BASIC LIFE SUPPORT EXAM

1. What is the rate of performing chest compressions?
   A. 30 per minute
   B. 50 per minute
   C. 80 per minute
   D. 100 per minute

2. How deep should you compress the adult victim’s chest?
   A. _ inch
   B. _ inch
   C. 1/3 inch
   D. 1-1/2 -2 inches

3. What is the maneuver called to open the victim’s airway?
   A. Head lift
   B. Child rise
   C. Jaw lift
   D. Head-tilt, chin-lift

4. How do you give mouth to mouth breaths?
   A. Put your lips in the victim’s lips
   B. Seal your lips around the outside of the victim’s lips
   C. Place a breathing tube in their airway
   D. Intubate immediately

5. How can you tell if ventilations are going into a victim?
   A. Watch for chest rise
   B. Watch for abdominal rise
   C. Listen for air going through the airway
   D. Listen for the victim exhaling air

6. What are the three steps to check for a victim breathing?
   A. Look, listen and feel
   B. Feel, push and ventilate
C. Listen, breathe and exhale
D. Look, listen and ventilate

7. You find a victim gasping, your next step is what?
   A. Give two rescue breaths
   B. Do a blind finger sweep
   C. Do abdominal thrusts
   D. Check for a pulse

8. How do you know when to start compressions?
   A. The victim has is breathing but has no pulse
   B. The victim has a pulse but is not breathing
   C. The victim is breathing and has a pulse
   D. The victim is not breathing and has no pulse

9. What is the technique called for infant two person CPR?
   a. Encircling hands thumbs
   b. Encircling wrists
   c. Two finger tip
   d. Chest thrust

10. What is early defibrillation needed?
    A. To synchronize heart rate
    B. To increase effectiveness of ventilations
    C. To not have to do compressions
    D. To increase the likelihood of it working

11. What are the proper steps for operating an AED?
    A. Power on, put the pads on the chest, allow to analyze, deliver shock
    B. Power on, shave the chest, put the pads on, deliver shock
    C. Power on, put the pads on the chest, shave the chest, deliver shock
    D. Power on, allow to analyze, put the pads on the checks, deliver shock

12. After you put the AED pads on, what do you do next?
    A. Allow to analyze
B. Deliver the shock
C. Shave the chest
D. Begin compressions

13. What might happen if you touch the victim while shocking?
   A. You’ll get shocked
   B. Aed will analyze your rhythm
   C. You will throw off the machines synchronization
   D. You may cause cardiac conversion

14. The AED machine states “no shock indicated.” What should you do next?
   A. Begin CPR
   B. Shave the chest
   C. Remove the pads
   D. Call 911

15. How do you relieve adult choking?
   A. Back slaps
   B. Abdominal thrusts
   C. Head tilt chin lift
   D. Blind finger sweep

16. A choking adult becomes unresponsive. What should you do?
   A. Blind finger sweep
   B. Begin the steps of CPR
   C. Abdominal thrusts
   D. Intubate

17. You are alone and find an unresponsive infant. What should you do next?
   A. Call 911
   B. Begin CPR, then call 911 after two minutes
   C. Chest thrusts
   D. Blind finger sweep

18. How do you relieve choking in a responsive infant?
A. Back slaps and chest thrusts
B. Intubation
C. Abdominal thrusts
D. Head tilt chin lift

19. Why should you minimize interruptions during CPR?
   A. It will be more effective
   B. To keep your energy up
   C. To keep a good rhythm for compressions
   D. You may get sued

20. You should use an adult AED and pads for?
   A. Adults only
   B. Any age victim
   C. A victim under 23lbs
   D. A victim who is breathing and has a pulse