

# 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
- 

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

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

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

5.

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

- A. True
- B. False

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

7.

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

- A. True
- B. False

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

9.

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

- A. True
- B. False

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

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

12.

The compression/ventilation ratio for an adult is:

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