



**American  
Red Cross**

**—DO NOT WRITE ON THIS EXAM—**

## CPR—Adult

## Exam B

**IMPORTANT:** Read all instructions before beginning the exam.

**INSTRUCTIONS:** 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.

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### EXAMPLE

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#### ANSWER SHEET

xx. (a) (b) (c) ☒

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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
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# CPR—Adult

# Exam B

1. 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
2. All of the following are links in the Adult Cardiac Chain of Survival *except*:
  - a. Early defibrillation
  - b. Early CPR
  - c. Early recognition and early access to the EMS system
  - d. Prevention
3. When you give care to an adult who is responsive 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. Between the shoulder blades
4. You are giving CPR and the first rescue breath does not cause the chest to rise. What should you do?
  - a. Perform a finger sweep.
  - b. Re-tilt the head to ensure that the airway is properly opened and ensure that the nose and mouth are properly sealed before giving the second rescue breath.
  - c. Begin the next set of compressions immediately.
  - d. Take a bigger breath and blow with more force for the second rescue breath.
5. 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. Following the links in the Cardiac Chain of Survival helps improve the person's chance of survival.
  - d. With early CPR, most cardiac arrest victims do not need defibrillation.
6. When giving a rescue breath during CPR, each breath should last about:
  - a. ½ second.
  - b. 1 second.
  - c. 2 seconds.
  - d. 3 seconds.
7. Which of the following statements about cardiac arrest is true?
  - a. Cardiac arrest is the same as a heart attack.
  - b. A person who is in cardiac arrest is not responsive, not breathing and has no heartbeat.
  - c. Cardiac arrest occurs when blood flow to part of the heart muscle is blocked.
  - d. Cardiac arrest is always caused by cardiovascular disease.
8. Effective chest compressions:
  - a. Allow the chest to return to its normal position.
  - b. Are delivered fast at a rate of 100 to 120 compressions per minute.
  - c. Are smooth, regular, and given straight up and down.
  - d. All of the above

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9. Which of the following could be a sign or symptom of a heart attack?
- a. Persistent chest pain or discomfort
  - b. Profuse sweating
  - c. Nausea or vomiting
  - d. All of the above
10. The cycle of chest compressions and rescue breaths in CPR is:
- a. 15 chest compressions to 1 rescue breath.
  - b. 15 chest compressions to 3 rescue breaths.
  - c. 30 chest compressions to 1 rescue breath.
  - d. 30 chest compressions to 2 rescue breaths.