

# **American Red Cross CPR for the Professional Rescuer**

## **Exam B**

**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

---

#### ANSWER SHEET

75. (a) (b) (c) ☒

---

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: CPR for the Professional Rescuer

Name \_\_\_\_\_

Date \_\_\_\_\_

Exam

1. ☐ a ☐ b ☐ c ☐ d
2. ☐ a ☐ b ☐ c ☐ d
3. ☐ a ☐ b ☐ c ☐ d
4. ☐ a ☐ b ☐ c ☐ d
5. ☐ a ☐ b ☐ c ☐ d
6. ☐ a ☐ b ☐ c ☐ d
7. ☐ a ☐ b ☐ c ☐ d
8. ☐ a ☐ b ☐ c ☐ d
9. ☐ a ☐ b ☐ c ☐ d
10. ☐ a ☐ b ☐ c ☐ d
11. ☐ a ☐ b ☐ c ☐ d
12. ☐ a ☐ b ☐ c ☐ d
13. ☐ a ☐ b ☐ c ☐ d
14. ☐ a ☐ b ☐ c ☐ d
15. ☐ a ☐ b ☐ c ☐ d
16. ☐ a ☐ b ☐ c ☐ d
17. ☐ a ☐ b ☐ c ☐ d
18. ☐ a ☐ b ☐ c ☐ d
19. ☐ a ☐ b ☐ c ☐ d
20. ☐ a ☐ b ☐ c ☐ d
21. ☐ a ☐ b ☐ c ☐ d
22. ☐ a ☐ b ☐ c ☐ d
23. ☐ a ☐ b ☐ c ☐ d
24. ☐ a ☐ b ☐ c ☐ d
25. ☐ a ☐ b ☐ c ☐ d

26. ☐ a ☐ b ☐ c ☐ d
27. ☐ a ☐ b ☐ c ☐ d
28. ☐ a ☐ b ☐ c ☐ d
29. ☐ a ☐ b ☐ c ☐ d
30. ☐ a ☐ b ☐ c ☐ d
31. ☐ a ☐ b ☐ c ☐ d
32. ☐ a ☐ b ☐ c ☐ d
33. ☐ a ☐ b ☐ c ☐ d
34. ☐ a ☐ b ☐ c ☐ d
35. ☐ a ☐ b ☐ c ☐ d
36. ☐ a ☐ b ☐ c ☐ d
37. ☐ a ☐ b ☐ c ☐ d
38. ☐ a ☐ b ☐ c ☐ d
39. ☐ a ☐ b ☐ c ☐ d
40. ☐ a ☐ b ☐ c ☐ d
41. ☐ a ☐ b ☐ c ☐ d
42. ☐ a ☐ b ☐ c ☐ d
43. ☐ a ☐ b ☐ c ☐ d
44. ☐ a ☐ b ☐ c ☐ d
45. ☐ a ☐ b ☐ c ☐ d
46. ☐ a ☐ b ☐ c ☐ d
47. ☐ a ☐ b ☐ c ☐ d
48. ☐ a ☐ b ☐ c ☐ d
49. ☐ a ☐ b ☐ c ☐ d
50. ☐ a ☐ b ☐ c ☐ d

1. Laws that protect people who willingly give emergency care without accepting anything in return are called—
  - a. Citizen Responder laws.
  - b. Hold Harmless laws.
  - c. Good Samaritan laws.
  - d. Medical Immunity laws.
2. Which person in the EMS system has the role of recognizing that an emergency exists, deciding to act, activating the EMS system, and providing first aid care?
  - a. Paramedic
  - b. Emergency medical technician
  - c. Fire fighter
  - d. Citizen responder
3. Which body system has the heart, blood, and blood vessels as major components?
  - a. Respiratory
  - b. Nervous
  - c. Circulatory
  - d. Integumentary
4. Which body system regulates all body functions?
  - a. Respiratory
  - b. Circulatory
  - c. Integumentary
  - d. Nervous
5. How should you determine if a victim is conscious?
  - a. Slap the victim's face and ask, "Are you awake?"
  - b. Gently tap the victim and ask, "Are you O.K.?"
  - c. Pinch the victim's shoulder and ask, "Does this hurt?"
  - d. None of the above

6. Before beginning a primary survey, you should first—
  - a. Position the victim so that you can open the airway.
  - b. Survey the scene.
  - c. Check for consciousness.
  - d. Call more advanced medical professionals for help.
7. Why should you do a primary survey in every emergency situation?
  - a. Because it will protect you from legal liability
  - b. Because it identifies conditions that are an immediate threat to life
  - c. Because it identifies conditions that could become life-threatening if not cared for
  - d. Because it will enable you to protect the victim and bystanders from dangers at the scene
8. In which circumstances should you move a victim before providing care?
  - a. There is danger from fire, poisonous fumes, or an unstable structure.
  - b. The victim is complaining of pain.
  - c. It is impossible to splint fractures or bandage wounds without moving the victim.
  - d. The victim is in a position in which more advanced medical personnel will have difficulty giving care.
9. In which order are the four elements of a primary survey assessed (first to last)?
  - a. Consciousness, circulation, breathing, airway
  - b. Breathing, circulation, airway, consciousness
  - c. Consciousness, airway, breathing, circulation
  - d. Circulation, airway, breathing, consciousness

10. For which of the following individuals should you immediately summon more advanced medical personnel?
- A 22-year-old who has had a fever and vomited twice during the night
  - A 60-year-old experiencing severe knee pain after a morning run
  - A 40-year-old complaining that he has felt nauseated, sweaty, and short of breath for at least an hour
  - An 8-year-old who was hit on the leg by a baseball and now has a large bruise
11. The most common type of breathing emergency is—
- Respiratory distress.
  - Respiratory arrest.
  - Hyperventilation.
  - Anaphylactic shock.
12. In which position should you usually place a victim of respiratory distress?
- A sitting position
  - Flat on the back
  - On one side with head down
  - Head raised on a pillow
13. Rescue breathing is the proper emergency care for—
- Respiratory distress.
  - Cardiac arrest.
  - Airway obstruction.
  - Respiratory arrest.
14. How often should you give rescue breaths to an infant or child who is not breathing but does have a pulse?
- Once every 3 seconds
  - Once every 4 seconds
  - Once every 6 seconds
  - Once every 10 seconds

15. When you give rescue breaths, how much air should you breathe into the victim?
- Enough to make the stomach rise
  - Enough to make the chest rise
  - Enough to feel resistance
  - Enough to fill the victim's cheeks
16. What should you do for a conscious adult or child who is choking and cannot cough, speak, or breathe?
- Give two full breaths.
  - Do a finger sweep.
  - Give abdominal thrusts.
  - Lower the victim to the floor and open the airway.
17. One sign of respiratory distress is—
- Pain in the abdomen.
  - Dilation of the pupils.
  - Feeling dizzy or lightheaded.
  - a and b.
18. Which should you do to keep the airway open when giving rescue breaths if you do not suspect a head injury?
- Lift the chin.
  - Tilt the head back and lift the chin.
  - Tilt the head back and lift the neck.
  - Roll the victim onto one side.
19. What must you do to determine if a victim requires rescue breathing?
- Look, listen, and feel for breathing.
  - Check for a pulse in the neck.
  - Check for pale or sweaty skin.
  - Look at the pupils to check for constriction.

20. If your first 2 breaths do not cause the victim's chest to rise, what should you do?
- Call for more advanced medical professionals.
  - Do a finger sweep of the victim's mouth.
  - Give 2 more breaths with more force.
  - Retilt the head and try to give breaths again.
21. After giving abdominal thrusts to an unconscious adult with an obstructed airway, you should—
- Begin CPR.
  - Check for a pulse, give 2 slow breaths, and then do a finger sweep.
  - Give 2 slow breaths and then do a finger sweep.
  - Do a finger sweep and then give 2 slow breaths.
22. How can you minimize the amount of air forced into a victim's stomach during rescue breathing?
- Breathe slowly into the victim when delivering breaths.
  - Don't pause between breaths unless absolutely necessary.
  - Press on the victim's stomach while delivering breaths.
  - Breathe as hard as you can into the victim.
23. What should you do for a conscious infant who is choking and cannot cry, cough, or breathe?
- Give 5 back blows and then 5 chest thrusts.
  - Give abdominal thrusts.
  - Give back blows until the victim starts to cough or becomes unconscious.
  - Any of the above is acceptable.
24. Where should you position your hands when giving abdominal thrusts to a conscious adult or child?
- In the middle of the abdomen just above the navel
  - On the center of the chest
  - In the middle of the abdomen well below the navel
  - None of the above

25. Which is a disadvantage of the bag-valve mask?
- a. It does not form a tight seal on a victim's face.
  - b. It takes regular practice to stay proficient.
  - c. It is not readily available to all professional rescuers.
  - d. b and c
26. When using a resuscitation mask, the best way to maintain an open airway is to—
- a. Tilt the person's head back.
  - b. Lift the jaw upward with both hands.
  - c. Keep the person's mouth open, using your thumbs.
  - d. All of the above
27. How does a bag-valve mask differ from a resuscitation mask?
- a. It does not help prevent disease transmission.
  - b. It is usually more effective when used by two rescuers.
  - c. It can be used for victims in respiratory arrest.
  - d. a and c.
28. Criteria for an effective resuscitation mask include—
- a. A one-way exhalation valve.
  - b. An inlet for delivery of supplemental oxygen.
  - c. Working well in conditions of extreme heat and cold.
  - d. All of the above
29. Which of the following is an advantage of using a resuscitation mask to provide artificial ventilation?
- a. It reduces the volume of air needed to expand the victim's lungs.
  - b. It prevents airway obstruction from occurring when facial injuries are involved.
  - c. It reduces the risk of disease transmission between the rescuer and victim.
  - d. All of the above



30. Which is the most common cause of cardiac arrest?
- Electrocution
  - Drowning/suffocation
  - Cardiovascular disease
  - Drug overdose/poisoning
31. If CPR is not started, how long after cardiac arrest will the brain begin to die?
- Immediately
  - 2–4 minutes
  - 4–6 minutes
  - 8–10 minutes
32. Which of these risk factors for heart disease can be controlled?
- High blood pressure
  - Family history of heart disease
  - Smoking
  - a and c
33. One cycle of CPR for an adult includes—
- 30 compressions and 5 breaths.
  - 15 compressions and 2 breaths.
  - 10 compressions and 2 breaths.
  - 5 compressions and 1 breath.
34. During two-rescuer CPR, the person giving the breaths should—
- Count aloud to keep the person giving the compressions at the proper rate.
  - Call for a stop in the compressions after every minute to check for a return of pulse.
  - Periodically check the effectiveness of the compressions by checking the carotid pulse.
  - All of the above.

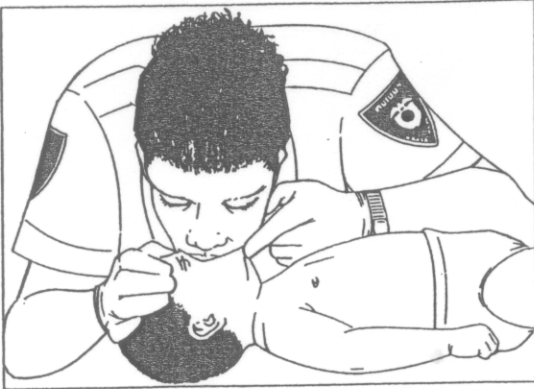
35. Where should your hands be when compressing an infant's chest during CPR?
- One hand on the chin and one hand on the chest
  - One hand on the forehead and 2 or 3 fingers on the center of the chest
  - One hand on the forehead and one hand on the chest
  - One hand on the chin and 2 or 3 fingers on the center of the chest
36. One cycle of CPR for an infant or a child includes—
- 5 compressions and 1 breath.
  - 5 compressions and 2 breaths.
  - 15 compressions and 1 breath.
  - 15 compressions and 2 breaths.
37. When two rescuers giving CPR change positions, they—
- Do not change sides.
  - Quickly change sides.
  - Omit part of a cycle.
  - a and c.
38. When two rescuers are available to begin CPR at the same time, the first rescuer should—
- Check the victim's breathing while the second rescuer checks the pulse.
  - Begin rescue breathing and chest compressions while the second rescuer completes a secondary survey.
  - Check the victim's breathing and pulse while the second rescuer does the head-tilt and chin-lift.
  - Do a primary survey while the second rescuer locates the correct position for chest compressions.
39. Which is the primary sign of cardiac arrest?
- No breathing
  - Absence of a pulse
  - Skin which is pale or bluish in color
  - Absence of blood pressure

40. Once you have started CPR, when should you check to determine whether the victim has a pulse?
- After the first 2 minutes (8 cycles) and every 2 minutes thereafter
  - After the first minute (4 cycles) and every few minutes thereafter
  - After each minute (4 cycles) of continuous CPR
  - None of the above
41. The purpose of cardiopulmonary resuscitation (CPR) is to—
- Restart heartbeat and breathing in a victim of cardiac arrest.
  - Prevent clinical death from occurring in a victim of cardiac arrest.
  - Keep the brain supplied with oxygen until the heart can be restarted.
  - All of the above.
42. Which is the leading cause of death for adults in the United States?
- Unintentional injuries
  - Cardiovascular disease
  - Pneumonia
  - Cancer
43. When a second rescuer arrives while CPR is being given, the second rescuer should immediately—
- Do a primary survey.
  - Replace the first rescuer and continue CPR.
  - Join the CPR effort by taking over compressions at the end of a cycle of compressions and ventilations.
  - Determine whether advanced medical personnel have been summoned.
44. The most prominent sign/symptom of a heart attack is—
- A pulse which is faster or slower than normal.
  - Persistent chest pain.
  - Difficulty breathing.
  - Nausea and sweating.

45. Which action is the most important in caring for a victim complaining of shortness of breath and pressure in the chest?
- Providing CPR
  - Having the victim lie down while you check her breathing and pulse
  - Calling for more advanced medical personnel immediately
  - Calling the victim's personal physician
46. When a victim of an automobile accident is still in the car, you remove the victim—
- If the victim is conscious.
  - If you must to provide care.
  - If the victim asks to be moved.
  - If you suspect a head or spine injury.
47. You are summoned to a scene where a lineman has received a severe electric shock and is still on the pole. Your first action is—
- To bring him down from the pole immediately.
  - To give him rescue breathing while he is still on the pole.
  - To check his pulse.
  - To make sure he is not in contact with the power source and it is safe for you to help.
48. When transporting a person without a pulse down a stairway—
- Give CPR, then move the victim and resume CPR within 30 seconds.
  - Give rescue breathing at once but no compressions until the victim is off the stairs.
  - Get the victim off the stairs before giving CPR.
  - Give CPR on the stairs until more advanced medical help arrives.
49. Chest compressions for a near-drowning victim—
- Are not effective unless the victim is on a hard, firm surface.
  - Should be given while the victim is in the water.
  - Should be given along with rescue breathing.
  - a and c.

50. For a victim of hypothermia, you should—
- a. Remove any wet clothing.
  - b. Warm the victim gradually and handle gently.
  - c. Check for a pulse for as long as 45 seconds.
  - d. All of the above.

## Care for an Unconscious Infant with an Airway Obstruction—cont'd



### □ Open airway and give 2 slow breaths

- ♦ Tilt head back.
- ♦ Seal your lips tightly around infant's mouth and nose.
- ♦ Give 2 slow breaths, each lasting about 1½ seconds.
- ♦ Watch to see if your breaths go in.

### If breaths still do not go in. . .

- ♦ Retilt head and reattempt breaths
- ♦ Continue with the sequence of back blows, chest thrusts, finger sweeps, head tilt, 2 slow breaths, head retilt, and 2 breaths until. . .
  - ♦ Obstruction is removed.
  - ♦ Infant starts to breathe, cry, or cough.
  - ♦ More advanced medical personnel arrive and take over.

### If breaths go in. . .

- ♦ Check pulse and breathing.
- ♦ If infant has a pulse but is not breathing, do rescue breathing.
- ♦ If infant does not have a pulse and is not breathing, do CPR.
- ♦ Check and control severe bleeding.

*NEW*