

# 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