Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**American Red Cross First Aid/CPR/AED Study Guide**

Directions: Please answer the questions in the space provided to prepare for the 65-question Red Cross exam. Circle the correct answer for multiple-choice questions (note that there is only 1 correct choice for all multiple-choice questions).

**Section 1 – Before giving care, CPR and choking care**

1. What are the three steps to follow in any emergency?
2. How long should each rescue breath last on victims of all ages?
3. Which situations could signal that there is an emergency?
4. Unusual behavior
5. Unusual sounds
6. Unusual odors
7. All of the above
8. You should continue CPR until: (List all 5 reasons to stop CPR)
9. List the 5 links in the Adult Cardiac Chain of Survival –
10. List at least 4 signs or symptoms of a heart attack –

1. What is the purpose of Good Samaritan laws?
2. The cycle of chest compressions and rescue breaths on ALL ages is \_\_\_\_\_\_\_\_ compressions to \_\_\_\_\_\_\_\_\_ rescue breaths.
3. List the 5 links in the Pediatric Cardiac Chain of Survival
4. It is important to follow the Cardiac Chain of Survival is because:
5. CPR prevents heart attacks
6. With early CPR, most cardiac arrest victims do not need defibrillation
7. If EMS is called, additional care may not be necessary
8. Following the links helps improve the person’s chance of survival
9. You are with a person who is responsive and showing signs and symptoms of a life-threatening condition, but he/she does not give you consent to provide care. What should you do?
10. Describe at least 3 characteristics of effective chest compressions
11. When you give care to an adult or a child (who is able to stand) who is responsive and choking, where should you position your fist to give them abdominal thrusts?
12. Between their shoulder blades
13. On the rib cage
14. In the center of the breastbone
15. In the middle of the abdomen, just above the navel
16. List 4 situations that are medical emergencies for which you should call 911
17. When giving CPR to a child:
18. Compress the chest using the pads or ends of two fingers
19. Compress the chest straight down and fast, at a rate of 100-120 compressions per minute
20. Give chest compressions that are smooth and regular
21. Both b and c
22. You are giving CPR to an adult, child or infant and your first rescue breath does not cause the chest to rise. What should you do?
23. Take a bigger breath and blow with more force for the second rescue breath
24. Perform a finger sweep of their mouth
25. Re-tilt the head to ensure (make sure) that the airway is properly opened and ensure that the nose and mouth are properly sealed before giving the second rescue breath
26. Begin the next set of chest compressions immediately
27. List at least 3 common causes of cardiac arrest in children
28. If you are wearing latex-free disposable gloves, you should:
29. Avoid touching other surfaces unnecessarily while you are wearing the gloves
30. Change gloves after providing care for one person and before providing care for the next
31. Wash your hands after removing gloves
32. All of the above
33. Which of the following statements about cardiac arrest is true?
34. Cardiac arrest occurs when blood flow to part of the heart muscle is blocked
35. Cardiac arrest is the same as heart attack
36. A person who is in cardiac arrest is not responsive, not breathing and has no heartbeat
37. Cardiac arrest is always caused by cardiovascular disease
38. Which of the following statements about heart attack is true?
39. Heart attack is the same as cardiac arrest
40. Heart attack occurs when blood flow to part of the heart muscle is blocked
41. Heart attack usually occurs to people under 30 years old
42. All heart attacks have chest pain as a symptom
43. What should you do first before conducting a head-to-toe check on a responsive person who is complaining of a leg injury?
44. A child or adult is choking on a piece of hard candy. He is coughing forcefully. What should you do?
45. Do a foreign body check/removal
46. Stay with him and encourage him to continue coughing
47. Lay him down and give abdominal thrusts
48. Slap him on the back 5 times and do 5 abdominal thrusts
49. When giving CPR to an adult, how many hands do you use and where do you place them?
50. Two hands on the lower half of the breastbone
51. Two hands on the upper half of the breastbone
52. One or two hands on the lower half of the breastbone
53. Any of the above
54. You discover a child on the ground who is not responsive and is not breathing normally. You are alone. There is no one to send to call 911. What should you do?
55. Call 911 and get an AED
56. Give 2 rescue breaths and 1 set of 30 chest compressions and then call 911
57. Give about 2 minutes of CPR and then call 911 and get an AED
58. Give CPR until you see signs of life
59. When giving CPR to an infant, how should you place your hands when giving chest compressions?
60. One hand on the chin and one hand on the center of the chest
61. One hand on the chin and two fingers on the center of the chest
62. One hand on the forehead and one hand on the center of the chest
63. One hand on the forehead and two fingers on the center of the chest
64. When giving CPR to a child, how should you place your hands when giving chest compressions?
65. One or two hands on the center of the chest
66. Two fingers on the center of the chest
67. Two hands on the upper half of the breastbone
68. Two fingers on the lower half of the breastbone
69. About how many seconds should you check for breathing?
70. What care should you give to an infant who is responsive and cannot cough, cry or breathe?
71. How should you position a responsive and choking infant to give back blows?
72. Flat and face-down on your leg or a table
73. Face-down, with the infant’s head lower than his or her chest
74. In a sitting position with the infant’s head higher than his or her chest
75. In the head-tilt/chin-lift position
76. You are in a park and you notice that your infant has suddenly become very still and her skin is turning an odd bluish (blue) color. What should you do FIRST?
77. Check the infant for responsiveness
78. Place the infant on a firm, flat surface and begin CPR
79. Send someone to call 911 while you begin giving care for choking
80. Give the infant a series of 5 back blows and 5 chest thrusts and then call 911
81. You are giving CPR to a child – how deep should you compress the chest?
82. About ½ inch
83. About 1 inch
84. About 1 ½ inches
85. About 2 inches
86. When giving CPR to an infant, how far should you tilt their head to open the airway when giving rescue breaths?
87. Neutral position
88. Slightly past neutral position
89. Past neutral position
90. Full extension position
91. You see a person collapse in front of you. You check the scene then check her for responsiveness but she does not respond and she is not breathing. What should you do NEXT?
92. Send someone to call 911 and to get the first aid kit and AED while you begin CPR
93. Make sure that the scene is safe
94. Put the patient in the recovery position
95. Give two rescue breaths
96. Where do you place your hand/fingers to give CPR to an infant?
97. 2 fingers on the center of the chest just below the nipple line
98. 2 fingers on the navel
99. 2 fingers on the center of the chest just above the nipple line
100. 2 fingers on the center of the chest between the nipples
101. A child is choking and he/she becomes unresponsive. What should you do?
102. Perform a finger sweep to remove the object
103. Stop giving back blows and give abdominal thrusts only
104. Stop giving abdominal thrusts and give back blows only
105. Lower the child to a firm, flat surface and begin CPR, starting with compressions
106. When giving CPR to an infant, how deep should you compress the chest?
107. About ½ inch
108. About 1 inch
109. About 1 ½ inches
110. About 2 inches
111. When giving CPR to an adult, how deep should you compress the chest?
112. About ½ inch
113. About 1 inch
114. About 2 inches
115. At least 2 inches
116. When conducting a SAMPLE interview, ask the patient about all of the following EXCEPT?
117. When the person last ate or drank something
118. What the person’s age is
119. What was happening just prior to (before) the injury or illness
120. Whether they have allergies or medical conditions

**Section 2 – AED**

1. For every minute that the AED shock is delayed, the victim’s chance of survival drops \_\_\_\_\_\_\_%
2. What are the benefits of CPR and early defibrillation when a person is in cardiac arrest?
3. They can reduce responder fatigue
4. They can give eliminate the need for advanced medical care
5. They can give the person the best chance for surviving cardiac arrest
6. All of the above
7. When you are doing CPR and an AED becomes available, you should finish your cycle of CPR compressions before placing the AED pads on the patient. True or False (circle one)
8. Which of these statements is true about defibrillation?
9. It is NOT a link in the Cardiac Chain of Survival
10. It is an electrical shock that may help the heart to spontaneously develop an effective rhythm
11. It is commonly used on a person complaining of chest pain
12. It is more likely to be successful is CPR is withheld (not done)
13. If the AED at any time (during first, second, third or whatever analysis) the AED analyzes and says no shock advised, you should:
14. Check the pad placement on the person’s chest
15. Resume (start again) CPR until the AED reanalyzes or you find an obvious sign of life
16. Unplug the connector from the machine
17. Reset the AED by turning it off for 10 seconds
18. When preparing the AED (getting it ready) for use, what is the FIRST thing you should do?
19. Perform 2 minutes of CPR
20. Deliver a shock
21. Stand clear
22. Turn on the AED
23. What should you do BEFORE the AED analyzes the heart rhythm?
24. Ensure (make sure) that no one is touching the person
25. Ensure (make sure) that the head-tilt/jaw-thrust is maintained
26. Ensure that the person is breathing
27. None of the above
28. Why is it important to stand clear and not touch the person while the AED is analyzing or defibrillating?
29. You might prevent the AED from analyzing the heart rhythm properly
30. The AED will turn itself off
31. You or someone else could be injured by the shock
32. Both A and C
33. Where are the adult AED pads normally placed on an adult? List the two places –
34. Where are the pediatric or adult AED pads normally placed on an infant? List the two places –
35. Why is it important to place the AED pads on an infant where you described for #48?
36. If you are alone with the patient, once you have turned on the AED, you should next:
37. Apply the pads and allow the AED to analyze the heart rhythm
38. Check for movement and breathing
39. Give abdominal thrusts
40. Give chest compressions

**Section 3 – First Aid**

1. A woman has burned her left hand. You should:
2. Cool the burn with large amounts of cool or cold potable (drinkable) water for at least 10 minutes
3. Cover the burn loosely with a dry, sterile dressing
4. Remove the injured area from the source of the burn
5. All of the above
6. Signs and symptoms of concussion can be grouped into 4 categories. What are they?
7. A person who has suffered a concussion will ALWAYS lose consciousness, even if only briefly. True or False (circle one)
8. What should you do if you are with a person who has suffered a muscle, bone or joint injury while you wait for EMS to arrive?
9. How should you care for a person who is having a seizure – list 4 things you should do?
10. Blockage of blood flow to the brain is called what?
11. How much sugar should you give to a person having a diabetic emergency?
12. What should you do to care for a person who has the signs and symptoms of heat exhaustion?
13. Have the person quickly drink large amounts of cool water
14. Get the person out of the heat and into a cooler place
15. Immerse the person up to the neck in ice water
16. Call 911
17. A person is having signs of symptoms of a heart attack. What should you do FIRST?
18. Have them chew one regular-strength or two low-dose strength aspirin tablets
19. Call 911
20. Help the person rest in a comfortable position and loosen tight clothing
21. Begin CPR
22. A person is having an asthma attack. What should you do?
23. Have the person sit down and take deep breaths
24. Encourage the person to use his/her quick-relief medication and call 911 if their condition does not improve within 5-15 minutes of taking the medication
25. Give the person a cool drink
26. Help the person use their epinephrine auto injector
27. List at least 3 medical emergencies that could cause shock –
28. Which of the following statements about anaphylaxis is true?
29. A person experiencing anaphylaxis may have trouble breathing and go into shock
30. It is important to act quickly
31. The effects of anaphylaxis can be stopped or slowed by administering epinephrine
32. All of the above
33. List 3 times when is it appropriate to use a tourniquet?

1. You should remove the helmet of a person who may have a head, neck or spinal injury –

True or False (circle one)

1. When using direct pressure to control non-life-threatening bleeding, you should:
2. Lift the dressing every minute to see if the bleeding has stopped
3. Remove and replace dressings as they become saturated with blood
4. Use a hemostatic dressing
5. Add additional dressings and continue to apply direct pressure until the bleeding stops, and then bandage the wound