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 ◉