

# Adult, Child, and Infant Written Exam

## *CPR Pro for the Professional Rescuer*

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**Instructions:** Read each of the following questions carefully and then place an “X” over the correct answer on the separate answer sheet provided. Please do not write on the exam.

1. To “observe universal precautions” means:
  - a. To quickly look for life-threatening conditions.
  - b. To clear the patient before delivering a shock with an AED.
  - c. To protect yourself from the victim’s blood or other body fluids.
  - d. To lower your risk for cardiovascular disease by making healthy lifestyle choices.
  
2. The links in the “chain of survival” in children are:
  - a. Airway, oxygen, and circulation.
  - b. Assess, Alert, and Attend to the ABCDs.
  - c. Proper nutrition, physical activity, sleep, and parenting.
  - d. Prevention, early CPR, early activation of EMS, early pediatric advanced life support, and integrated post-cardiac arrest care.
  
3. The links in the “chain of survival” in adults are:
  - a. Preventing stroke, hypertension, high cholesterol, and cancer.
  - b. Avoiding high blood pressure, diabetes, smoking, and high cholesterol level.
  - c. Maintain a healthy weight, control your alcohol intake, exercise, and don’t smoke.
  - d. Early recognition and activation of EMS, early CPR, early defibrillation, early advanced life support, and integrated post-cardiac arrest care.
  
4. The proper depth of chest compression for an adult patient is at least:
  - a. 1–1½ inches.
  - b. 2 inches.
  - c. 1½ to 2 inches.
  - d. ⅔ the depth of the chest.
  
5. The compression rate for CPR (for all age groups) is \_\_\_\_\_ compressions per minute:
  - a. 60–80
  - b. 80–100
  - c. At least 80
  - d. At least 100

6. **When giving rescue breaths, make sure to:**
  - a. Prevent chest rise.
  - b. Avoid excessive volume.
  - c. Give them over 2 seconds.
  - d. Keep the head in a neutral position.
  
7. **Standing in line at a local government facility, a middle-aged man suddenly collapses. The man is unconscious, unresponsive and occasionally gasping for breath. He looks dead. This condition is most likely caused by and treated with:**
  - a. Seizure, ventilation, recovery position.
  - b. Choking, abdominal thrusts, back blows.
  - c. Sudden cardiac arrest, CPR, defibrillation.
  - d. Cerebral Vascular Accident, ventilation, oxygen.
  
8. **You are providing care to a 23-year-old found unresponsive at a party. The victim is breathing normally and has a pulse. You should immediately:**
  - a. Provide about 2 minutes of CPR.
  - b. Place the patient in the recovery position.
  - c. Identify and correct the cause of the unresponsiveness.
  - d. If an AED is available, expose the chest, turn the AED on, and immediately attach it.
  
9. **The proper hand position for one-rescuer chest compressions for a 3-month-old infant is:**
  - a. 2 fingertips, just below the nipple line.
  - b. 1 or 2 hands, center of chest.
  - c. 1 hand, the center of the chest.
  - d. 2 hands, the center of the chest.
  
10. **You are attending to a child who is unresponsive and not breathing after being struck by an automobile. To open the airway to give rescue breaths use the:**
  - a. Head-tilt, chin-lift.
  - b. Oropharyngeal airway.
  - c. Bag-mask device.
  - d. Jaw thrust without head-tilt.
  
11. **You are attending to a patient who collapsed suddenly. It does not look like the patient is breathing normally and there is no pulse. There is no evidence of trauma. You should immediately:**
  - a. Tilt the head and lift the chin.
  - b. Provide CPR.
  - c. Give a series of abdominal thrusts.
  - d. Place the patient in a recovery position.
  
12. **Chest compressions during CPR should be:**
  - a. Hard and fast and interrupted as little as possible.
  - b. Gentle and slow and interrupted as little as possible.
  - c. Hard and fast with frequent interruptions for pulse checks.
  - d. Gentle and slow with frequent interruptions for pulse checks.

13. For proper chest compressions, a patient should be positioned:
- Face-up on a soft, flat surface.
  - Face-up on a firm, flat surface.
  - Prone and on a firm, flat surface.
  - In the left-lateral recovery position.
14. The proper depth of chest compression in a 3-year-old child is at least:
- $\frac{1}{4}$  the depth of the chest.
  - $\frac{1}{2}$  to 1 inch.
  - $1\frac{1}{2}$  to 2 inches.
  - $\frac{1}{3}$  the depth of the chest or about 2 inches.
15. Two providers have been performing CPR on a 9-year-old child for about 4 minutes. An AED has just arrived. You should:
- Attach the AED and follow the voice prompts.
  - Attach the AED only if you have the child pads/system.
  - Continue CPR (15:2) for at least two minutes then attach the AED.
  - Continue CPR (30:2) for at least two minutes then attach the AED.
16. You and another provider are attending to a 17-year-old found unresponsive with occasional gasps. After checking for a pulse, you are not certain if a pulse is present or not. You should:
- Start CPR; 15:2
  - Start CPR; 30:2
  - Place the patient in a recovery position.
  - Give 1 rescue breath about every 5 to 6 seconds.
17. A roofer was electrocuted when his aluminum ladder contacted an energized power line. The scene has been made safe. An AED has been attached to the patient and a shock is advised. You should:
- Give 30 chest compressions and then deliver the shock.
  - Give 2 rescue breaths and then deliver the shock.
  - Clear the patient and deliver the shock.
  - Check the carotid pulse.
18. After delivering a shock, you should:
- Check the pulse.
  - Turn off the AED.
  - Give 30 chest compressions and deliver another shock.
  - Immediately resume CPR and follow any instructions given by the AED.
19. When two or more providers are performing CPR on an infant, the compression to ventilation ratio and preferred chest compression method is:
- 30:2 with two thumbs and the fingers encircling the chest.
  - 15:2 with two thumbs and the fingers encircling the chest.
  - 30:2 with two fingertips placed just below the nipple line.
  - 15:2 with two fingertips placed just below the nipple line.

20. You have determined a 47-year-old male is unresponsive. In order to assess for normal breathing you should:
- Look in the mouth for a possible obstruction.
  - Listen to the chest for equal lung sounds.
  - Quickly look at the face and chest.
  - Feel for a carotid pulse.
21. A woman suddenly grabs her throat and cannot make any sound. You ask, "Are you choking?" She nods yes. You should:
- Deliver a series of abdominal thrusts.
  - Give about 5 cycles of CPR.
  - Encourage her to cough.
  - Provide 5 chest thrusts.
22. You are alone with an adult patient who is choking. You are performing abdominal thrusts when the patient suddenly collapses. You should:
- Telephone for help and then perform CPR.
  - Give 5 back blows until the object is expelled.
  - Perform a blind finger sweep to remove the obstruction.
  - Give a series of abdominal thrusts until the object is expelled.
23. Sudden cardiac arrest in an adult is MOST LIKELY caused by \_\_\_\_\_, and requires \_\_\_\_\_:
- Ventricular fibrillation, defibrillation.
  - Choking, abdominal thrusts.
  - Suffocation, ventilation.
  - Stroke, oxygen.
24. Two providers are performing CPR. To prevent fatigue and maintain the quality of chest compressions, they should:
- Interrupt CPR and change positions after resting a couple of minutes.
  - Slow down and interrupt compressions more frequently to check the pulse.
  - Immediately stop chest compressions and deliver about 10 to 12 rescue breaths per minute.
  - Change positions about every two minutes with compressions interrupted as little as possible.
25. Air blown into the stomach during rescue breathing:
- Can limit lung movement, cause vomiting, and reduce the effectiveness of rescue breathing.
  - Can increase the probability of a successful resuscitation when used in conjunction with an AED.
  - Can increase lung movement, decrease vomiting, and increase the effectiveness of rescue breathing.
  - Can decrease lung movement, decrease vomiting, and increase the effectiveness of rescue breathing.
26. You are attending to an unresponsive 4-year-old child who is not breathing normally, but definitely has a pulse. Using a CPR mask or bag-mask device you should:
- Give about 5 to 10 rescue breaths per minute.
  - Give about 10 to 12 rescue breaths per minute.
  - Give about 12 to 20 rescue breaths per minute.
  - Give about 20 to 30 rescue breaths per minute.

27. You find an 11-year-old child who is unresponsive, blue, and is not breathing normally. Her friend states that she collapsed and stopped moving after playing the “pass out” choking game. You are the only trained provider. You need to:
- Leave the child to activate EMS and get an AED and have the friend perform CPR.
  - Perform 5 cycles of CPR at 30:2 and then send the friend to alert EMS.
  - Send the friend to activate EMS and check for a carotid pulse.
  - Give 1 breath every 5 to 6 seconds for about 2 minutes.
28. During CPR, if a child’s chest does not rise with the first rescue breath. You need to:
- Give 15 compressions and then 2 breaths.
  - Reposition the airway and give a second breath.
  - Perform 5 abdominal thrusts and look in the airway.
  - Start CPR if the pulse is less than 60 beats per minute.
29. The proper hand position for chest compression in a 7-year-old child is:
- Upper third of the breastbone, 1 hand.
  - Center of the breastbone, two hands.
  - Lower half of the breastbone, 1 or 2 hands.
  - Two thumbs on the breastbone with the fingers encircling the chest.
30. While crawling around on the floor, an 11-month-old suddenly starts gagging and coughing forcefully. You should:
- Give forceful rescue breaths until the stomach visibly rises.
  - Give 5 back blows and 5 chest thrusts until the object is expelled.
  - Watch closely and be ready to take action if the symptoms worsen.
  - Give abdominal thrusts in rapid sequence until the object is expelled.



# Adult, Child, and Infant Exam Answer Sheet

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*Instructions:* Print your name and date below. Place an "X" over the correct answers.

Student Name \_\_\_\_\_ Date \_\_\_\_\_

- |                 |   |              |   |   |            |   |   |   |   |
|-----------------|---|--------------|---|---|------------|---|---|---|---|
| <b>Example:</b> | a | <del>X</del> | c | d | <b>16.</b> | a | b | c | d |
| <b>1.</b>       | a | b            | c | d | <b>17.</b> | a | b | c | d |
| <b>2.</b>       | a | b            | c | d | <b>18.</b> | a | b | c | d |
| <b>3.</b>       | a | b            | c | d | <b>19.</b> | a | b | c | d |
| <b>4.</b>       | a | b            | c | d | <b>20.</b> | a | b | c | d |
| <b>5.</b>       | a | b            | c | d | <b>21.</b> | a | b | c | d |
| <b>6.</b>       | a | b            | c | d | <b>22.</b> | a | b | c | d |
| <b>7.</b>       | a | b            | c | d | <b>23.</b> | a | b | c | d |
| <b>8.</b>       | a | b            | c | d | <b>24.</b> | a | b | c | d |
| <b>9.</b>       | a | b            | c | d | <b>25.</b> | a | b | c | d |
| <b>10.</b>      | a | b            | c | d | <b>26.</b> | a | b | c | d |
| <b>11.</b>      | a | b            | c | d | <b>27.</b> | a | b | c | d |
| <b>12.</b>      | a | b            | c | d | <b>28.</b> | a | b | c | d |
| <b>13.</b>      | a | b            | c | d | <b>29.</b> | a | b | c | d |
| <b>14.</b>      | a | b            | c | d | <b>30.</b> | a | b | c | d |
| <b>15.</b>      | a | b            | c | d |            |   |   |   |   |