

Basic Life Support and First Aid Quiz



1.
The goal of CPR (without defibrillation) is to maintain the adequate circulation of oxygenated blood to vital organs like the ____ and ____.
 - ☐ A. Spleen, pancreas
 - ☐ B. Stomach, kidney
 - ☐ C. Heart, brain
 - ☐ D. Liver, muscles
 - ☒ None
2.
Inhaled air contains ____ percent oxygen. Exhaled air contains about ____ percent oxygen. The use of supplemental ____ can greatly increase the amount delivered to tissues.
 - ☐ A. 78, 21, oxygen
 - ☐ B. 21, 16, oxygen
 - ☐ C. 78, 21, nitrogen
 - ☐ D. 21, 16, helium
 - ☒ None
3.
When calling EMS you should tell them:
 - ☐ A. What happened and the condition of the injured person
 - ☐ B. The location of the emergency and a call-back number
 - ☐ C. How many persons are involved
 - ☐ D. Your name and the first aid provided
 - ☐ E. All of the above
 - ☒ None
4.
During CPR, ____ take over the temporary function of the heart, while ____ deliver air to the lungs
 - ☐ A. Chest compressions, rescue breaths
 - ☐ B. Cardiac defibrillation, oxygen bottle
 - ☐ C. Advanced medications, ventilator machine
 - ☒ None
- 5.

True or False: In most cases, the heart restarts after someone performs CPR.

- ☐ A. True
- ☐ B. False

None ☒

6.

True or False: 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

None ☒

7.

True or False: Any breath sounds at all are considered normal.

- ☐ A. True
- ☐ B. False

None ☒

8.

True or False: Placing an unconscious, breathing victim in the recovery position is important to maintain an open airway and to minimize the potential of blood and vomit to cause obstruction.

- ☐ A. True
- ☐ B. False

None ☒

9.

True or False: Persons with back or neck injuries should not be placed in the recovery position.

- ☐ A. True
- ☐ B. False

None ☒

10.

The recommended rate of compression for an adult is:

- ☐ A. 80/100 per minute
- ☐ B. 100/120 per minute
- ☐ C. At least 160 per minute
- ☐ D. Rate is not important as long as compressions are being done

None ☒

11.

The recommended depth of chest compression for an adult is:

- ☐ A. 3 cm/4 cm
- ☐ B. 5 cm/6 cm
- ☐ C. At least 8 cm
- ☐ D. Depth is not important as long as compressions are being done

None ☒

12.

The compression/ventilation ratio for an adult is:

- ☐ A. 30:2
- ☐ B. 15:2
- ☐ C. 5:1
- ☐ D. 50:2

None ☒