American Red Cross CPR/AED for the Professional Rescuer Course 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

XX. **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 personnel arrive.

d. All of the above.

ANSWER SHEET

XX. ⓐ ⓑ ⓒ ●

Section 1—CPR for the Professional Rescuer

1. **The steps you follow in an emergency are performed in the following order—**

   a. Perform an initial assessment, size up the scene and summon advanced medical personnel.

   b. Perform an initial assessment, summon advanced medical personnel and size up the scene.

   c. Size up the scene, perform an initial assessment and summon advanced medical personnel.

   d. Size up the scene, summon advanced medical personnel and perform an initial assessment.

2. **How can you best protect yourself from possible bloodborne pathogen transmission when providing care?**

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

   b. Thoroughly wash your hands before providing care.

   c. Use first aid supplies, such as dressings and bandages, as a barrier when in contact with the victim.

   d. Use personal 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 size up the scene before approaching the victim?**
   a. To determine if the scene is safe
   b. To determine what care to provide
   c. To see if advanced medical personnel are already providing care to the victim
   d. To see if the victim really needs help
4. **You are summoned to a store parking lot where a man has collapsed. The victim appears to be unconscious. After sizing up the scene and determining the scene is safe, what should you do next?**
   a. Check for signs of life (movement and breathing).
   b. Check the victim for consciousness.
   c. Provide CPR.
   d. Move the victim out of the parking lot.
5. **You see a woman collapse in front of you while entering the lobby of your office building. You size up 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. Check for signs of life (movement or breathing).
   c. Drive the victim to the hospital.
   d. Give 2 rescue breaths.
6. **You and a co-worker enter the restroom and find an unconscious person lying on the floor. You size up the scene and then you check the victim. Your co-worker is getting ready to move the victim to a couch in the lobby and asks for your help. What should you do next?**
   a. Give the victim some water.
   b. Help your co-worker move the victim to the couch.
   c. Inform your co-worker not to move the victim since there is no immediate danger.
   d. Start rescue breathing.
7. **You respond to an emergency and find four victims. Which victim should you care for first?**
   a. The victim who has a minor burn on his forearm
   b. The victim who is bleeding lightly from his thigh
   c. The victim who is complaining of abdominal cramps
   d. The victim who is unconscious

8. **You should perform an initial assessment in every emergency situation because—**
   a. It enables you to protect the victim and bystanders from dangers at the scene.
   b. It identifies conditions that are an immediate threat to life.
   c. It identifies the number of victims at the scene.
   d. It will protect you from legal liability.
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 50-year-old experiencing severe knee pain after a morning run.
   c. A 60-year-old who complains that he has been experiencing 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. **A person has been injured and is conscious. You should—**
   a. Get consent, check the victim for life-threatening conditions and talk to the victim to find out what happened.
   b. Have the victim walk with you to the first aid station so you can provide care.
   c. Provide care immediately based on the victim's condition.
   d. Talk to the victim to find out what happened and check for nonlife-threatening conditions.
11. **The role of the professional rescuer in the EMS system is to—**
   a. Determine what help is needed and provide instructions to a lay responder before additional help arrives.
   b. Provide transitional care between a lay responder's initial actions and the care of advanced medical personnel.
   c. Recognize an emergency and activate the EMS system by calling 9-1-1 or the local emergency number.
   d. Serve as an extension of the emergency room physician.
12. **Signs and symptoms of respiratory distress include—**
   a. Excessive thirst.
   b. Skin that is yellowish in color.
   c. Sneezing or itchy or watery eyes.
   d. Wheezing, gurgling or high-pitched noises.

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 to give care, his mother informs you that he has a history of asthma. What care should you provide?**
    a. Help the victim rest in a position that helps breathing until advanced medical personnel arrive.
    b. Instruct the victim to use an inhaler borrowed from another bystander.
    c. Perform 5 abdominal thrusts.
    d. Wait 20 minutes to see if the breathing difficulty goes away.
14. **You are a member of your 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. Begin gathering personal information on the victim for your report.
    b. Inform the co-worker that you will take over chest compressions.
    c. Offer to get an AED since the co-worker seems to know what to do.
    d. Reassess the victim and provide appropriate care.
15. **Chest compressions for an adult should be performed at a rate of—**
    a. About 60 compressions per minute.
    b. About 100 compressions per minute.
    c. At least 130 compressions per minute.
    d. Less than 90 compressions per minute.
16. **While dining at a local restaurant, a child suddenly clutches his throat with both hands. You ask him if he is choking and he frantically nods yes. After obtaining consent and sending someone to summon advanced medical personnel, what should you do?**
    a. Check the victim's carotid pulse and then give back blows and abdominal thrusts.
    b. Give 30 chest compressions followed by 2 rescue breaths.
    c. Try to give 2 rescue breaths to the victim.
    d. Stand or kneel behind the victim and give back blows and abdominal thrusts.
17. **Where do you position your hands to give abdominal thrusts for a conscious child who is choking?**
    a. In the middle of the abdomen just above the navel
    b. In the middle of the abdomen just below the navel
    c. On the navel
    d. On the rib cage

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 has a pulse, but is not moving or breathing. You should—**
    a. Give back blows and chest thrusts.
    b. Provide CPR.
    c. Give quick breaths at the rate of 60 to 80 a minute.
    d. Use a resuscitation mask and give 1 rescue breath about every 5 seconds.
19. **For an adult, if your first 2 rescue breaths do not make the chest clearly rise during the initial assessment, what should you do next?**
    a. Give up to 5 abdominal thrusts followed by 5 back blows.
    b. Give up to 5 back blows followed by 5 chest thrusts.
    c. Immediately reattempt the rescue breaths.
    d. Reposition the airway by tilting the head farther back and reattempt 2 rescue breaths.
20. **To determine if a victim is breathing—**
    a. Check for a pulse.
    b. Look for movement and look, listen and feel for breathing for about 10 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 person at a movie theater looks uncomfortable. He is sweating profusely and seems to be having difficulty breathing. You ask him if he feels okay and he says he does not and that for the last 5 minutes he has had chest pain. What life-threatening condition could he be experiencing?**
    a. Allergic reaction
    b. Heart attack
    c. Indigestion
    d. Stomach ache
22. **You are called to help someone who does not have a pulse and is not moving or breathing. Why is it crucial for you to start CPR as quickly as possible?**
    a. CPR helps circulate blood that contains oxygen to the vital organs until advanced medical personnel arrive.
    b. CPR helps clear an obstructed airway and lets the victim breathe again.
    c. CPR helps prevent a heart attack.
    d. With early CPR, the victim will not need advanced medical care.

23. How long should you initially check a victim for signs of life (movement and breathing)?

a. 1 to 3 seconds

b. About 60 seconds

c. No more than 10 seconds

d. No more than 15 seconds

24. Where should you position your hands on an infant's chest to give compressions during CPR?

a. One hand on the center of the chest, just above the notch where the ribs meet and one hand on the forehead

b. Two or three fingers on the center of the chest just below the nipple line and one hand on the forehead

c. Two fingers over the abdomen, about 2 inches below where the ribs meet the chest and one hand on the forehead

d. One hand on the left side of the rib cage, 3½ inches from the chest and one hand on the forehead

25. As a lone rescuer giving CPR to an adult, you should—

a. Compress the chest about ½ inch.

b. Compress the chest straight down about 1 inch.

c. Give cycles of 15 chest compressions and 2 rescue breaths.

d. Give cycles of 30 chest compressions and 2 rescue breaths.

26. A mother comes running toward you screaming that something is wrong with her son. After sizing up the scene and obtaining consent, you perform an initial assessment and find that the child has a pulse, but is not moving or breathing. You perform rescue breathing at a rate of 1 rescue breath about once every—

a. 1 second.

b. 2 seconds.

c. 3 seconds.

d. 5 seconds.

27. After performing rescue breathing on an adult for about 2 minutes, you look for movement and recheck for breathing and a pulse. You find that the adult no longer has a pulse. Where should you position your hands on the adult for CPR?

a. One hand on the chin and two fingers on the center of the chest.

b. One hand on the forehead and one on the center of the chest.

c. Two hands on the center of the abdomen.

d. Two hands on the center of the chest.

28. **As a lone rescuer, after positioning an infant for CPR, you begin cycles of—**
    a. 5 chest compressions and 1 rescue breath.
    b. 10 chest compressions and 2 rescue breaths.
    c. 15 chest compressions and 2 rescue breaths.
    d. 30 chest compressions and 2 rescue breaths.
29. **When two rescuers are available to give CPR together, the first rescuer should—**
    a. Begin rescue breathing and chest compressions while the second rescuer interviews bystanders.
    b. Check the victim for signs of life (movement and breathing) and a pulse while the second rescuer performs the head-tilt/chin-lift technique using a resuscitation mask.
    c. Do an initial assessment while the second rescuer locates the correct position for chest compressions.
    d. Monitor the victim's pulse while the second rescuer checks for signs of life (movement and breathing).
30. **Professional rescuers should continue care until—**
    a. Advanced medical personnel are called.
    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

1. **Early defibrillation can—**
    a. Increase the number of cardiac arrest victims being saved.
    b. Increase the oxygen circulated to the blood.
    c. Reduce the need for advanced medical care.
    d. Result in more effective CPR.
2. **An abnormal heart rhythm characterized by totally disorganized electrical activity that results in the inability of the heart to pump blood is—**
    a. Asystole.
    b. Normal sinus rhythm.
    c. Ventricular fibrillation.
    d. Ventricular tachycardia.

3. **An electrical shock delivered to the heart to correct certain abnormal heart rhythms is known as—**
   a. Asystole.
   b. Defibrillation.
   c. Diastole.
   d. Fibrillation.
4. **After you have attached the pads to a victim, you should—**
   a. Check for the absence of movement, breathing and a pulse.
   b. Deliver a shock, if indicated by the AED.
   c. Plug the connector into the AED, if necessary.
   d. Wipe the victim's chest dry.
5. **The pads of an AED for an adult should be placed—**
   a. On the lower-left side of the victim's chest and the lower-right side.
   b. On the upper-left side of the victim's chest and the lower-right side.
   c. On the upper-left side of the victim's chest and the upper-right side.
   d. On the upper-right side of the victim's chest and the lower-left side.
6. **To initially determine if it is appropriate to use an AED you must first—**
   a. Deliver a shock, if prompted to do so.
   b. Look for movement and check for breathing and a pulse.
   c. Place the pads on the chest.
   d. Tell 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. An AED will not deliver a shock to the victim.
   b. Individuals could be injured by the shock.
   c. The AED will not analyze unless you stand clear.
   d. The pads could become loose.
8. **If the AED displays the "no shock advised" message after the first analysis of the victim's heart rhythm, you should—**
   a. Continue CPR before the AED reanalyzes.
   b. Immediately reanalyze the rhythm.
   c. Recheck the pad placement on the victim's chest.
   d. Reset the AED by turning it off for 10 seconds.

9. **Which of the following statements is true about defibrillation?**
   a. It is more likely to be effective if CPR is withheld.
   b. It is used to restart a heart without electrical activity.
   c. It is intended to briefly disrupt abnormal electrical activity.
   d. It is not a commonly seen heart rhythm.
10. **CPR in progress must be stopped—**
   a. After the AED has analyzed the heart rhythm, but not while defibrillating.
   b. Never stop CPR since it helps to circulate blood containing oxygen.
   c. Once more advanced medical personnel arrive.
   d. When the AED is ready to use.