

Exam B: NSC Basic Life Support for Health Care & Professional Rescuers

- 1.** The first step in the cardiac chain of survival is to –
 - a. give CPR as soon as possible.
 - b. recognize the problem and quickly call for help.
 - c. give early defibrillation.
 - d. get the victim quickly to advanced care.

- 2.** For AED use, an adult is defined as someone –
 - a. older than 6.
 - b. older than 8.
 - c. older than 12.
 - d. more than 50 pounds in weight.

- 3.** Put a victim in the recovery position when the victim is –
 - a. unresponsive and breathing normally.
 - b. being given CPR.
 - c. responsive after being resuscitated.
 - d. being analyzed by an AED.

- 4.** After starting CPR with 30 chest compressions, you next –
 - a. check for a pulse.
 - b. repeat the initial assessment.
 - c. give abdominal thrusts for an airway obstruction.
 - d. open the airway and give two rescue breaths.

- 5.** To ensure your air goes into the victim's lungs during rescue breathing –
 - a. watch the victim's chest rise and fall.
 - b. listen for the gurgle of air passing through the airway.
 - c. blow until resistance indicates the lungs are full.
 - d. blow approximately 1/3 of your own lung capacity in each breath.

- 6.** Each rescue breath is given over a period of –
 - a. 1 second.
 - b. 2 seconds.
 - c. 3 seconds.
 - d. 5 seconds.

- 7.** Which pulse is checked in an unresponsive child who is not breathing?
 - a. carotid or femoral
 - b. carotid or brachial
 - c. brachial or femoral
 - d. any pulse that is convenient

- 8.** For an unresponsive choking adult you should –
- give abdominal thrusts from behind the victim.
 - give abdominal thrusts with the victim lying down.
 - give CPR.
 - blow forcefully into the victim's mouth to clear the object.
- 9.** To reduce the risk of disease transmission, use a barrier device whenever –
- assessing a victim.
 - treating any victim you think may be HIV-positive.
 - touching a victim for any reason.
 - providing rescue breaths.
- 10.** The first action to take in the initial assessment when you first reach is a victim is to check for –
- a pulse.
 - responsiveness.
 - an open airway.
 - severe bleeding.
- 11.** Chest compressions are given in CPR at a rate of –
- 60-80 compressions per minute.
 - 80-100 compressions per minute.
 - 100-120 compressions per minute.
 - 120-140 compressions per minute.
- 12.** The depth of chest compressions in CPR for an adult is –
- $\frac{1}{2}$ to 1 inch.
 - 1 to $1\frac{1}{2}$ inches.
 - at least 2 inches.
 - as deep as you possibly can.
- 13.** If an unresponsive child is not breathing but has a pulse, give rescue breaths at a rate of one every _____ seconds.
- 1 to 2
 - 3 to 5
 - 5 to 6
 - 6 to 8
- 14.** What is the correct ratio of compressions to breaths in adult CPR?
- 15 to 1
 - 15 to 2
 - 30 to 1
 - 30 to 2
- 15.** To prevent the tongue from blocking the airway in an unresponsive adult not suspected to have a spinal injury –
- thrust the victim's jaw forward and upward.
 - tilt the victim's head back and lift the chin.
 - turn the victim's head to the left side.
 - open the mouth as wide as possible.

- 16.** A benefit of the recovery position is –
- it helps keep the airway open.
 - there is less burden on the victim's heart.
 - victims do not vomit when on their side.
 - it is easier to provide rescue breathing, if needed, in this position.
- 17.** Use an AED immediately for –
- a nonbreathing adult seen to collapse suddenly.
 - an unresponsive child pulled from the water.
 - a victim experiencing a stroke.
 - a choking child who becomes unresponsive.
- 18.** To learn whether a responsive adult is choking, ask:
- "Can you speak?"
 - "Do I have your consent to give you abdominal thrusts?"
 - "Are you choking?"
 - "Can you tell me your name?"
- 19.** When you are giving CPR to an infant with a second rescuer, what cycles of compressions and breaths do you give?
- 15:2
 - 15:1
 - 30:2
 - 30:1
- 20.** During 2-rescuer CPR, the rescuers should switch roles –
- after each cycle of 30 compressions and 2 breaths.
 - in less than 5 seconds.
 - when the rescuer who is giving breaths becomes short of breath.
 - when prompted by the AED.
- 21.** To prevent a victim from vomiting during CPR, you should –
- keep your fingers on the chest when compressing.
 - keep the victim's head turned slightly to one side.
 - not blow too forcefully when giving rescue breaths.
 - not allow the chest to recoil completely between compressions.
- 22.** To give abdominal thrusts to a responsive choking adult –
- squeeze the abdomen front and back.
 - thrust inward and downward into the abdomen.
 - thrust inward and upward into the abdomen.
 - squeeze the ribs tight on both sides.
- 23.** To give CPR chest compressions to an adult, place your hands –
- on the upper half of the breastbone slightly above the nipples.
 - where the lower ribs meet the breastbone.
 - just above the navel.
 - on the lower half of the breastbone in the middle of the chest.

24. If you are alone providing CPR, using a face mask, where are you positioned?

- a. At the victim's head
- b. Between the victim's legs
- c. At the victim's side
- d. Wherever you are most comfortable

25. Immediately after the AED delivers the first shock, you should –

- a. wait for the AED to analyze the victim's rhythm again.
- b. give rescue breathing without chest compressions.
- c. perform CPR, starting with chest compressions.
- d. push the button to deliver a second shock.

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1. b
2. b
3. a
4. d
5. a
6. a
7. a
8. c
9. d
10. b
11. c
12. c
13. b
14. d
15. b
16. a
17. a
18. c
19. a
20. b
21. c
22. c
23. d
24. c
25. c

