain. What life-threatening condition could he be experiencing?

a) Indigestion
b) Heart attack
c) Upset stomach
d) Respiratory distress

22. You are called to help someone who is not breathing and shows no signs of circulation. Why is it crucial for you to start CPR as quickly as possible?

a) CPR helps prevent a heart attack.
b) With early CPR, the victim will not need advanced medical care.
c) CPR helps circulate blood that contains oxygen to the vital organs until advanced medical personnel arrive.
d) CPR helps clear an obstructed airway and lets the victim breathe again.

23. How long should you initially check a victim for signs of circulation?

a) No more than 10 seconds
b) 1 to 3 seconds
c) About 60 seconds
d) No more than 15 seconds

24. Where should you place your hands on an adult victim to give chest compressions during CPR?

a) One hand on the notch and one hand on the ribs
b) On the center of the breastbone, just above the notch where the ribs meet
c) On the left side of the ribcage, 3½ inches from the breastbone
d) Over the abdomen, about 2 inches below where the ribs meet the breastbone

25. **When giving CPR to an adult—**
    a) Compress the chest straight down about 1 inch.
    b) Give cycles of 15 chest compressions and 2 rescue breaths.
    c) Compress the chest about ½ inch.
    d) Give cycles of 5 chest compressions and 2 rescue breaths.
26. **A mother comes running toward you screaming that something is wrong with her infant son. You perform the initial assessment and find that the infant is not breathing but shows signs of circulation. You perform rescue breathing at a rate of 1 rescue breath about once every—**
    a) 3 seconds.
    b) 4 seconds.
    c) 5 seconds.
    d) 10 seconds.
27. **After performing rescue breathing on an infant for 1 minute, you recheck for signs of circulation. You find that the infant no longer has a pulse. You position the infant for CPR with—**
    a) One hand on the chin and one on the chest.
    b) One hand on the forehead and your index finger and the pads of the next two fingers on the breastbone just below an imaginary line between the nipples.
    c) One hand on the forehead and one on the chest.
    d) One hand on the chin and two or three fingers on the center of the chest.
28. **After positioning an infant for CPR, you begin cycles of—**
    a) 15 chest compressions and 1 rescue breath.
    b) 15 chest compressions and 2 rescue breaths.
    c) 5 chest compressions and 1 rescue breath.
    d) 5 chest compressions and 2 rescue breaths.
29. **When two rescuers are available to give CPR together, the first rescuer should—**
    a) Check the victim's breathing while the second rescuer checks for signs of circulation.
    b) Begin rescue breathing and chest compressions while the second rescuer performs a secondary assessment.
    c) Check the victim's breathing and circulation while the second rescuer performs the head-tilt/chin-lift method using a resuscitation mask.
    d) Perform an initial assessment while the second rescuer locates the correct position for chest compressions.

30. Professional rescuers should continue care until—

a) Someone with lesser training comes over and assumes care.
b) Advanced medical personnel arrive and take over.
c) The scene is determined to be safe.
d) The victim's condition worsens.

Section 2—AED Essentials

1. Early defibrillation can—

a) Result in more effective CPR.
b) Reduce the need for advanced cardiac life support.
c) Help recognize when a victim does not have a pulse.
d) Result in more cardiac arrest victims being saved.

2. An abnormal heart rhythm characterized by totally disorganized electrical activity that results in the inability of the heart to pump blood is—

a) Ventricular tachycardia.
b) Ventricular fibrillation.
c) Asystole.
d) Normal sinus rhythm.

3. An electrical shock delivered to the heart to correct certain abnormal heart rhythms is known as—

a) Asystole.
b) Fibrillation.
c) Defibrillation.
d) Diastole.

4. Once you have attached the electrode pads to the victim, you should—

a) Deliver a shock if indicated by the AED.
b) Check for the absence of circulation (pulse).
c) Allow the AED to charge to the appropriate energy level.
d) Plug the electrode cable into the AED.

5. The electrode pads of an AED should be placed—

a) On the upper-left side of the victim's chest and the lower-right side.
b) On the upper-right side of the victim's chest and the lower-left side.
c) On the upper-left side of the victim's chest and the upper-right side.
d) On the lower-left side of the victim's chest and the lower-right side.

6. **To determine if it is appropriate to use an AED you must first—**
   a) Deliver a shock if prompted to do so.
   b) Apply the electrode pads to the chest.
   c) Confirm cardiac arrest by checking for signs of circulation (pulse).
   d) Advise other rescuers and bystanders to "Stand Clear."
7. **It is important to have everyone stand clear before using an AED to deliver a shock because—**
   a) The AED will not work unless you stand clear.
   b) You or others could be injured by the shock.
   c) The electrode pads could become loose.
   d) The AED will not deliver a shock to the victim.
8. **If the "No Shock Advised" message is given, you should—**
   a) Immediately reanalyze the rhythm.
   b) Recheck for signs of circulation (pulse).
   c) Reset the AED by turning it off for 10 seconds.
   d) Check the pad placement on the victim's chest.
9. **After delivering the first three shocks, if the victim's heart rhythm does not change, you should—**
   a) Reanalyze the heart rhythm.
   b) Attempt to administer a fourth shock.
   c) Transport the victim to the hospital.
   d) Recheck for signs of circulation. If there is no pulse, perform 1 minute of CPR.
10. **CPR in progress must be stopped—**
   a) When the AED is ready to use.
   b) Once more advanced medical personnel arrive.
   c) After the AED has analyzed the heart rhythm, but not while defibrillating.
   d) Never stop CPR since it helps to circulate blood containing oxygen.