Memo

To: ASHI Basic Training Center Directors and Authorized Basic Instructors  
From: Ralph M. Shenefelt, Executive Program Director  
Date: 3-Jul-06  
Re: Exam corrections

There were a few errors with the CPR and AED for the Community and Workplace written exams and answer keys released with the new 2006 Basic Life Support Instructor Guide. We have also incorporated some suggestions made by members for simplicity and clarity. This memo outlines the corrections made and includes the revised exams and keys. Although no corrections have been made to the infant exam and key, it is included for your convenience.

Please replace the original exams and keys with these. Thank you for your patience, understanding and continued support of the American Safety and Health Institute.

CPR and AED for the Community and Workplace
Written BLS Exams, Answer Sheets and Keys

Adult BLS Exam
- Q15. Correct answer c. Corrected key.

Child BLS Exam

Adult, Child and Infant BLS Exam
- Q15. Correct answer c. Corrected key.

Infant BLS Exam
- Okay. No corrections.
CPR and AED for the Community and Workplace

Adult BLS Exam

Instructions: Read each of the questions carefully and then circle the letter of the correct answer on the separate answer sheet provided. Please do not write on exam.

1. Which of the following is appropriate protection during CPR:
   a. Gloves and a breathing device
   b. A gown
   c. A respirator
   d. Gloves and a gown

2. Which of the following are the critical factors necessary to resuscitate an adult cardiac arrest victim?
   a. Aspirin and nitroglycerin
   b. CPR and defibrillation
   c. Surgery and rehabilitation
   d. Low fat diet and pacemakers

3. The warning signs and symptoms for heart attack:
   a. Can include sudden or severe chest pain, pale and sweaty skin, difficulties in breathing, and nausea/vomiting.
   b. Are limited to chest pain that quickly spreads to the left arm only.
   c. Occur when the blood supply to part of the brain is suddenly interrupted.
   d. Occur when the heart is getting enough oxygenated blood flow.

4. A person with a known heart condition is having chest pain. You should:
   a. Recommend regular coughing
   b. Recommend a walk.
   c. Help them take their medication.
   d. Place them in the recovery position

5. Stroke victims often have:
   a. Chest pain
   b. Hiccups and belching
   c. Pain radiating to the left arm
   d. Sudden numbness or weakness on one side of the body

6. Stroke first aid includes:
   a. Giving aspirin for headache
   b. Alert EMS or your Emergency Action Plan
   c. Giving sugar
   d. Lying the victim flat and elevating the legs

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7. Standing in line at a local government facility, a middle-aged man suddenly collapses without warning. The man is unconscious, unresponsive, and occasionally gasps for breath. He looks dead. This condition is most likely __________ and is best treated with __________ and ___________.
   a. Diabetes, sugar, insulin.
   b. Epilepsy, privacy, rest.
   c. Choking, abdominal thrusts, back blows.
   d. Sudden cardiac arrest, CPR, defibrillation.

8. You determine a victim is unresponsive and not breathing. You send a coworker to call EMS. You give a rescue breath that fails to go in. Next you should:
   a. Re-tilt the victim’s head, lift the chin, and give another breath.
   b. Start CPR immediately.
   c. Give abdominal thrusts to clear the airway.
   d. Place the victim in the HAINES recovery position.

9. You are attending to an unresponsive victim of an overdose. EMS has been alerted. You tilt the head and lift the chin. Why?
   a. To observe universal precautions.
   b. To open the airway.
   c. To reassure and comfort victim.
   d. To treat ventricular fibrillation.

10. You are attending to a victim who collapsed suddenly. The victim is making weird periodic gasping sounds that don’t seem normal or effective. You should:
    a. Open the airway and give 2 rescue breaths that make the chest visibly rise.
    b. Give abdominal thrusts to clear the airway.
    c. Comfort, calm, and reassure the victim while awaiting EMS.
    d. Place the victim in the recovery position.

11. Chest compressions during CPR should be:
    a. Gentle and slow with frequent interruptions for pulse checks.
    b. Gentle and slow and interrupted as little as possible.
    c. Hard and fast with frequent interruptions for pulse checks.
    d. Hard and fast and interrupted as little as possible.

12. For proper chest compressions, a victim should be positioned:
    a. Face up on a firm, flat surface
    b. Face up on a soft, flat surface
    c. In the regular recovery position
    d. In the HAINES recovery position

13. Before beginning external chest compressions on an unresponsive victim, you should:
    a. Open the airway and give 2 breaths that make the chest visibly rise
    b. Check the pulse in the victim’s wrist
    c. Check the pulse in the victim’s neck
    d. Call the victim’s personal physician
14. Your coworker was electrocuted when his aluminum ladder contacted an energized power line. The scene has been made safe and you are performing CPR. Another trained rescuer has attached an AED to the victim. CPR is stopped and the AED says “shock advised”. You should:
   a. Give 15 chest compressions, then 1 shock.
   b. Give 30 chest compressions then 3 shocks.
   c. Turn off the AED, immediately resume CPR.
   d. Clear the victim, give 1 shock.

15. After giving 1 shock with an AED, the victim remains unresponsive with no signs of life, you should:
   a. Remove the electrode pads from the victims’ chest.
   b. Give 30 compressions and 2 breaths, and then let the AED reassess the rhythm.
   c. Give 5 cycles of 30 compressions and 2 breaths, and then let the AED reassess the rhythm.
   d. Clear the victim and give 2 more shocks.

16. While attending a holiday party an obviously intoxicated man starts gagging while coughing loudly and forcefully after taking a large bite of carved roast beef. A woman with him screams, “Somebody please help him, he’s choking!” You should:
   a. Give the victim a series of back blows
   b. Give the victim a series of abdominal thrusts
   c. Give the victim a series of chest thrusts
   d. Encourage the victim to cough
CPR and AED for the Community and Workplace
Adult BLS Exam
Answer Sheet

PRINT NAME __________________  Date  ________________

Place an “X” over the correct answer.

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CPR and AED for the Community and Workplace
Adult BLS Exam

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CPR and AED for the Community and Workplace
Child BLS Exam

Instructions: Read each of the questions carefully and then circle the letter of the correct answer on the separate answer sheet provided. Please do not write on exam.

1. Which of the following is appropriate protection during CPR:
   a. Gloves and a breathing device
   b. A gown
   c. A respirator
   d. Gloves and a gown

2. The links in the “Chain of Survival” in children are:
   a. Injuries, drowning, and SIDS.
   b. Prevention, basic CPR, rapid activation of EMS and prompt advanced life support.
   c. Assess, Alert and Attend to the ABCDs.
   d. Proper nutrition, physical activity, sleep, and parenting.

3. You are performing CPR on a 6-year-old cardiac arrest victim. The scene has quickly become extremely dangerous. You should:
   a. Stop CPR and get out of danger.
   b. Continue CPR until EMS providers arrive.
   c. Immediately attach AED pads.
   d. Provide about 2 minutes of CPR before leaving the child.

4. You are attending to a 2-year-old child who is unresponsive following an accidental overdose. EMS has been alerted. You tilt the head and lift the chin. Why?
   a. To observe universal precautions.
   b. To open the airway.
   c. To reassure and comfort the victim.
   d. To treat ventricular fibrillation.

5. You are attending to a 5-year-old child who is pulled limp and unresponsive from an unfenced pool. After tilting the head and lifting the chin, you are not sure if the child is breathing. You should:
   a. Give 2 rescue breaths that make the chest visibly rise.
   b. Give 5 abdominal thrusts.
   c. Place the child on his side in the recovery position.
   d. Give 5 back blows/slaps.

6. Chest compressions during CPR should be:
   a. Gentle and slow with frequent interruptions for pulse checks.
   b. Gentle and slow and interrupted as little as possible.
   c. Hard and fast with frequent interruptions for pulse checks.
   d. Hard and fast and interrupted as little as possible.
7. The proper depth of chest compression in a 3-year-old child is about:
   a. ¼ depth of the chest
   b. ⅓ to ½ depth of the chest
   c. 1 ½ to 2 inches (4 to 5 cm)
   d. 16 inches (41 cm)

8. A 4-year-old child won’t wake up. You tilt the head, lift the chin, place a barrier and:
   a. Give 2 breaths that make the chest visibly rise
   b. Give 2 forceful breaths that makes the stomach visibly rise
   c. Give 5 abdominal thrusts
   d. Place the victim on their side in the recovery position

9. A 7-year-old child has been electrocuted after playing around faulty electrical equipment. The scene has been made safe. You are performing CPR and have just completed 5 cycles of compressions and breaths when a coworker arrives with a standard adult AED. You should:
   a. Continue CPR. Do not attach the AED without the child pads/system.
   b. Stop CPR. Wait for EMS to arrive with the child pads/system.
   c. Stop chest compressions and give rescue breathing only.
   d. Attach the standard adult AED and follow the voice prompts.

10. When a rescuer finds a child unresponsive and not moving, the rescuer should give ___ minutes of CPR before calling 9-1-1 or attaching an AED.
    a. 10
    b. 20
    c. 1
    d. 2

11. While performing rescue breaths you suddenly feel breathless and become dizzy and feel tiny prickling sensations in your hands. These are most likely symptoms of hyperventilation. You should:
    a. Take regular, not deep breaths.
    b. Take deeper, faster breaths.
    c. Sit down and rest quietly.
    d. Stop CPR and alert EMS.

12. During lunch at your child care center, a 4-year-old suddenly clutches her throat and looks very anxious. You quickly ask "Are you choking?" The child does not respond or make any sound, but she appears very frightened. You should:
    a. Encourage her to cough it out.
    b. Position the child flat on her back and give 30 chest compressions.
    c. Kneel behind the child and give abdominal thrusts in rapid sequence.
    d. Attempt to give 2 breaths that make the chest visibly rise.
CPR and AED for the Community and Workplace  
Child BLS Exam  
Answer Sheet

PRINT NAME __________________  Date  ________________

*Place an “X” over the correct answer.*

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CPR/AED for the Community and Workplace
Child BLS Exam

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CPR and AED for the Community and Workplace

Infant BLS Exam

Instructions: Read each of the questions carefully and then circle the letter of the correct answer on the separate answer sheet provided. Please do not write on exam.

1. Which of the following is appropriate protection during CPR:
   a. Gloves and a breathing device
   b. A gown
   c. A respirator
   d. Gloves and a gown

2. The links in the “Chain of Survival” in infants are:
   a. Injuries, drowning, and SIDS.
   b. Prevention, basic CPR, rapid activation of EMS, and prompt advanced life support.
   c. Assess, Alert and Attend to the ABCDs.
   d. Proper nutrition, physical activity, sleep, and parenting.

3. You are attending to an 11-month-old infant who is unresponsive following an accidental poisoning. EMS has been alerted. You tilt the head and lift the chin. Why?
   a. To observe universal precautions.
   b. To open the airway.
   c. To reassure and comfort victim.
   d. To treat ventricular fibrillation.

4. You are attending to an 8-month-old infant who is pulled limp and unresponsive from a bathtub. You tip the head and lift the chin. You are not sure if she is breathing. You should:
   a. Give 2 rescue breaths that make the chest visibly rise.
   b. Give 5 abdominal thrusts.
   c. Place the child on her side in the recovery position.
   d. Give 5 back blows/slaps and 5 chest thrusts.

5. The proper hand position for chest compression in a 3-month-old infant is:
   a. 2 fingertips, just below the nipple line.
   b. 2 hands, center of the chest, between the nipples.
   c. 1 hand, center of the chest, between the nipples.
   d. 1 or 2 hands, center of the chest, between the nipples.

6. Chest compressions during CPR should be:
   a. Gentle and slow with frequent interruptions for pulse checks.
   b. Gentle and slow and interrupted as little as possible.
   c. Hard and fast with frequent interruptions for pulse checks.
   d. Hard and fast and interrupted as little as possible.
7. The proper depth of chest compression in a 4 month-old infant is about:
   a. ¼ depth of the chest
   b. ½ to ⅓ depth of the chest
   c. 1 ½ to 2 inches (4 to 5 cm)
   d. 16 inches (41 cm)

8. A 3-month-old infant won’t wake up. You tilt the head and lift the chin. You don’t think the infant is breathing. You should:
   a. Give 2 breaths that make the chest visibly rise.
   b. Give 2 breaths that make the stomach visibly rise.
   c. Give 5 back blows/slaps and 5 chest thrusts.
   d. Place the baby on its side in the recovery position.

9. You discover a 7-month-old infant left face down on the sofa. The baby is not moving. You roll him over and see a bluish tint around his lips. You should:
   a. Shout for help and immediately start the steps of CPR.
   b. Leave the baby to get an AED.
   c. Give 5 back blows/slaps and 5 chest thrusts.
   d. Give 2 rescue breaths that make the stomach visibly rise.

10. While performing rescue breaths you suddenly feel breathless and become dizzy and feel tiny prickling sensations in your hands. These are most likely symptoms of hyperventilation. You should:
    a. Take regular, not deep breaths.
    b. Take deeper, faster breaths.
    c. Sit down and rest quietly.
    d. Stop CPR and alert EMS.

11. While crawling around on the floor of the child care center, an 11-month-old suddenly starts gagging and coughing forcefully. You should:
    a. Stay with the baby, watch closely and be ready to take action if symptoms worsen.
    b. Give 5 back blows/slaps and 5 chest thrusts until the object is expelled.
    c. Give abdominal thrusts in rapid sequence until the object is expelled.
    d. Give forceful rescue breaths until the stomach visibly rises.

12. While feeding an infant, he suddenly stops making any sound and turns blue. You should:
    a. Raise his arms in the air and shout, “Spit it out”.
    b. Give 5 back blows/slaps and 5 chest thrusts until the object is expelled.
    c. Give abdominal thrusts in rapid sequence until the object is expelled.
    d. Give forceful rescue breaths until the stomach visibly rises.
# CPR and AED for the Community and Workplace

## Infant BLS Exam

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CPR/AED for the Community and Workplace
Infant BLS Exam

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CPR and AED for the Community and Workplace
Adult, Child and Infant BLS Exam

Instructions: Read each of the questions carefully and then circle the letter of the correct answer on the separate answer sheet provided. Please do not write on exam.

1. Which of the following is appropriate protection during CPR:
   a. Gloves and a breathing device
   b. A gown
   c. A respirator
   d. Gloves and a gown

2. The links in the “chain of survival” in adults are:
   a. Ringing in the ears, dizziness, hiccups, and belching.
   c. Maintain a healthy weight, control your alcohol intake, don't smoke, and exercise.
   d. High blood pressure, diabetes, smoking, and high cholesterol level.

3. The links in the “Chain of Survival” in children are:
   a. Injuries, drowning, and SIDS.
   b. Prevention, basic CPR, rapid activation of EMS, and prompt advanced life support.
   c. Assess, Alert and Attend to the ABCDs.
   d. Proper nutrition, physical activity, sleep, and parenting.

4. Which of the following are the critical factors necessary to resuscitate an adult cardiac arrest victim?
   a. Aspirin and nitroglycerin
   b. CPR and defibrillation
   c. Surgery and rehabilitation
   d. Low fat diet and pacemakers

5. The warning signs and symptoms for heart attack:
   a. Can range from slight to severe.
   b. Are limited to chest pain that quickly spreads to the left arm.
   c. Occur when the blood supply to part of the brain is suddenly interrupted.
   d. Occur when the heart is getting enough oxygenated blood flow.

6. You suspect a victim with a known heart condition is having a heart attack. First aid includes all of the following EXCEPT:
   a. Loosening any tight clothing and having victim sit down and rest quietly.
   b. Helping them take any medication prescribed to them.
   c. Wait at least 30 minutes before instructing victim to take their prescribed medication.
   d. Giving emergency oxygen if it’s available and you are properly trained.
7. **Stroke first aid includes:**
   a. Giving aspirin for headache
   b. Alert EMS or your Emergency Action Plan
   c. Giving sugar
   d. Lying victim flat and elevating the legs

8. **Standing in line at local government facility, a middle-aged man suddenly collapses without warning. The man is unconscious, unresponsive, and occasionally gasping for breath. He looks dead. This condition is most likely ________ and is best treated with ________ and ________.
   a. Diabetes, sugar, insulin.
   b. Epilepsy, privacy, rest.
   c. Choking, abdominal thrusts, back blows
   d. Sudden cardiac arrest, CPR, defibrillation.

9. **Before beginning external chest compressions on an unresponsive victim, you should:**
   a. Open the airway and give 2 breaths that make the chest visibly rise.
   b. Check the pulse in the victim’s wrist.
   c. Check the pulse in the victim’s neck.
   d. Call the victim’s personal physician.

10. **You are attending to a victim who collapsed suddenly. The victim is making weird gasping, sounds that don’t seem effective or normal. You should:**
    a. Place a barrier and give 2 rescue breaths that make the chest visibly rise.
    b. Give 5 abdominal thrusts.
    c. Comfort, calm, and reassure the victim while awaiting EMS.
    d. Place the victim on their side in the recovery position.

11. **Chest compressions during CPR should be:**
    a. Gentle and slow with frequent interruptions for pulse checks.
    b. Gentle and slow and interrupted as little as possible.
    c. Hard and fast with frequent interruptions for pulse checks.
    d. Hard and fast and interrupted as little as possible.

12. **The proper depth of chest compression in a 3 month-old infant is about:**
    a. ¼ depth of the chest
    b. ⅓ to ½ depth of the chest
    c. 1 ½ to 2 inches (4 to 5 cm)
    d. 16 inches (41 cm)

13. **A 4-year-old child is blue and not breathing. To open the airway:**
    a. Tilt child’s head back and lift the chin.
    b. Tilt the child’s head forward until the chin rests on the chest.
    c. Hook your thumb under the soft part of the chin and lift.
    d. Pull the tongue forward.
14. Your coworker was electrocuted when his aluminum ladder contacted an energized power line. The scene has been made safe and you are performing CPR. Another trained rescuer has attached an AED to the victim. CPR is stopped and the AED says “shock advised”. You should:
   a. Give 15 chest compressions, then 1 shock.
   b. Give 30 chest compressions then 3 shocks.
   c. Turn off the AED, immediately resume CPR.
   d. Clear the victim, give 1 shock.

15. After giving 1 shock with an AED, a victim remains unresponsive with no signs of life, you should:
   a. Remove the electrode pads from the victims chest.
   b. Give 30 compressions and 2 breaths, and then let the AED reassess the rhythm.
   c. Give 5 cycles of 30 compressions and 2 breaths, and then let the AED reassess the rhythm.
   d. Clear the victim and give 2 more shocks.

16. You are performing CPR on a 5-year-old child who collapsed suddenly in your kindergarten class. An Emergency Response Team member has arrived with an AED that has a child-specific system. You should:
   a. Continue CPR for 5 cycles, then attach the AED.
   b. Continue CPR for 2 minutes, and then attach the AED.
   c. Stop CPR and check for a pulse.
   d. Immediately attach the AED and follow the voice prompts.

17. While attending a holiday party an obviously intoxicated man starts gagging loudly and coughing forcefully after taking a large bite of carved roast beef. A woman with him screams, “Somebody please help him, he’s choking!” You should:
   a. Give the victim a series of back blows.
   b. Give the victim a series of abdominal thrusts.
   c. Give the victim a series of chest thrusts.
   d. Encourage the victim to cough.

18. While crawling around on the floor of the child care center, an 11-month-old suddenly starts gagging and coughing forcefully. You should:
   a. Watch closely and be ready to take action if symptoms worsen.
   b. Give 5 back blows and 5 chest thrusts until the object is expelled.
   c. Give abdominal thrusts in rapid sequence until the object is expelled.
   d. Give forceful rescue breaths until the stomach visibly rises.

19. While feeding an infant, she suddenly stops making any sound and turns blue. You should:
   a. Watch closely and be ready to take action if symptoms worsen.
   b. Give 5 back blows and 5 chest thrusts until the object is expelled.
   c. Give abdominal thrusts in rapid sequence until the object is expelled.
   d. Give forceful rescue breaths until the stomach visibly rises.
20. You discover a 7-month-old infant left face down on the sofa. The baby is not moving. You roll him over and see a bluish tint around his lips. You should:
   a. Shout for help and immediately start the steps of CPR.
   b. Leave the baby to call 9-1-1 and get an AED (if available).
   c. Give 5 back blows and 5 chest thrusts until the object is expelled.
   e. Immediately attach an AED and follow the voice prompts.
CPR and AED for the Community and Workplace
Adult, Child and Infant BLS Exam

Answer Sheet

PRINT NAME _____________________  Date  ________________

Place an “X” over the correct answer.

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CPR and AED for the Community and Workplace
Adult, Child and Infant BLS Exam
Answer Key

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