American Red Cross CPR–Adult

Exam A

IMPORTANT: Read all instructions before beginning the exam.

INSTRUCTIONS: Do not write on this exam. Mark all answers in pencil on the separate answer sheet as directed by your instructor. Read each question carefully. Then choose the best answer and fill in that circle completely on the answer sheet. If you wish to change an answer, erase your first answer entirely. Return this exam with your answer sheet to your instructor when you are finished.

EXAMPLE

ANSWER SHEET

xx. Why does the American Red Cross teach this course?
   a. To help people recognize and respond appropriately in an emergency
   b. To help people make appropriate decisions when they see an emergency
   c. To enable people to give immediate care to a suddenly injured or ill person until more advanced medical care takes over
   d. All of the above
American Red Cross CPR—Adult

Exam A

1. When giving a rescue breath during CPR, each breath should last about:
   a. ½ second.
   b. 1 second.
   c. 3 seconds.
   d. 4 seconds.

2. If a person is suffering from pain or discomfort in the chest that lasts more than 3–5 minutes or that goes away and comes back, this person is most likely having:
   a. A cold-related emergency.
   b. A heart attack.
   c. A heat-related illness.
   d. A seizure.

3. The cycle of chest compressions and rescue breaths in CPR is:
   a. 15 chest compressions for every 1 rescue breath.
   b. 15 chest compressions for every 3 rescue breaths.
   c. 30 chest compressions for every 1 rescue breath.
   d. 30 chest compressions for every 2 rescue breaths.

4. You should continue CPR until:
   a. The person shows an obvious sign of life.
   b. Another trained responder or EMS personnel take over.
   c. You are too exhausted to continue.
   d. All of the above.

5. Which of the following is a link in the Cardiac Chain of Survival?
   a. Early defibrillation
   b. Early CPR
   c. Early recognition and early access to the EMS system
   d. All of the above

6. It is important to follow the links of the Cardiac Chain of Survival because:
   a. CPR prevents heart attacks.
   b. If EMS is called, additional care may not be necessary.
   c. It helps improve the chance of survival.
   d. With early CPR, most cardiac arrest victims do not need defibrillation.
7. When you give care to an adult who is conscious and choking, where should you position your fist to give abdominal thrusts?
   a. In the center of the breastbone
   b. In the middle of the abdomen, just above the navel
   c. On the rib cage
   d. Any of the above

8. Effective chest compressions:
   a. Allow the chest to return to its normal position.
   b. Are delivered fast, about 100 compressions per minute.
   c. Are smooth, regular and given straight up and down.
   d. All of the above.

9. About how many cycles of CPR should you perform in 2 minutes?
   a. 1
   b. 2
   c. 5
   d. 7

10. Early CPR is important in the Cardiac Chain of Survival because:
    a. It prevents heart attacks.
    b. It helps circulate blood that contains oxygen to the vital organs until an AED is ready to use or advanced medical personnel take over.
    c. It helps restart the heart.
    d. It prevents the heart from seizing up.
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xx. Why does the American Red Cross teach this course?
   a. To help people recognize and respond appropriately in an emergency
   b. To help people make appropriate decisions when they see an emergency
   c. To enable people to give immediate care to a suddenly injured or ill person until more advanced medical care takes over
   d. All of the above
American Red Cross CPR–Child

Exam A

1. Which of the following are signals of trouble breathing?
   a. Agitation
   b. Flushed, pale, ashen (gray) or bluish skin color
   c. Slow or rapid breathing
   d. All of the above

2. A child is choking on a piece of hard candy. She is conscious and coughing forcefully. What should you do?
   a. Do a foreign object check/removal.
   b. Lay her down and give abdominal thrusts.
   c. Slap her on the back until she stops coughing.
   d. Stay with her and encourage her to continue coughing.

3. When giving rescue breaths to a child, how should you breathe into the child?
   a. Give a breath lasting about 1 second.
   b. Give breaths as fast as you can.
   c. Give breaths as hard as you can.
   d. Both a and c.

4. Causes of cardiac arrest in children include:
   a. Airway and breathing problems.
   b. SIDS.
   c. Traumatic injuries or accidents.
   d. All of the above.

5. When performing CPR:
   a. Compress the chest at a 45-degree angle.
   b. Compress the chest straight down and fast, about 100 compressions per minute.
   c. Give chest compressions that are smooth and regular.
   d. Both b and c.

6. You notice that a child looks panicked and cannot cough, speak or breathe. What life-threatening condition could the child be experiencing?
   a. Choking
   b. Indigestion
   c. Poisoning
   d. Upset stomach
7. The cycle of chest compressions and rescue breaths in CPR is:
   a. 15 chest compressions for every 1 rescue breath.
   b. 15 chest compressions for every 3 rescue breaths.
   c. 30 chest compressions for every 1 rescue breath.
   d. 30 chest compressions for every 2 rescue breaths.

8. When giving care to a child who is conscious and choking, where should you position your fist to give abdominal thrusts?
   a. In the center of the breastbone
   b. In the middle of the abdomen, just above the navel
   c. On the rib cage
   d. Any of the above

9. About how many cycles of CPR should you perform in 2 minutes?
   a. 1
   b. 2
   c. 5
   d. 7

10. When performing CPR on a child, about how deep should you compress the chest:
    a. About ½ inch
    b. About 1 inch
    c. About 1½ inches
    d. About 2 inches
**ANSWER SHEET: First Aid/CPR/AED**

### CPR Component

**Name:** ____________________________  **Date:** ____________________________

**Directions**

Beside the number of each question, fill in with a pencil the circle containing the letter for your answer. Return the exam and answer sheet to your instructor when you are finished.

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