
CPR/AED for the Professional Rescuer Review Questions

CHAPTER 1: THE PROFESSIONAL RESCUER

Multiple Choice

Circle the correct answer.

1. **Good Samaritan laws are designed to protect lay responders from—**
 - a. The need to obtain consent before providing care.
 - b. Legal action, as long as they act in good faith and do not go beyond the scope of their training.
 - c. Legal action as a result of sharing information about the victim with bystanders and local media.
 - d. The need to legally document what was seen, heard and done at the scene.
 2. **Before providing care for a conscious injured or ill victim, you must first—**
 - a. Obtain the victim's consent.
 - b. Begin to write your record of what happened.
 - c. Announce to bystanders what you are going to do.
 - d. Find out if you have a duty to act.
 3. **Which of the following is NOT a responsibility of professional rescuers?**
 - a. Ensuring personal and bystander safety.
 - b. Determining any threats to the victim's life.
 - c. Providing needed care for the victim.
 - d. Ensuring that the victim returns to his or her previous state of health.
 4. **A victim of injury or illness refuses care. You should—**
 - a. Tell the victim you are trained to help.
 - b. Honor the victim's wishes and document the refusal of care.
 - c. Continue to provide care as needed.
 - d. Interview bystanders and fill out the incident report.
 5. **Negligence includes all of the following EXCEPT—**
 - a. Providing inappropriate care.
 - b. Failing to provide care if you have a duty to act.
 - c. Failing to control or stop behavior that could result in injury.
 - d. Providing the standard of care.
 6. **Which statement *best* describes the emergency medical services (EMS) system?**
 - a. The EMS system is organized to prevent injuries and sudden illnesses.
 - b. The EMS system is a network of community resources organized to care for victims of injury and sudden illness.
 - c. The EMS system provides an ambulance to transport victims to the hospital.
 - d. Personnel and equipment for removing victims from dangerous locations are part of the EMS system.
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7. The role of the professional rescuer in the EMS system includes—

- a. Transporting the victim to a hospital.
- b. Providing instructions to the lay responder before the arrival of advanced medical personnel.
- c. Providing a critical transition between the actions of the lay responder and the care provided by more advanced medical personnel.
- d. Serving as the field extension of the emergency physician.

Matching

Match each term with the correct definition.

8. A. Abandonment

B. Negligence

C. Duty to Act

D. Scope of Practice

E. Standard of Care

- ___ Employees, who by occupation and job description, have a responsibility to provide care at the scene of an emergency.
- ___ Set of skills and knowledge acquired in training and which a rescuer is authorized by certification to practice.
- ___ Training guidelines and expectations of level of knowledge and skills for professional rescuers.
- ___ Failure to follow the standard of care or failure to act, which results in injury or causes further harm to a victim.
- ___ Leaving the scene of an emergency or ceasing to provide care for a victim before someone with equal or greater training arrives and takes over.

Multiple Answers

Place a check next to the correct answer or answers.

9. Professional rescuers share important responsibilities that include—

- ___ When on the job, if willing, responding to an emergency.
 - ___ Ensuring personal, fellow team member and bystander safety.
 - ___ Determining what care hospital emergency personnel will perform.
 - ___ Determining any life-threatening conditions.
 - ___ Providing needed care for the victim.
-

10. Situations that require consent from the individual or a parent or guardian include—

- ☐ An unconscious victim of a car accident.
- ☐ A person who is conscious but in shock from a gunshot wound.
- ☐ A person who is currently conscious but previously was unconscious, according to statements given by bystanders at the scene.
- ☐ A child who is with his parents but is unconscious from a playground accident.
- ☐ A person who can talk and give information regarding his or her injury or illness.
- ☐ An unconscious child at a sporting event who carpooled with another player's family but whose parent cannot be located.
- ☐ A college student who is confused, whose speech is slow or who gives strange answers about what happened or how she feels.

True or False

Circle True or False.

- 11. True False **The vast majority of states and the District of Columbia have Good Samaritan Laws.**
- 12. True False **Good Samaritan Laws protect people who willingly give emergency care without accepting anything in return.**
- 13. True False **Good Samaritan Laws protect people from legal liability resulting from a victim's injury if they act in good faith to provide care outside of their training.**
- 14. True False **Good Samaritan Laws may not protect a rescuer from legal liability resulting from a victim's injury if the rescuer ceased providing care and left the scene of the emergency before another rescuer of equal or more advanced training arrived to take over.**
- 15. True False **Good Samaritan Laws protect all professional rescuers.**
- 16. True False **Since accuracy is important in completing your agency's accident reports, remember to record facts, names and personal opinions and feelings when completing the forms.**

Fill in the Blanks

17. _____ are written instructions that describe the wishes of a person regarding medical treatment or health-care decisions in the event the person becomes incapacitated and can no longer express his or her wishes.

Circle the Correct Answer from the Pair

18. You, the first rescuer, arrive on the scene of an injured minor whose parents are present. The 15-year-old gives consent for you to treat him or her. You (do/do not) need consent from a parent or guardian of the teenager.
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Short Answer

19. List the four characteristics of a professional rescuer.

 20. List five legal principles involved in emergency care.

 21. What is the most important and basic purpose of the EMS system?

 22. Name the EMS system network of community resources and medical personnel that provides emergency care to victims of injury or sudden illness.

 23. List two points associated with the legal principle "Scope of Practice."

 24. List three occupations in which employees might be trained as professional rescuers with a duty to act and respond to emergencies.

 25. Provide five important reasons for record keeping or documenting an injury or sudden illness.
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CHAPTER 2: BLOODBORNE PATHOGENS

Multiple Choice

Circle the correct answer.

1. Which of the following is NOT a bloodborne pathogen of primary concern to professional rescuers?
 - a. Hepatitis B
 - b. Hepatitis C
 - c. Human immunodeficiency virus (HIV)
 - d. Gingivitis
 2. The most effective way to prevent Hepatitis B is—
 - a. Wearing gloves.
 - b. Getting the Hepatitis B vaccine.
 - c. Reporting an exposure incident to your supervisor.
 - d. Using 1 part bleach per 10 parts of water to clean up a blood spill.
 3. All of the following conditions must be met in order for disease transmission to occur EXCEPT—
 - a. An insufficient quantity of the pathogen is present to cause disease.
 - b. A person is susceptible to the pathogen.
 - c. A pathogen is present.
 - d. The pathogen passes through the correct entry site.
 4. You are cleaning up a blood spill. An untrained employee picks up gauze with blood on it. She is not wearing gloves. Her action is an example of exposure through—
 - a. Direct contact.
 - b. Droplet transmission.
 - c. Vector-borne transmission.
 - d. Indirect contact.
 5. Which of these guidelines should NOT be followed when using personal protective equipment?
 - a. Wear disposable gloves whenever providing care.
 - b. Use a breathing barrier when giving rescue breaths to a person.
 - c. Reuse disposable gloves or punctured gloves only if they are not too bloody.
 - d. Keep any cuts, scrapes or sores covered prior to putting on protective clothing.
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6. You can protect yourself from disease transmission by doing all of the following EXCEPT—

- a. Giving CPR or rescue breathing without a breathing barrier.
- b. Avoiding direct or indirect contact with blood and other potentially infectious materials.
- c. Thoroughly washing your hands after giving care.
- d. Cleaning and disinfecting all equipment and work surfaces possibly soiled by blood or other body fluids.

7. Work practice controls include—

- a. Not eating or drinking when you are in an area where you may be exposed.
- b. Removing soiled gloves and placing them in the office trash can.
- c. Placing sharp items in the trash can.
- d. Reusing disposable gloves after rinsing them with water.

8. Which of the following best describes universal precautions?

- a. Universal precautions help you identify the symptoms and modes of transmission of bloodborne pathogens.
- b. Universal precautions detail the 6-step procedure for proper glove removal.
- c. Universal precautions specify safe hand-washing practices in the workplace.
- d. Universal precautions require that all blood and other potentially infectious materials be treated as if known to be infectious for hepatitis B, hepatitis C, HIV or other bloodborne pathogens.

9. An Exposure Control Plan—

- a. Requires that employers provide free immunizations for people exposed to influenza.
- b. Means that every individual employee in the workplace must handle blood or other potentially infectious body fluids.
- c. Is the written program for eliminating or minimizing employee exposure incidents.
- d. Is a confidential plan that should not be shared with employees.

10. If you are exposed to blood or other body fluids—

- a. Wait to see if you become ill before reporting the incident.
 - b. Wash or flush the exposed area immediately.
 - c. Apply ice to the exposed area.
 - d. Report the incident to your supervisor after a day.
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Matching

Match each term with the correct definition.

11.

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|--------------------------------|-------|---|
| A. Bloodborne pathogens | _____ | Common form of pathogen that can live outside the body and commonly do not depend on other organisms for life. Antibiotics are used to treat infection. |
| B. Hepatitis B | _____ | A disease in which the white blood cells are attacked and the body's ability to fight infection is destroyed. |
| C. HIV | _____ | Common form of pathogen that depends on other organisms to live and once in the body is difficult to kill. |
| D. Virus | _____ | Bacteria and viruses present in blood and body fluids |
| E. Bacteria | _____ | A liver infection that can be severe or even fatal. A vaccine is the most effective means of prevention. |
| F. Hepatitis C | _____ | The most common chronic bloodborne infection in the United States. There is no available treatment or vaccine. |

12.

- A. Universal precautions**
 - B. OSHA regulations and guidelines**
 - C. Engineering controls**
 - D. Exposure control plans**
 - E. Work practice controls**
 - F. Body substance isolation precautions/standard precautions**
- | | |
|-------|--|
| _____ | Measures that isolate or remove a hazard from the workplace. The things used in the workplace to help reduce the risk of an exposure incident. |
| _____ | Practices that help reduce the likelihood of exposure by changing the way a task is carried out. The things employees do to help reduce the risk of an exposure incident. |
| _____ | Treating all blood and other potentially infectious materials as if they are known to be infectious. |
| _____ | A written program that outlines the protective measures an employer will take to eliminate or minimize exposure incidents. |
| _____ | Apply to employees who may come into contact with blood or other body fluids that could cause an infection and help employers meet the bloodborne pathogen standard to prevent transmission of serious diseases. |
| _____ | Consider all blood and body fluids to be infectious. |
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Multiple Answers

13. Place an “E” by those measure or practices that are Engineering Controls and a “W” by those that are Work Practice Controls.

- ☐ Placing sharps items in appropriate containers.
- ☐ Biohazard bags
- ☐ Removal and disposal of soiled personal protective equipment
- ☐ Cleaning and disinfecting all equipment and work surfaces possibly soiled by blood or other potentially infectious materials
- ☐ Personal protective equipment
- ☐ Sharps containers
- ☐ Washing hands after providing care
- ☐ Self-sheathing needles
- ☐ Not drinking, eating, smoking, handling contact lenses, touching the eyes, nose or mouth or applying lip balm cosmetics in areas where blood or other potentially infectious materials may be transmitted
- ☐ Biohazard labels

Fill in the Blanks

- 14. Adopting _____ behavior is the best tool against Hepatitis B, Hepatitis C, HIV and other bloodborne pathogens
- 15. Unprotected skin contact with blood-soaked bandages from a first aid incident is an example of _____ contact.
- 16. Wear _____ gloves whenever providing care, particularly if you may come into contact with blood or other potentially infectious materials.
- 17. Remove jewelry, including _____ and watches before wearing disposable gloves.
- 18. Keep any cuts, scrapes or sores _____ prior to putting on protective clothing.
- 19. _____ disposable gloves before giving care to a different person.
- 20. In addition to gloves, wear other personal protective equipment such as _____ eye-wear to protect the eyes whenever you are likely to come into contact with blood or other body fluids or while cleaning up a biohazard spill.

Circle the Correct Answer from the Pair

- 21. Hepatitis B, hepatitis C and HIV (are/are not) spread by casual contact, such as shaking hands.
 - 22. (Do/Do not) use disposable gloves that are discolored, torn or punctured.
 - 23. (Do/Do not) reuse disposable gloves.
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24. (Do/Do not) wear gloves or other protective clothing or equipment away from the workplace.
25. (Do/Do not) handle items such as pens, combs or radios when wearing soiled gloves.
26. If you wear gloves, you (do/do not) need to wash your hands after giving care.

Short Answer

27. Name four types of exposures to blood that public safety personnel, such as police and firefighters, might encounter.
28. Give two examples of correct entry sites where transmission of bloodborne pathogens could occur from occupational exposure.
29. What role do OSHA regulations play in preventing the spread of bloodborne pathogens?
30. List five types of personal protective equipment used in the workplace to keep employees from directly contacting infected materials.
31. List the six steps necessary to correctly wash hands after giving care.
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32. You have responded to an emergency involving blood at your workplace. After providing care, you are responsible for cleaning and disinfecting the area (a solid surface floor). In the correct order, list the seven steps you would take to disinfect the area.

33. While giving care to a victim you note that you were exposed by direct contact to the victim's blood or other potentially infectious material. What must you do immediately?

CHAPTER 3: TAKING ACTION AND CARING FOR BREATHING EMERGENCIES

Multiple Choice

Circle the correct answer.

1. **One of the first steps to follow in an emergency is—**
 - a. Transporting the victim to the hospital.
 - b. Planning for an emergency.
 - c. Documenting what happened.
 - d. Performing an initial assessment.
 2. **Why should you conduct an initial assessment in every situation?**
 - a. To protect you from legal actions
 - b. To identify any life-threatening conditions
 - c. To protect the victim and bystanders from dangers at the scene
 - d. To reassure the victim
 3. **Advanced medical personnel should be summoned for all of the following conditions EXCEPT—**
 - a. Chest pain or discomfort that lasts 3 to 5 minutes or that goes away and comes back.
 - b. Severe headache or slurred speech.
 - c. Breathing problems (difficulty breathing or no breathing).
 - d. A yellowing of the skin.
 4. **Breathing barriers help to—**
 - a. Protect against disease transmission.
 - b. Restart the heart.
 - c. Maintain breathing.
 - d. Reduce the amount of oxygen in a victim's blood.
 5. **The care given to an adult who is not breathing, but has a pulse (respiratory arrest) is—**
 - a. 5 abdominal thrusts, with each thrust being a distinct attempt to dislodge the object.
 - b. Modified-H.A.I.N.E.S. recovery position.
 - c. Rescue breaths at a rate of 1 breath every 3 seconds.
 - d. Rescue breaths at a rate of 1 breath every 5 seconds.
 6. **You find an unconscious 6-year-old boy. After sizing up the scene and obtaining consent, you perform an initial assessment and determine that the boy has a pulse, but is not moving or breathing. How often do you need to breathe for him?**
 - a. Once every 3 seconds
 - b. Once every 5 seconds
 - c. Once every few minutes
 - d. About every minute
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7. You are caring for a victim in an emergency who may have ingested drugs. The victim suddenly becomes hostile, violent and threatening. As a professional rescuer, what should you do?
- Continue to attempt to treat the victim because he needs your care.
 - Attempt to restrain the victim until he calms down.
 - Remove yourself from harm, observe the victim and wait for law enforcement to arrive.
 - Leave the scene. It is too dangerous to remain on site.
8. In an emergency, move a victim only when not moving him or her will cause further harm to the victim or the rescuer. Which of the following includes examples of such a situation?
- Explosions, fire, toxic gas exposure or unstable structures in the immediate vicinity
 - Confined downed power lines, moving traffic or domestic animals
 - Unstable structures a block away or power outages
 - Rainstorms, moving traffic or power outages
9. When checking for signs of life during the initial assessment, the rescuer is looking for—
- Circulation and breathing.
 - Chest and arm movement.
 - Circulation and chest movement.
 - Movement and normal breathing.

Matching

Match each term with the correct definition.

10.

- A. Two-person seat carry
- B. Clothes drag
- C. Blanket drag
- D. Walking assist
- E. Foot drag
- F. Pack-strap carry

- ___ Used to move a clothed victim who you think may have a head, neck or back injury.
 - ___ Used to help a victim who needs assistance walking to safety.
 - ___ Used to move a victim too large to carry or move otherwise.
 - ___ Used to carry a conscious victim who cannot walk and has no suspected head, neck or back injury.
 - ___ Used to move an unconscious victim in an emergency situation when rescue equipment is limited.
 - ___ Used to help move a conscious or unconscious victim with no suspected head, neck or back injury.
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11.

A. Bag-Valve-Mask Resuscitator (BVM)

B. Resuscitation Mask

C. Face Shield

- ☐ A lightweight, plastic cover that lies across the victim's face with a one-way valve that enables a rescuer to provide rescue breathing and reduces the risk of disease transmission.
- ☐ A hand-held device used primarily to ventilate a victim in respiratory arrest, but also used for a victim in respiratory distress.
- ☐ A flexible, dome-shaped device that covers the victim's mouth and nose, creating a seal that allows the rescuer to provide rescue breathing and can be connected to oxygen.

Multiple Answers

Place a check next to the correct answer or answers.

12. Signs that a victim may be suffering from hypoxia include—

- ☐ Decreased breathing and heart rates
- ☐ Blue lips and nail beds
- ☐ A change in the level of consciousness
- ☐ Sleeplessness
- ☐ Chest pain
- ☐ Increased breathing and heart rates
- ☐ Hot, flushed skin
- ☐ Restlessness

True or False

Circle True or False.

- 13. True False **When you give rescue breaths to a victim of a nonfatal submersion, the victim will probably vomit.**
 - 14. True False **When caring for a conscious choking infant, use a combination of 5 back blows and 1 chest thrust.**
 - 15. True False **Using a resuscitation mask when giving rescue breaths promotes safe practices that reduce the risk of transmitting bloodborne pathogens.**
 - 16. True False **When giving care to an unconscious choking child, open the mouth and immediately sweep for the object after giving 5 chest thrusts. Then try 2 rescue breaths again.**
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Fill in the Blanks

17. A breathing emergency occurs if a victim has difficulty breathing, and is called respiratory _____.
18. In a breathing emergency if a victim stops breathing, it is known as respiratory _____, or respiratory failure.
19. Rescue breathing is a technique for delivering ____ into a victim to give him or her the oxygen needed to survive.
20. Abdominal thrusts compress the abdomen, forcing the diaphragm _____, which increases pressure in the lungs and airway. This forces trapped air out of the lungs and pushes the object out of the airway.
21. When performing rescue breathing on an adult, give ____ breath every ____ seconds with the exhaled breaths lasting for approximately ____ second.
22. When performing rescue breathing on a child or infant, give ____ breath every ____ seconds with the exhaled breaths lasting for approximately ____ second.
23. If you give an unconscious adult rescue breaths and they do not make the chest clearly rise, reposition the airway by tilting the _____ further back and then try the _____ again.

Ordering

Place in the correct order.

24. Place in the correct order the steps necessary to administer an intramuscular injection using an auto-injector.
 - ___ Remove the safety cap from the auto-injector.
 - ___ Give the used auto-injector to EMS personnel.
 - ___ Push the injector firmly against the victim's thigh until the injector is activated.
 - ___ Locate the lateral (outside) portion of the victim's thigh, midway between the waist and knee.
 - ___ Hold the injector in place until the medication is injected (about 10 seconds).

Short Answer

25. Name the three steps to follow in an emergency.
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26. List in the correct order the four steps necessary to properly complete an initial assessment.

27. List three characteristics of the breathing device known as a face shield.

28. Name three situations in which a lone responder would Care First, that is, provide 2 minutes of care, then call 9-1-1 or the local emergency number.

29. Name three situations in which you would use an auto-injector on a victim.

30. What five steps should the responder take BEFORE assisting or administering epinephrine to a victim?

CHAPTER 4: CARDIAC EMERGENCIES

Multiple Choice

Circle the correct answer.

1. **Signs and symptoms of a heart attack include—**
 - a. Chest pain that lasts less than 1 minute.
 - b. Nausea, shortness of breath or difficulty breathing.
 - c. Dry, red, hot skin.
 - d. Inability to speak in full sentences.
2. **Which of the following is NOT a specific link in the Cardiac Chain of Survival?**
 - a. Early recognition of the emergency and early access to EMS
 - b. Early CPR
 - c. Early defibrillation
 - d. Early rescue
3. **You see an older man collapse. You do the initial assessment and find the man has no pulse and is not moving or breathing. You begin CPR. How many chest compressions and rescue breaths do you give in each cycle?**
 - a. 10 chest compressions and 2 rescue breaths
 - b. 15 chest compressions and 1 rescue breath
 - c. 30 chest compressions and 2 rescue breaths
 - d. 5 chest compressions and 2 rescue breaths
4. **Another name for a heart attack is—**
 - a. Commotio cordis.
 - b. Cardiovascular infraction.
 - c. Myocardial infarction.
 - d. Angina pectoris.
5. **What is the most important action step to take to care for a person you think may be experiencing a heart attack?**
 - a. Put the victim in a comfortable position and loosen any restrictive clothing.
 - b. Call 9-1-1.
 - c. Obtain the victim's consent.
 - d. Check airway, breathing and circulation.

Matching

Match each term with the correct definition.

6. A. Early recognition of the emergency and early access to EMS
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B. Early cardiopulmonary resuscitation (CPR)

C. Early defibrillation

D. Early advanced medical care.

- ___ EMS personnel who provide more advanced medical care and transport the victim to the hospital.
- ___ An electrical shock that may restore a normal heart rhythm.
- ___ Compressions and ventilations provided by a rescuer to a victim to help supply oxygen to the brain and other vital organs to keep the victim alive.
- ___ The sooner advanced medical personnel or the local emergency number is called, the sooner they can take over.

True or False

Circle True or False.

7. Indicate which of the following statements about aspirin therapy are true and which are false.

- | | | |
|------|-------|---|
| True | False | Aspirin can help alleviate the signs and symptoms of a heart attack. |
| True | False | Aspirin therapy has a slow onset of action and is useful throughout the treatment of a heart attack. |
| True | False | The risk of overdose is low if two chewable baby aspirin (162 mg) are given. |
| True | False | Adult aspirin tablets at or below 5-grain should be avoided. |
| True | False | If aspirin is not available, acetaminophen is recommended. |
| True | False | A victim who has been successfully resuscitated from a cardiac arrest should under no circumstances be given aspirin. |

Fill in the Blanks

8. When the muscle of the heart suffers a loss of oxygenated blood, the result is a _____, or heart attack.
9. If you are a lone responder, _____ First, meaning call 9-1-1 or the local emergency number before providing care for an unconscious adult victim or child age 12 or older.
10. If you are a lone responder, _____ First for an unconscious victim younger than 12 years old.
11. _____ First if you suspect a cardiac emergency.
12. _____ First situations are likely to be related to _____ emergencies rather than cardiac emergencies.
13. When performing CPR on an adult, give _____ compressions followed by _____ rescue breaths at a rate of about _____ compressions per minute where the compression depth is _____ to _____ inches.
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14. When performing CPR on a child or infant, give cycles of ____ compressions and ____ rescue breaths at a depth of ____ to ____ inches for a child and ____ to ____ inch for an infant.

Ordering

Place in the correct order.

15. Place in order the steps necessary to administer aspirin to a victim experiencing a heart attack.
- ____ Call 9-1-1 or the local emergency number or summon advanced medical personnel immediately.
 - ____ If local protocols or medical directives allow, ask the victim if he or she has any allergies to aspirin, suffers from stomach ulcers or stomach disease, uses blood thinners or has been told by doctors not to take aspirin.
 - ____ Make the victim as comfortable as possible.
 - ____ Evaluate the victim for signs and symptoms of a heart attack.
 - ____ If the victim denies any contraindications for aspirin, offer two chewable (162 mg) baby aspirins or up to one 5-grain (325mg) adult aspirin tablet with a small amount of water.

Short Answer

16. List five signs or symptoms of a heart attack.

17. Name four steps that responders should take BEFORE assisting or administering aspirin to a victim.
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CHAPTER 5: AUTOMATED EXTERNAL DEFIBRILLATION

Multiple Choice

Circle the correct answer.

1. An electrical shock delivered to the heart to correct certain life-threatening heart rhythms is called—
 - a. Asystole.
 - b. Diastole.
 - c. Fibrillation.
 - d. Defibrillation.
 2. It is important for everyone to “stand clear” before using an AED to deliver a shock because—
 - a. The victim’s arm may swing out and strike you when the shock is delivered.
 - b. The AED will not work unless you stand clear.
 - c. You or someone else could get shocked.
 - d. The AED may not deliver the correct shock to the victim.
 3. Early defibrillation is an important step in the Cardiac Chain of Survival for all of the reasons below EXCEPT—
 - a. Asystole cannot be corrected by defibrillation.
 - b. Most victims of sudden cardiac arrest need an electrical shock called defibrillation
 - c. Each minute that defibrillation is delayed reduces the chance of survival by about 10 percent.
 - d. Advanced medical personnel can transport the victim to the hospital more quickly.
 4. After confirming that a victim has no pulse and is not moving or breathing, and an AED is available, the next step is—
 - a. Turn on the AED.
 - b. Plug the connector into the AED and attach the pads to the victim’s chest.
 - c. Let the AED analyze the heart rhythm or push the button marked “analyze.”
 - d. Deliver a shock if one is indicated after ensuring that no one is touching the victim and there are no hazards present.
 5. When using an AED—
 - a. Dry the victim’s chest thoroughly using alcohol and gauze pads.
 - b. Remove any patch you see on the victim’s chest.
 - c. Check for pulse while the device is delivering a shock.
 - d. Place the victim on his or her side.
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- 6. The pads of an AED for an adult should be placed—**
- On the upper right chest and lower left side.
 - On the lower right side and upper left chest.
 - On the lower right chest and lower left side.
 - On the upper right and upper left side of the chest.
- 7. After the initial analysis, if the AED prompt indicates that “no shock is advised,” the next step is to—**
- Restart the AED.
 - Look for movement and recheck for breathing and a pulse.
 - Begin rescue breathing.
 - Begin CPR for 5 cycles (about 2 minutes).
- 8. If using an AED on a victim who was removed from the water all of the following are important EXCEPT—**
- Making sure there are no puddles of water around you, the victim or the AED.
 - Drying the victim’s chest.
 - Removing wet clothing for proper pad placement if necessary.
 - Drying the victim’s feet and legs.
- 9. When using an AED on a victim with a pacemaker or implanted cardiac device—**
- Place the pad directly over the implanted cardiac device.
 - Adjust pad placement if necessary.
 - Reverse the position of the pads on the victim’s chest.
 - An AED cannot be used if the victim has an implanted cardiac device.
- 10. When using an AED on a child, complete all of the following steps EXCEPT—**
- Use pediatric AED pads.
 - Make sure the pads are not touching.
 - If the pads are touching, place one pad on the child’s chest and the other pad on the child’s back.
 - Place both AED pads on the child’s abdomen just above the navel.

Multiple Answers

Place a check next to the correct answer or answers.

- 11. An AED with appropriate pediatric pads may be used on children who are—**
- ☐ Victims of trauma.
 - ☐ Conscious but having chest pain.
 - ☐ In a pool.
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12. An AED may be used on—

- ☐ Victims of hypothermia in cardiac arrest.
- ☐ Victims of trauma in cardiac arrest.
- ☐ Victims with a pacemaker who are in cardiac arrest.
- ☐ Victims on the stairs who are in cardiac arrest.

True or False

Circle True or False.

- 13. True False Since a child's chest may be small, it is alright to defibrillate if the pads touch each other when placed on the chest.
- 14. True False It is correct to place one pad on the child's back if the pads touch each other on the child's chest.
- 15. True False It is important not to delay defibrillation when taking steps to provide for a dry environment.

Fill in the Blanks

- 16. Most victims of sudden cardiac arrest need an electrical shock called _____
- 17. Advise all rescuers and bystanders to "_____ _____" when analyzing or shocking the victim.
- 18. Do not _____ or _____ the victim while the AED is analyzing.
- 19. After the second analysis, if the AED tells the rescuer "no shock advised," he or she should _____.
- 20. An AED equipped with pediatric AED pads is capable of delivering levels of energy to a child between _____ and _____ years of age and weighing less than _____ pounds.
- 21. _____ is an electrical shock that interrupts the heart's chaotic electrical activity, which can restore the heart's ability to function as a pump.
- 22. _____ is an abnormal heart rhythm characterized by a state of totally disorganized electrical activity of the heart, resulting in a quivering of the ventricles. In this state, the ventricles cannot pump blood and there is no movement, breathing or pulse.
- 23. _____ is an abnormal heart rhythm characterized by very rapid contraction of the ventricles. Although there is electrical activity resulting in a regular rhythm, the rate is often too fast to allow the heart to pump blood properly.

Circle the Correct Answer from the Pair

- 24. The incidence of cardiac arrest in children is relatively (high/low) compared to adults.
 - 25. Cardiac arrest resulting from ventricular fibrillation (does/does not) happen to young children.
 - 26. Most cardiac arrests in children (are/are not) sudden.
-

Short Answer

27. List in correct order the four links in the Cardiac Chain of Survival.
28. Name three of the most common causes of cardiac arrest in children.
29. List in correct order the seven steps you must follow to defibrillate a victim using an AED after advance medical personnel have been summoned.
30. List three situations in which traumatic injuries or accidents may be the cause of sudden cardiac arrest in children.
-

-
- 31. What five steps would you take to use an AED on a drowned victim who has no pulse and is not moving or breathing?**
- 32. What should you do before using an AED on a victim who is wearing a nitroglycerin patch?**
- 33. What might a rescuer notice or feel beneath the skin in the chest or collarbone area of a victim of cardiac arrest?**
- 34. You are providing care for a victim of a nonfatal submersion resulting from an ice-fishing accident. You note that the victim is suffering from hypothermia. List five important points to remember while providing care.**
-

CHAPTER 6: ADMINISTERING EMERGENCY OXYGEN

Multiple Choice

Circle the correct answer.

1. Which two delivery devices connected to oxygen can be used by a professional rescuer for a victim who is not breathing?
 - a. Nasal cannula, non-rebreather mask
 - b. BVM, nasal cannula
 - c. BVM, resuscitation mask
 - d. Nasal cannula, resuscitation mask
 2. When attached to an oxygen source, a BVM can deliver nearly 100 percent oxygen. What percentage of oxygen is delivered by a BVM without an oxygen source?
 - a. 61 percent
 - b. 41 percent
 - c. 21 percent
 - d. 11 percent
 3. A regulator should not be lubricated with a petroleum product because of the danger of—
 - a. Contaminating the oxygen.
 - b. An explosion.
 - c. Loosening the oxygen cylinder valve.
 - d. Inaccurate readings from the oxygen flowmeter.
 4. On some models, the O-ring gasket should be placed on the oxygen cylinder—
 - a. After the regulator is in place.
 - b. After you have examined the pressure regulator.
 - c. After you have opened the cylinder for 1 second.
 - d. After you have verified the oxygen flow to the victim.
-

Matching

Match each term with the correct definition.

- | | |
|------------------------|---|
| 5. A. Flowmeter | ___ Regulates oxygen delivery in liters per minute (LPM). |
| B. Nasal cannula | ___ The most effective way for delivering high concentrations of oxygen to breathing victims. |
| C. Resuscitation mask | ___ Used to administer low-flow oxygen to a victim who is breathing. |
| D. Oxygen cylinder | ___ Has an internal pressure of approximately 2,000 pounds per square inch (psi). |
| E. Non-rebreather mask | ___ A flexible dome-shaped device that covers the victim's mouth and nose and is used to give rescue breaths. |

Multiple Answers

Place a check next to the correct answer or answers.

6. You find that you must give emergency oxygen to a victim who is having difficulty breathing. What equipment will you need to deliver emergency oxygen?
- ___ A nasal airway
 - ___ An oxygen cylinder
 - ___ A suctioning device
 - ___ A regulator with pressure gauge
 - ___ A flowmeter
 - ___ A delivery device, such as a nasal cannula or non-rebreather mask

True or False

Circle True or False.

- | | | | |
|-----|------|-------|--|
| 7. | True | False | A benefit of using a BVM for rescue breathing is that the rescuer can deliver a higher concentration of oxygen to a victim than when using a resuscitation mask. |
| 8. | True | False | An oxygen delivery device should be placed over a victim's face before oxygen begins to flow. |
| 9. | True | False | A victim with a serious injury can benefit from emergency oxygen. |
| 10. | True | False | Oxygen should not be used around open flames or sparks. |
| 11. | True | False | A bag-valve-mask resuscitator (BVM) may be used for both breathing and nonbreathing victims. |
-

-
- | | | | |
|-----|------|-------|---|
| 12. | True | False | A BVM may be used on a victim if the rescuer suspects a head, neck or back injury. |
| 13. | True | False | A nasal cannula may be used to administer oxygen to a breathing or nonbreathing victim. |
| 14. | True | False | Flow rates above 6 LPM are not commonly used with a nasal cannula. |
| 15. | True | False | When using a fixed-flow-rate oxygen system, the rescuer must attach the regulator, fix the flow rate and place the mask over the victim's face. |

Fill in the Blanks

16. _____ blood travels from the lungs to the left side of the heart by the pulmonary artery.
17. _____ blood returns to the right side of the heart where it is pumped out to the lungs through the pulmonary vein.
18. The primary function of the respiratory system is to _____ inhaled oxygen with the by-products of metabolism, namely carbon dioxide.
19. Oxygen should be given when an adult victim is breathing fewer than ____ breaths per minute or more than ____ breaths per minute.
20. Oxygen should be given when a ____ is breathing fewer than 15 or more than 30 breaths per minute.
21. Oxygen should be given when an infant is breathing fewer than ____ breaths per minute or more than ____ breaths per minute.
22. When giving emergency oxygen, a resuscitation mask with an oxygen _____ may be used as a delivery device.
23. _____ flow oxygen systems have a set flow-rate. This eliminates the need to assemble the equipment.

Ordering

Place in the correct order.

24. When two rescuers are using a BVM, they should first complete the initial assessment and then take the following steps:

- _____ Rescuer 1 seals the mask and opens the airway by kneeling behind the victim's head, placing thumbs along each side of the mask, sliding fingers into position behind the angles of the jawbone and applying downward pressure with the thumbs to lift the jaw and tilt the head back to open the airway.
 - _____ Rescuer 1 positions the mask so that it covers the victim's mouth and nose.
 - _____ Rescuer 2 assembles the BVM by attaching the mask to the bag and valve.
 - _____ Rescuer 2 begins ventilations by squeezing the bag slowly for about 1 second for an adult, child or infant.
-

Short Answer

25. List the three pieces of equipment necessary for giving emergency oxygen.
26. You find that an infant is breathing fewer than 20 breaths per minute. What should you do?
27. You are preparing to give emergency oxygen to a victim in respiratory distress. Name five precautions you must take.
28. Name five precautions to take when disassembling the oxygen cylinder and regulator.
-

INSTRUCTORS

CHAPTER 1: THE PROFESSIONAL RESCUER

Multiple Choice

Circle the correct answer.

1. *Good Samaritan laws are designed to protect lay responders from—*
 - a. The need to obtain consent before providing care.
 - b. **Legal action, as long as they act in good faith and do not go beyond the scope of their training.**
 - c. Legal action as a result of sharing information about the victim with bystanders and local media.
 - d. The need to legally document what was seen, heard and done at the scene.
 2. *Before providing care for a conscious injured or ill victim, you must first—*
 - a. **Obtain the victim's consent.**
 - b. Begin to write your record of what happened.
 - c. Announce to bystanders what you are going to do.
 - d. Find out if you have a duty to act.
 3. *Which of the following is NOT a responsibility of professional rescuers?*
 - a. Ensuring personal and bystander safety.
 - b. Determining any threats to the victim's life.
 - c. Providing needed care for the victim.
 - d. **Ensuring that the victim returns to his or her previous state of health.**
 4. *A victim of injury or illness refuses care. You should—*
 - a. Tell the victim you are trained to help.
 - b. **Honor the victim's wishes and document the refusal of care.**
 - c. Continue to provide care as needed.
 - d. Interview bystanders and fill out the incident report.
 5. *Negligence includes all of the following EXCEPT—*
 - a. Providing inappropriate care.
 - b. Failing to provide care if you have a duty to act.
 - c. Failing to control or stop behavior that could result in injury.
 - d. **Providing the standard of care.**
 6. *Which statement best describes the emergency medical services (EMS) system?*
 - a. The EMS system is organized to prevent injuries and sudden illnesses.
 - b. **The EMS system is a network of community resources organized to care for victims of injury and sudden illness.**
 - c. The EMS system provides an ambulance to transport victims to the hospital.
 - d. Personnel and equipment for removing victims from dangerous locations are part of the EMS system.
-

-
7. *The role of the professional rescuer in the EMS system includes—*
- Transporting the victim to a hospital.
 - Providing instructions to the lay responder before the arrival of advanced medical personnel.
 - Providing a critical transition between the actions of the lay responder and the care provided by more advanced medical personnel.**
 - Serving as the field extension of the emergency physician.

Matching

Match each term with the correct definition.

8. A. *Abandonment*
B. *Negligence*
C. *Duty to Act*
D. *Scope of Practice*
E. *Standard of Care*
- C Employees, who by occupation and job description, have a responsibility to provide care at the scene of an emergency.
- D Set of skills and knowledge acquired in training and which a rescuer is authorized by certification to practice.
- E Training guidelines and expectations of level of knowledge and skills for professional rescuers.
- B Failure to follow the standard of care or failure to act, which results in injury or causes further harm to a victim.
- A Leaving the scene of an emergency or ceasing to provide care for a victim before someone with equal or greater training arrives and takes over.

Multiple Answers

Place a check next to the correct answer or answers.

9. *Professional rescuers share important responsibilities that include—*
- _____ When on the job, if willing, responding to an emergency.
- * **Ensuring personal, fellow team member and bystander safety.**
- _____ Determining what care hospital emergency personnel will perform.
- * **Determining any life-threatening conditions.**
- * **Providing needed care for the victim.**
-

10. *Situations that require consent from the individual or a parent or guardian include—*

- _____ An unconscious victim of a car accident.
- _____ A person who is conscious but in shock from a gun shot wound.
- * _____ **A person who is currently conscious but previously was unconscious, according to statements given by bystanders at the scene.**
- * _____ **A child who is with his parents but is unconscious from a playground accident.**
- * _____ **A person who can talk and give information regarding his or her injury or illness.**
- _____ An unconscious child at a sporting event who carpooled with another player's family but whose parent cannot be located.
- _____ A college student who is confused, whose speech is slow or who gives strange answers about what happened or how she feels.

True or False

Circle True or False.

- 11. **True** False *The vast majority of states and the District of Columbia have Good Samaritan Laws.*
- 12. **True** False *Good Samaritan Laws protect people who willingly give emergency care without accepting anything in return.*
- 13. True **False** *Good Samaritan Laws protect people from legal liability resulting from a victim's injury if they act in good faith to provide care outside of their training.*
- 14. **True** False *Good Samaritan Laws may not protect a rescuer from legal liability resulting from a victim's injury if the rescuer ceased providing care and left the scene of the emergency before another rescuer of equal or more advanced training arrived to take over.*
- 15. True **False** *Good Samaritan Laws protect all professional rescuers.*
- 16. True **False** *Since accuracy is important in completing your agency's accident reports, remember to record facts, names and personal opinions and feelings when completing the forms.*

Fill in the Blanks

17. Advanced directives are written instructions that describe the wishes of a person regarding medical treatment or health-care decisions in the event the person becomes incapacitated and can no longer express his or her wishes.

Circle the Correct Answer from the Pair

18. *You, the first rescuer, arrive on the scene of an injured minor whose parents are present. The 15-year-old gives consent for you to treat him or her. You (do/do not) need consent from a parent or guardian of the teenager.*
-

Short Answer

19. *List the four characteristics of a professional rescuer.*

Maintaining a professional appearance and attitude.

Keeping your skills and knowledge up to date.

Controlling your own fears.

Maintaining a healthy lifestyle.

20. *List five legal principles involved in emergency care.*

Answers could include any five of the following:

Duty to Act

Scope of Practice

Standard of Care

Negligence

Good Samaritan Laws

Consent

Refusal of Care

Advanced Directives

Battery

Abandonment

Confidentiality

Documentation

21. *What is the most important and basic purpose of the EMS system?*

To bring rapid medical care to the victim

22. *Name the EMS system network of community resources and medical personnel that provides emergency care to victims of injury or sudden illness.*

1. Recognition and response by the lay responder

2. Early activation of the EMS system

3. Professional rescuer care

4. Prehospital care provided by advanced medical personnel

5. Hospital care

6. Rehabilitation

23. *List two points associated with the legal principle "Scope of Practice."*

A rescuer may only act within his or her scope of practice.

This is the set of skills and knowledge acquired in training that a rescuer is authorized by certification to practice.

The scope of practice establishes the limit of care that a rescuer can provide.

24. *List three occupations in which employees might be trained as professional rescuers with a duty to act and respond to emergencies.*

Public Safety Personnel

Some Lifeguards

Police Officers

Firefighters

School Nurses

Some Athletic Trainers

Camp Health Officers

Some Industrial Safety Teams or Emergency Response Teams

25. *Provide five important reasons for record keeping or documenting an injury or sudden illness.*

Documenting an injury or sudden illness establishes a record of what events or significant findings have occurred since the accident occurred.

When more advanced care is on the scene, this written record becomes part of the record of care for the victim.

Documentation helps advanced medical personnel know what care has been provided.

Documentation is useful to help in analyzing current response practices and protocols and to plan preventive action for the future.

A record can provide legal documentation of what you saw, heard and did at the scene.

CHAPTER 2: BLOODBORNE PATHOGENS

Multiple Choice

Circle the correct answer.

- Which of the following is NOT a bloodborne pathogen of primary concern to professional rescuers?*
 - Hepatitis B
 - Hepatitis C
 - Human immunodeficiency virus (HIV)
 - Gingivitis**
 - The most effective way to prevent Hepatitis B is—*
 - Wearing gloves.
 - Getting the Hepatitis B vaccine.**
 - Reporting an exposure incident to your supervisor.
 - Using 1 part bleach per 10 parts of water to clean up a blood spill.
 - All of the following conditions must be met in order for disease transmission to occur EXCEPT—*
 - An insufficient quantity of the pathogen is present to cause disease.**
 - A person is susceptible to the pathogen.
 - A pathogen is present.
 - The pathogen passes through the correct entry site.
 - You are cleaning up a blood spill. An untrained employee picks up gauze with blood on it. She is not wearing gloves. Her action is an example of exposure through—*
 - Direct contact.
 - Droplet transmission.
 - Vector-borne transmission.
 - Indirect contact.**
 - Which of these guidelines should NOT be followed when using personal protective equipment?*
 - Wear disposable gloves whenever providing care.
 - Use a breathing barrier when giving rescue breaths to a person.
 - Reuse disposable gloves or punctured gloves only if they are not too bloody.**
 - Keep any cuts, scrapes or sores covered prior to putting on protective clothing.
 - You can protect yourself from disease transmission by doing all of the following EXCEPT—*
 - Giving CPR or rescue breathing without a breathing barrier.**
 - Avoiding direct or indirect contact with blood and other potentially infectious materials.
 - Thoroughly washing your hands after giving care.
 - Cleaning and disinfecting all equipment and work surfaces possibly soiled by blood or other body fluids.
-

-
7. *Work practice controls include—*
- a. **Not eating or drinking when you are in an area where you may be exposed.**
 - b. Removing soiled gloves and placing them in the office trash can.
 - c. Placing sharp items in the trash can.
 - d. Reusing disposable gloves after rinsing them with water.
8. *Which of the following best describes universal precautions?*
- a. Universal precautions help you identify the symptoms and modes of transmission of bloodborne pathogens.
 - b. Universal precautions detail the 6-step procedure for proper glove removal.
 - c. Universal precautions specify safe hand-washing practices in the workplace.
 - d. **Universal precautions require that all blood and other potentially infectious materials be treated as if known to be infectious for hepatitis B, hepatitis C, HIV or other bloodborne pathogens.**
9. *An Exposure Control Plan—*
- a. Requires that employers provide free immunizations for people exposed to influenza.
 - b. Means that every individual employee in the workplace must handle blood or other potentially infectious body fluids.
 - c. **Is the written program for eliminating or minimizing employee exposure incidents.**
 - d. Is a confidential plan that should not be shared with employees.
10. *If you are exposed to blood or other body fluids—*
- a. Wait to see if you become ill before reporting the incident.
 - b. **Wash or flush the exposed area immediately.**
 - c. Apply ice to the exposed area.
 - d. Report the incident to your supervisor after a day.

Matching

Match each term with the correct definition.

- | | |
|------------------------------------|---|
| 11. <i>A. Bloodborne pathogens</i> | <u> E. </u> Common form of pathogen that can live outside the body and commonly do not depend on other organisms for life. Antibiotics are used to treat infection. |
| <i>B. Hepatitis B</i> | <u> C. </u> A disease in which the white blood cells are attacked and the body's ability to fight infection is destroyed. |
| <i>C. HIV</i> | <u> D. </u> Common form of pathogen that depends on other organisms to live and once in the body is difficult to kill. |
-

D. Virus

A. Bacteria and viruses present in blood and body fluids

E. Bacteria

B. A liver infection that can be severe or even fatal. A vaccine is the most effective means of prevention.

F. Hepatitis C

F. The most common chronic bloodborne infection in the United States. There is no available treatment or vaccine.

12. *A. Universal precautions*

B. OSHA regulations and guidelines

C. Engineering controls

D. Exposure control plans

E. Work practice controls

F. Body substance isolation precautions/standard precautions

C. Measures that isolate or remove a hazard from the workplace. The things used in the workplace to help reduce the risk of an exposure incident.

E. Practices that help reduce the likelihood of exposure by changing the way a task is carried out. The things employees do to help reduce the risk of an exposure incident.

A. Treating all blood and other potentially infectious materials as if they are known to be infectious.

D. A written program that outlines the protective measures an employer will take to eliminate or minimize exposure incidents.

B. Apply to employees who may come into contact with blood or other body fluids that could cause an infection and help employers meet the bloodborne pathogen standard to prevent transmission of serious diseases.

F. Consider all blood and body fluids to be infectious.

Multiple Answers

Place the correct symbol next to the correct answer.

13. Place an "E" by those measure or practices that are *Engineering Controls* and a "W" by those that are *Work Practice Controls*.

W Placing sharps items in appropriate containers

E Biohazard bags

W Removal and disposal of soiled personal protective equipment

W Cleaning and disinfecting all equipment and work surfaces possibly soiled by blood or other potentially infectious materials

E Personal protective equipment

E Sharps containers

-
- W Washing hands after providing care
 - E Self-sheathing needles
 - W Not drinking, eating, smoking, handling contact lenses, touching the eyes, nose or mouth or applying lip balm cosmetics in areas where blood or other potentially infectious materials may be transmitted
 - E Biohazard labels

Fill in the Blanks

14. Adopting **preventive** behavior is the best tool against Hepatitis B, Hepatitis C, HIV and other bloodborne pathogens.
15. Unprotected skin contact with blood-soaked bandages from a first aid incident is an example of **indirect** contact.
16. Wear **disposable** gloves whenever providing care, particularly if you may come into contact with blood or other potentially infectious materials.
17. Remove jewelry, including **rings** and watches before wearing disposable gloves.
18. Keep any cuts, scrapes or sores **covered** prior to putting on protective clothing.
19. **Change** disposable gloves before giving care to a different person.
20. In addition to gloves, wear other personal protective equipment such as **protective** eyewear to protect the eyes whenever you are likely to come into contact with blood or other body fluids or while cleaning up a biohazard spill.

Circle the Correct Answer from the Pair

21. Hepatitis B, hepatitis C and HIV (are/**are not**) spread by casual contact, such as shaking hands.
22. (Do/**Do not**) use disposable gloves that are discolored, torn or punctured.
23. (Do/**Do not**) reuse disposable gloves.
24. (Do/**Do not**) wear gloves or other protective clothing or equipment away from the workplace.
25. (Do/**Do not**) handle items such as pens, combs or radios when wearing soiled gloves.
26. If you wear gloves, you (**do**/do not) need to wash your hands after giving care.

Short Answer

27. Name four types of exposures to blood that public safety personnel, such as police and firefighters, might encounter.

Injuries from needles

Other sharps

Direct contact (skin and mucous membrane)

Indirect contact (skin and mucous membrane)

28. Give two examples of correct entry sites where transmission of bloodborne pathogens could occur from occupational exposure.
-

Touching blood or other body fluids directly or indirectly and having breaks in the skin
Blood splashing into eyes or mouth

29. *What role do OSHA regulations play in preventing the spread of bloodborne pathogens?*

The regulations require employers to minimize or eliminate hazards from the workplace that may place employees in contact with infectious materials and prevent transmission of serious diseases in situation in which employees could come into contact with blood or other body fluids as part of their occupational duties.

30. *List five types of personal protective equipment used in the workplace to keep employees from directly contacting infected materials.*

Resuscitation masks

Disposable gloves

Protective eyewear

Protective footwear

Gowns

Face shields

BVMs

Rubber gloves

31. *List the six steps necessary to correctly wash hands after giving care.*

- 1. Wet hands with water.**
- 2. Apply liquid soap to hands.**
- 3. Rub hands vigorously for at least 15 seconds, covering all surfaces of the hands and fingers. Use soap and warm running water. Scrub nails by rubbing them against the palms.**
- 4. Rinse hands with water.**
- 5. Dry hands thoroughly with a paper towel.**
- 6. Turn off the faucet using the paper towel.**

32. *You have responded to an emergency involving blood at your workplace. After providing care, you are responsible for cleaning and disinfecting the area (a solid surface floor). In the correct order, list the seven steps you would take to disinfect the area.*

- 1. Wear single-use disposable gloves and other personal protective equipment.**
 - 2. Clean up spills immediately or as soon as possible after the spill occurs.**
 - 3. If the spill is mixed with sharp objects, such as broken glass and needles, do not pick these up with your hands. Use tongs, a broom and dustpan, or two pieces of cardboard.**
 - 4. Dispose of the absorbent material used to collect the spill in a labeled biohazard container.**
-

-
5. After the area has been wiped up, flood the area with a fresh solution of approximately 1½ cup of liquid chlorine bleach to 1 gallon of water (1 part bleach per 10 parts water), and allow it to stand for at least 10 minutes.
 6. Use appropriate material to absorb the solution, and dispose of it in a labeled bio-hazard container.
 7. Scrub soiled boots, leather shoes and other leather goods, such as belts, with soap, a brush and hot water. If you wear a uniform to work, wash and dry it according to the manufacturer's instructions.
33. While giving care to a victim you note that you were exposed by direct contact to the victim's blood or other potentially infectious material. What must you do immediately?
- Immediately report the incident to your supervisor or have someone do it for you.**
- After you have reported the incident, or while someone else is reporting it, wash or flood the exposed area for at least 15 seconds.**
- After washing or flooding the exposed area, get immediate medical attention.**
-

CHAPTER 3: TAKING ACTION AND CARING FOR BREATHING EMERGENCIES

Multiple Choice

Circle the correct answer.

- One of the first steps to follow in an emergency is—*
 - Transporting the victim to the hospital.
 - Planning for an emergency.
 - Documenting what happened.
 - Performing an initial assessment.**
 - Why should you conduct an initial assessment in every situation?*
 - To protect you from legal actions
 - To identify any life-threatening conditions**
 - To protect the victim and bystanders from dangers at the scene
 - To reassure the victim
 - Advanced medical personnel should be summoned for all of the following conditions EXCEPT—*
 - Chest pain or discomfort that lasts 3 to 5 minutes or that goes away and comes back.
 - Severe headache or slurred speech.
 - Breathing problems (difficulty breathing or no breathing).
 - A yellowing of the skin.**
 - Breathing barriers help to—*
 - Protect against disease transmission.**
 - Restart the heart.
 - Maintain breathing.
 - Reduce the amount of oxygen in a victim's blood.
 - The care given to an adult who is not breathing, but has a pulse (respiratory arrest), is—*
 - 5 abdominal thrusts, with each thrust being a distinct attempt to dislodge the object.
 - Modified-H.A.I.N.E.S. recovery position.
 - Rescue breaths at a rate of 1 breath every 3 seconds.
 - Rescue breaths at a rate of 1 breath every 5 seconds.**
 - You find an unconscious 6-year-old boy. After sizing up the scene and obtaining consent, you perform an initial assessment and determine that the boy has a pulse, but is not moving or breathing. How often do you need to breathe for him?*
 - Once every 3 seconds**
 - Once every 5 seconds
 - Once every few minutes
 - About every minute
-

-
7. *You are caring for a victim in an emergency who may have ingested drugs. The victim suddenly becomes hostile, violent and threatening. As a professional rescuer, what should you do?*
- Continue to attempt to treat the victim because he needs your care
 - Attempt to restrain the victim until he calms down
 - Remove yourself from harm, observe the victim and wait for law enforcement to arrive**
 - Leave the scene. It is too dangerous to remain on site
8. *In an emergency, move a victim only when not moving him or her will cause further harm to the victim or the rescuer. Which of the following includes examples of such a situation?*
- Explosions, fire, toxic gas exposure or unstable structures in the immediate vicinity**
 - Confined downed power lines, moving traffic or domestic animals
 - Unstable structures a block away or power outages
 - Rainstorms, moving traffic or power outages
9. *When checking for signs of life during the initial assessment, the rescuer is looking for—*
- Circulation and breathing.
 - Chest and arm movement.
 - Circulation and chest movement.
 - Movement and normal breathing.**

Matching

Match each term with the correct definition.

10. A. *Two-person seat carry*
B. *Clothes drag*
C. *Blanket drag*
D. *Walking assist*
E. *Foot drag*
F. *Pack-strap carry*
- B Used to move a clothed victim who you think may have a head, neck or back injury.
D Used to help a victim who needs assistance walking to safety.
E Use to move a victim too large to carry or move otherwise.
A Used to carry a conscious victim who cannot walk and has no suspected head, neck or back injury.
C Used to move an unconscious victim in an emergency situation when rescue equipment is limited.
F Used to help move a conscious or unconscious victim with no suspected head, neck or back injury.
-

11. A. *Bag-Valve-Mask Resuscitator (BVM)*

B. *Resuscitation Mask*

C. *Face Shield*

C A lightweight, plastic cover that lies across the victim's face with a one-way valve that enables a rescuer to provide rescue breathing and reduces the risk of disease transmission.

A A hand-held device used primarily to ventilate a victim in respiratory arrest, but also used for a victim in respiratory distress.

B A flexible, dome-shaped device that covers the victim's mouth and nose, creating a seal that allows the rescuer to provide rescue breathing and can be connected to oxygen.

Multiple Answers

Place a check next to the correct answer or answers.

12. *Signs that a victim may be suffering from hypoxia include—*

☐ Decreased breathing and heart rates

☒ **Blue lips and nail beds**

☒ **A change in the level of consciousness**

☐ Sleeplessness

☒ **Chest pain**

☒ **Increased breathing and heart rates**

☐ Hot, flushed skin

☒ **Restlessness**

True or False

Circle True or False.

13. **True** False *When you give rescue breaths to a victim of a nonfatal submersion, the victim will probably vomit.*

14. True **False** *When caring for a conscious choking infant, use a combination of 5 back blows and 1 chest thrust.*

15. **True** False *Using a resuscitation mask when giving rescue breaths promotes safe practices to reduce the risk of transmitting bloodborne pathogens.*

16. True **False** *When giving care to an unconscious choking child, open the mouth and immediately sweep for the object after giving 5 chest thrusts. Then try 2 rescue breaths again.*

Fill in the Blanks

17. A breathing emergency occurs if a victim has difficulty breathing and is called respiratory **distress**.
18. In a breathing emergency if a victim stops breathing, it is known as respiratory **arrest**, or respiratory failure.
19. Rescue breathing is a technique for delivering **air** into a victim to give him or her the oxygen needed to survive.
20. Abdominal thrusts compress the abdomen, forcing the diaphragm **upwards**, which increases pressure in the lungs and airway. This forces trapped air out of the lungs and pushes the object out of the airway.
21. When performing rescue breathing on an adult, give 1 breath every 5 seconds with the exhaled breaths lasting for approximately 1 second.
22. When performing rescue breathing on a child or infant, give 1 breath every 3 seconds with the exhaled breaths lasting for approximately 1 second.
23. If you give an unconscious adult rescue breaths and they do not make the chest clearly rise, reposition the airway by tilting the **head** further back, then try the **breaths** again.

ORDERING

Place in the correct order.

24. Place in the correct order the steps necessary to administer an intramuscular injection using an auto-injector.
 - 2 Remove the safety cap from the auto-injector.
 - 5 Give the used auto-injector to EMS personnel.
 - 3 Push the injector firmly against the victim's thigh until the injector is activated.
 - 1 Locate the lateral (outside) portion of the victim's thigh, midway between the waist and knee.
 - 4 Hold the injector in place until the medication is injected (about 10 seconds).

Short Answer

25. Name the three steps to follow in an emergency.
 1. **Size up the scene**
 2. **Perform an initial assessment**
 3. **Summon more advanced medical personnel, if necessary**
 26. List in the correct order the four steps necessary to properly complete an initial assessment.
 1. **Check the victim for consciousness**
 2. **Check for signs of life (movement and breathing)**
 3. **Check for a pulse**
 4. **Check for severe bleeding**
-

27. *List three characteristics of the breathing device known as a face shield.*

Compact

One-way valve that reduce the risk of disease transmission

Plastic cover that lies across the victim's face

Enables the rescuer to ventilate to the victim

28. *Name three situations in which a lone responder would Care First, that is, provide 2 minutes of care, then call 9-1-1 or the local emergency number.*

An unconscious infant or child (younger than 12 years old)

Any victim of a drowning or nonfatal submersion

Any victim who has suffered cardiac arrest associated with trauma

Any victim who has taken a drug overdose

29. *Name three situations in which you would use an auto-injector on a victim.*

Relates a history of allergies or allergic reactions

Is having an allergic reaction

Requests assistance to administer epinephrine

Provides the epinephrine or auto-injector

A family member relates a victim's history of allergies, allergic reactions and provides the victim's auto-injector

30. *What five steps should the responder take BEFORE assisting or administering epinephrine to a victim?*

Call 9-1-1 or the local emergency number or summon more advanced medical personnel immediately.

Ensure that the prescription is for the victim.

Ensure that the prescription expiration date has not lapsed.

Ensure that the medication is clear and not cloudy or discolored.

Read and follow the instructions provided with the auto-injector.

Ensure that the victim has not already taken epinephrine or antihistamine.

CHAPTER 4: CARDIAC EMERGENCIES

Multiple Choice

Circle the correct answer.

- Signs and symptoms of a heart attack include—*
 - Chest pain that lasts less than 1 minute.
 - Nausea, shortness of breath or difficulty breathing.**
 - Dry, red, hot skin.
 - Inability to speak in full sentences.
- Which of the following is not a specific link in the Cardiac Chain of Survival?*
 - Early recognition of the emergency and early access to EMS
 - Early CPR
 - Early defibrillation
 - Early rescue**
- You see an older man collapse. You do the initial assessment and find the man has no pulse and is not moving or breathing. You begin CPR. How many chest compressions and rescue breaths do you give in each cycle?*
 - 10 chest compressions and 2 rescue breaths
 - 15 chest compressions and 1 rescue breath
 - 30 chest compressions and 2 rescue breaths**
 - 5 chest compressions and 2 rescue breaths
- Another name for a heart attack is—*
 - Commotio cordis.
 - Cardiovascular infraction.
 - Myocardial infarction.**
 - Angina pectoris.
- What is the most important action step to take to care for a person you think may be experiencing a heart attack?*
 - Put the victim in a comfortable position and loosen any restrictive clothing.
 - Call 9-1-1.**
 - Obtain the victim's consent.
 - Check airway, breathing and circulation.

Matching

Match each term with the correct definition.

- A. Early recognition of the emergency and early access to EMS*
 - B. Early cardiopulmonary resuscitation (CPR)*
-

C. Early defibrillation

D. Early advanced medical care

- D. EMS personnel who provide more advanced medical care and transport the victim to the hospital.
- C. An electrical shock that may restore a normal heart rhythm.
- B. Compressions and ventilations provided by a rescuer to a victim to help supply oxygen to the brain and other vital organs to keep the victim alive.
- A. The sooner advanced medical personnel or the local emergency number is called, the sooner they can take over.

True or False

Circle True or False.

7. Indicate which of the following statements about aspirin therapy are true and which are false.
- | | | |
|-------------|--------------|---|
| True | False | Aspirin can help alleviate the signs and symptoms of a heart attack. |
| True | False | Aspirin therapy has a slow onset of action and is useful throughout the treatment of a heart attack. |
| True | False | The risk of overdose is low if two chewable baby aspirin (162 mg) are given. |
| True | False | Adult aspirin tablets at or below 5-grain should be avoided. |
| True | False | If aspirin is not available, acetaminophen is recommended. |
| True | False | A victim who has been successfully resuscitated from a cardiac arrest should under no circumstances be given aspirin. |

Fill in the Blanks

8. When the muscle of the heart suffers a loss of oxygenated blood, the result is a **myocardial infarction**, or heart attack.
9. If you are a lone responder, **Call** First, meaning call 9-1-1 or the local emergency number before providing care for an unconscious adult victim or child age 12 or older.
10. If you are a lone responder, **Care** First for an unconscious victim younger than 12 years old.
11. **Call** First if you suspect a cardiac emergency.
12. **Care** First situations are likely to be related to **breathing** emergencies rather than cardiac emergencies.
13. When performing CPR on an adult, give **30** compressions followed by **2** rescue breaths at a rate of about **100** compressions per minute where the compression depth is **1 1/2** to **2** inches.
14. When performing CPR on a child or infant, give cycles of **30** compressions and **2** rescue breaths at a depth of **1** to **1 1/2** inches for a child and **1/2** to **1** inch for an infant.
-

Ordering

Place in the correct order.

15. *Place in order the steps necessary to administer aspirin to a victim experiencing a heart attack.*

- 2 Call 9-1-1 or the local emergency number or summon advanced medical personnel immediately
- 4 If local protocols or medical directives allow, ask the victim if he or she has any allergies to aspirin, suffers from stomach ulcers or stomach disease, uses blood thinners or has been told by doctors not to take aspirin.
- 3 Make the victim as comfortable as possible.
- 1 Evaluate the victim for signs and symptoms of a heart attack.
- 5 If the victim denies any contraindications for aspirin, offer two chewable (162 mg) baby aspirins or up to one 5-grain (325 mg) adult aspirin tablet with a small amount of water.

Short Answer

16. *List five signs or symptoms of a heart attack.*

Persistent chest discomfort, pain or pressure (a primary signal of a heart attack) that lasts longer than 3 to 5 minutes, or goes away and comes back.

Discomfort, pain or pressure in either arm, back or stomach.

Chest discomfort, pain or pressure that spreads to the shoulder, arm, neck or jaw.

Nausea or vomiting.

Shortness of breath or trouble breathing (noisy breathing and breathing that is faster than normal).

Pale, ashen (grayish) or bluish skin.

Dizziness, light-headedness, loss of consciousness or fainting.

Sweating—face may be moist or person may be sweating profusely.

Denial of signals.

17. *Name four steps that responders should take BEFORE assisting or administering aspirin to a victim.*

Ensure that the victim is conscious

Ensure that the victim is able to swallow

Ensure that the victim denies allergy to aspirin

Ensure that the victim denies stomach ulcers or stomach disease

Ensure that the victim denies taking blood thinners

Ensure that the victim has not been told by doctors not to take aspirin.

CHAPTER 5: AUTOMATED EXTERNAL DEFIBRILLATION

Multiple Choice

Circle the correct answer.

1. *An electrical shock delivered to the heart to correct certain life-threatening heart rhythms is called—*
 - a. Asystole.
 - b. Diastole.
 - c. Fibrillation.
 - d. **Defibrillation.**
 2. *It is important for everyone to “stand clear” before using an AED to deliver a shock because—*
 - a. The victim’s arm may swing out and strike you when the shock is delivered.
 - b. The AED will not work unless you stand clear.
 - c. **You or someone else could get shocked.**
 - d. The AED may not deliver the correct shock to the victim.
 3. *Early defibrillation is an important step in the Cardiac Chain of Survival for all of the reasons below EXCEPT—*
 - a. Asystole cannot be corrected by defibrillation.
 - b. Most victims of sudden cardiac arrest need an electrical shock called defibrillation.
 - c. Each minute that defibrillation is delayed reduces the chance of survival by about 10 percent.
 - d. **Advanced medical personnel can transport the victim to the hospital more quickly.**
 4. *After confirming that a victim has no pulse and is not moving or breathing, and an AED is available, the next step is—*
 - a. **Turn on the AED.**
 - b. Plug the connector into the AED, and attach the pads to the victim’s chest.
 - c. Let the AED analyze the heart rhythm or push the button marked “analyze.”
 - d. Deliver a shock if one is indicated after ensuring that no one is touching the victim and there are no hazards present.
 5. *When using an AED—*
 - a. Dry the victim’s chest thoroughly using alcohol and gauze pads.
 - b. **Remove any patch you see on the victim’s chest.**
 - c. Check for pulse while the device is delivering a shock.
 - d. Place the victim on his or her side.
 6. *The pads of an AED for an adult should be placed—*
 - a. **On the upper right chest and lower left side.**
 - b. On the lower right side and upper left chest.
 - c. On the lower right chest and lower left side.
 - d. On the upper right and upper left side of the chest.
-

-
7. *After the initial analysis, if the AED prompt indicates that “no shock is advised,” the next step is to—*
 - a. Restart the AED.
 - b. Look for movement and recheck for breathing and a pulse.
 - c. Begin rescue breathing.
 - d. **Begin CPR for 5 cycles (about 2 minutes).**
 8. *If using an AED on a victim who was removed from the water all of the following are important EXCEPT—*
 - a. Making sure there are no puddles of water around you, the victim or the AED.
 - b. Drying the victim’s chest.
 - c. Removing wet clothing for proper pad placement if necessary.
 - d. **Drying the victim’s feet and legs.**
 9. *When using an AED on a victim with a pacemaker or implanted cardiac device—*
 - a. Place the pad directly over the implanted cardiac device.
 - b. **Adjust pad placement if necessary.**
 - c. Reverse the position of the pads on the victim’s chest.
 - d. An AED cannot be used if the victim has an implanted cardiac device.
 10. *When using an AED on a child, complete all of the following steps EXCEPT—*
 - a. Use pediatric AED pads.
 - b. Make sure the pads are not touching.
 - c. If the pads are touching, place one pad on the child’s chest and the other pad on the child’s back.
 - d. **Place both AED pads on the child’s abdomen just above the navel.**

Multiple Answers

Place a check next to the correct answer or answers.

11. *An AED with appropriate pediatric pads may be used on children who are—*
 - ☒ **Victims of trauma.**
 - ☐ Conscious but having chest pain.
 - ☐ In a pool.
 12. *An AED may be used on—*
 - ☒ **Victims of hypothermia in cardiac arrest.**
 - ☒ **Victims of trauma in cardiac arrest.**
 - ☒ **Victims with a pacemaker who are in cardiac arrest.**
 - ☐ Victims on the stairs who are in cardiac arrest.
-

True or False

Circle True or False.

13. True **False** *Since a child's chest may be small, it is alright to defibrillate if the pads touch each other when placed on the chest.*
14. **True** False *It is correct to place one pad on the child's back if the pads touch each other on the child's chest.*
15. **True** False *It is important not to delay defibrillation when taking steps to provide for a dry environment.*

Fill in the Blanks

16. Most victims of sudden cardiac arrest need an electrical shock called **defibrillation**.
17. Advise all rescuers and bystanders to "**stand clear**" when analyzing or shocking the victim.
18. Do not **touch** or **move** the victim while the AED is analyzing.
19. After the second analysis, if the AED tells the rescuer "no shock advised," he or she should **continue CPR**.
20. An AED equipped with pediatric AED pads is capable of delivering levels of energy to a child between **1** and **8** years of age and weighing less than **55** pounds.
21. **Defibrillation** is an electrical shock that interrupts the heart's chaotic electrical activity, which can restore the heart's ability to function as a pump.
22. **Ventricular fibrillation** is an abnormal heart rhythm characterized by a state of totally disorganized electrical activity of the heart, resulting in a quivering of the ventricles. In this state, the ventricles cannot pump blood and there is no movement, breathing or pulse.
23. **Ventricular tachycardia** is an abnormal heart rhythm characterized by very rapid contraction of the ventricles. Although there is electrical activity resulting in a regular rhythm, the rate is often too fast to allow the heart to pump blood properly.

Circle the Correct Answer from the Pair

24. The incidence of cardiac arrest in children is relatively (high/**low**) compared to adults.
25. Cardiac arrest resulting from ventricular fibrillation (**does**/does not) happen to young children.
26. Most cardiac arrests in children (are/**are not**) sudden.

Short Answer

27. List in correct order the four links in the Cardiac Chain of Survival.
1. Early recognition of the emergency and early access to EMS
 2. Early CPR
 3. Early defibrillation
 4. Early advanced medical care
-

28. *Name three of the most common causes of cardiac arrest in children.*

Airway problems

Breathing problems

Traumatic injuries or an accident (e.g., automobile, drowning, electrocution or poisoning)

A hard blow to the chest (e.g. commotio cordis)

Congenital heart disease

29. *List in correct order the seven steps you must follow to defibrillate a victim using an AED after advance medical personnel have been summoned.*

1. Turn on AED

2. Wipe the chest dry

3. Attach the pads

4. Plug the connector into the AED, if necessary

5. Make sure that nobody, including you, is touching the victim

6. Push the “analyze” button, if necessary

7. If a shock is advised, push the “shock” button

30. *List three situations in which traumatic injuries or accidents may be the cause of sudden cardiac arrest in children.*

Automobile accident

Drowning

Electrocution

Poisoning

31. *What five steps would you take to use an AED on a drowned victim who has no pulse and is not moving or breathing?*

1. Move the victim away from the water.

2. Dry the chest.

3. Remove any wet clothing.

4. Make sure the victim and rescuer are not in contact with puddles before using the AED.

5. Use a backboard if available.

32. *What should you do before using an AED on a victim who is wearing a nitroglycerin patch?*

While wearing gloves, remove the patch from his or her chest before attaching the AED.

33. *What might a rescuer notice or feel beneath the skin in the chest or collarbone area of a victim of cardiac arrest?*

An implantable pacemaker

-
34. *You are providing care for a victim of a nonfatal submersion resulting from an ice-fishing accident. You note that the victim is suffering from hypothermia. List five important points to remember while providing care.*

Some victims have been successfully resuscitated after prolonged exposure.

It takes more than the customary 10 seconds to complete an initial assessment and check a hypothermia victim.

A pulse check may take up to 30 to 45 seconds.

You will need to protect the victim from further heat loss.

Do not to shake a hypothermia victim unnecessarily as this could result in V-Fib.

CHAPTER 6: ADMINISTERING EMERGENCY OXYGEN

Multiple Choice

Circle the correct answer.

1. Which two delivery devices connected to oxygen can be used by a professional rescuer for a victim who is not breathing?
 - a. Nasal cannula, non-rebreather mask
 - b. BVM, nasal cannula
 - c. **BVM, resuscitation mask**
 - d. Nasal cannula, resuscitation mask
2. When attached to an oxygen source, a BVM can deliver nearly 100 percent oxygen. What percentage of oxygen is delivered by a BVM without an oxygen source?
 - a. 61 percent
 - b. 41 percent
 - c. **21 percent**
 - d. 11 percent
3. A regulator should not be lubricated with a petroleum product because of the danger of—
 - a. Contaminating the oxygen.
 - b. **An explosion.**
 - c. Loosening the oxygen cylinder valve.
 - d. Inaccurate readings from the oxygen flowmeter.
4. On some models, the O-ring gasket should be placed on the oxygen cylinder—
 - a. After the regulator is in place.
 - b. After you have examined the pressure regulator.
 - c. **After you have opened the cylinder for 1 second.**
 - d. After you have verified the oxygen flow to the victim.

Matching

Match each term with the correct definition.

- | | | | |
|------|--------------------|--------------|---|
| 5. A | Flowmeter | <u> A </u> | Regulates oxygen delivery in liters per minute (LPM). |
| B | Nasal cannula | <u> E </u> | The most effective way for delivering high concentrations of oxygen to breathing victims. |
| C | Resuscitation mask | <u> B </u> | Used to administer low-flow oxygen to a victim who is breathing. |
-

D *Oxygen cylinder*

E *Non-rebreather mask*

 D Has an internal pressure of approximately 2,000 pounds per square inch (psi).

 C A flexible dome-shaped device that covers the victim's mouth and nose and is used to give rescue breaths.

Multiple Answers

Place a check next to the correct answer or answers.

6. *You find that you must give emergency oxygen to a victim who is having difficulty breathing. What equipment will you need to deliver emergency oxygen-*

 A nasal airway

 ✓ **An oxygen cylinder**

 A suctioning device

 ✓ **A regulator with pressure gauge**

 ✓ **A flowmeter**

 ✓ **A delivery device, such as a nasal cannula or non-rebreather mask**

True or False

Circle True or False.

- | | | | |
|-----|-------------|--------------|--|
| 7. | True | False | A benefit of using a BVM for rescue breathing is that the rescuer can deliver a higher concentration of oxygen to a victim than when using a resuscitation mask. |
| 8. | True | False | An oxygen delivery device should be placed over a victim's face before oxygen begins to flow. |
| 9. | True | False | A victim with a serious injury can benefit from emergency oxygen. |
| 10. | True | False | Oxygen should not be used around open flames or sparks. |
| 11. | True | False | A bag-valve-mask resuscitator (BVM) may be used for both breathing and nonbreathing victims. |
| 12. | True | False | A BVM may be used on a victim if the rescuer suspects a head, neck or back injury. |
| 13. | True | False | A nasal cannula may be used to administer oxygen to a breathing or nonbreathing victim. |
| 14. | True | False | Flow rates above 6 LPM are not commonly used with a nasal cannula. |
| 15. | True | False | When using a fixed-flow-rate oxygen system, the rescuer must attach the regulator, fix the flow rate and place the mask over the victim's face. |
-

Fill in the Blanks.

16. Oxygenated blood travels from the lungs to the left side of the heart by the pulmonary artery.
17. Deoxygenated blood returns to the right side of the heart where it is pumped out to the lungs through the pulmonary vein.
18. The primary function of the respiratory system is to exchange inhaled oxygen with the by-products of metabolism, namely carbon dioxide.
19. Oxygen should be given when an adult victim is breathing fewer than 10 breaths per minute or more than 30 breaths per minute.
20. Oxygen should be given when a child is breathing fewer than 15 or more than 30 breaths per minute.
21. Oxygen should be given when an infant is breathing fewer than 20 breaths per minute or more than 50 breaths per minute.
22. When giving emergency oxygen, a resuscitation mask with an oxygen inlet may be used as a delivery device.
23. Fixed flow oxygen systems have a set flow-rate. This eliminates the need to assemble the equipment.

Ordering

Place in the correct order.

24. When two rescuer are using a BVM, they should first complete the initial assessment and then take the following steps:
 - 3 Rescuer 1 seals the mask and opens the airway by kneeling behind the victim's head, placing thumbs along each side of the mask, sliding fingers into position behind the angles of the jawbone and applying downward pressure with the thumbs to lift the jaw and tilt the head back to open the airway.
 - 2 Rescuer 1 positions the mask so that it covers the victim's mouth and nose.
 - 1 Rescuer 2 assembles the BVM by attaching the mask to the bag and valve.
 - 4 Rescuer 2 begins ventilations by squeezing the bag slowly for about 1 second for an adult, child or infant.

Short Answer

25. List the three pieces of equipment necessary for giving emergency oxygen.
An oxygen cylinder
A regulator with pressure gauge and flowmeter
A delivery device
 26. You find that an infant is breathing fewer than 20 breaths per minute. What should you do?
Give emergency oxygen
Support respirations by using a BVM
-

27. *You are preparing to give emergency oxygen to a victim in respiratory distress. Name five precautions you must take.*

Make sure the cylinder is marked oxygen.

Make sure oxygen is flowing through the delivery device before placing the delivery device on the victim.

Do not use oxygen around flames or sparks.

Do not use grease, oil or petroleum products to lubricate the pressure regulator.

Do not stand oxygen cylinders upright unless they are well secured.

Do not drag or roll a cylinder.

Do not carry a cylinder by the valve or regulator.

Do not hold onto protective valve caps or guards when moving or lifting a cylinder.

Do not deface, alter or remove any labeling or marking on the oxygen cylinder.

Do not attempt to mix gases in an oxygen cylinder or transfer from one cylinder to another.

If defibrillating, make sure no one is touching or in contact with the victim or the resuscitation equipment. Do not defibrillate someone when around flammable materials, such as gasoline or free-flowing oxygen.

28. *Name five precautions to take when disassembling the oxygen cylinder and regulator.*

Turn off flowmeter.

Close the cylinder.

Turn on the flowmeter to bleed the line.

Remove the regulator.

Be sure the cylinder is not standing upright unless it is secured to a wheeled cart.

are improved. Lay responders must recognize emergencies, quickly activate the EMS system and then take action within the first critical minutes. Professional rescuers must respond quickly and effectively to emergencies when they are summoned. In a serious injury or illness, survival and recovery are not a matter of chance. Survival is the result of an EMS system in which all participants fulfill their roles. For this reason, it is important for professional rescuers to keep their training current and stay abreast of new issues and developments in emergency care.

LEGAL CONSIDERATIONS

Many people are concerned about lawsuits. However, lawsuits against those who provide care at the scene of an emergency are highly unusual and rarely successful. Being aware of basic legal principles and proper emergency medical care can help you avoid legal action.

Following are some important legal principles involved in emergency care. Because laws vary from state to state, you should inquire about your state's specific laws.

- **Duty to Act**—Most professional rescuers, by case law, statute or job description, have a duty to act at the scene of an emergency. This duty applies to public safety officers as well as licensed and certified professionals while on duty. Failure to adhere to this duty could result in legal action.
- **Scope of Practice**—When called upon to act at the scene of an emergency, you may only act within your scope of practice. The scope of practice is the set of skills and knowledge that you have acquired in training and that you are authorized by your certification to practice. The scope of practice establishes the limit of care that you can legally provide. This limit may vary from state to state. Therefore, you should learn about the expectations for your area.
- **Standard of Care**—The public expects a certain level of knowledge and skill from personnel summoned to provide emergency care. This level is called the *standard of care*. For example, the standard of care for cer-

tified first responders and EMTs is based on the training guidelines developed by the U.S. Department of Transportation and by the states and municipalities in which they serve. Other authorities, such as national organizations, may also play a role in developing these standards. The standard of care requires you to—

- Communicate proper information and warnings to help prevent injuries.
- Recognize a victim in need of care.
- Attempt to rescue a victim needing assistance.
- Provide emergency care according to your level of training.
- **Negligence**—If you do not follow the standard of care or your failure to act results in someone being injured or causes further harm to the victim, you may be considered negligent. Negligence includes—
 - Failing to provide care.
 - Providing care beyond your scope of practice or level of training.
 - Providing inappropriate care.
 - Failing to control or stop any behaviors that could result in further harm or injury.
- **Good Samaritan Laws**—The vast majority of states and the District of Columbia have Good Samaritan laws that protect people who willingly give emergency care without accepting anything in return. These laws, which differ from state to state, may protect people from legal liability if they act in good faith, are not negligent and act within their scope of training. However, because of their “duty,” professional rescuers are not usually considered Good Samaritans. Check your local and state laws to see if Good Samaritan laws protect you.
- **Consent**—Before providing care to a conscious victim, you must first obtain his or her consent. For a minor, you must obtain consent from a parent or guardian. To obtain consent—
 - State your name.
 - Tell the victim you are trained to help and what level of training you have.
 - Ask the victim if you can help.
 - Explain to the victim that you would like to assess him or her to find out what is wrong.
 - Explain what you plan to do.

The vast majority of states and the District of Columbia have Good Samaritan laws that protect people who willingly give emergency care without accepting anything in return.

Continue to get consent as you give care. If the victim does not give consent or later withdraws it, summon more advanced medical personnel. A victim who is unconscious, confused or seriously ill may not be able to give consent. In these situations, consent is implied, meaning the law assumes this person would give consent if able to do so. The same is true for minors when a parent or guardian is not present.

- **Refusal of Care**—Some injured or ill victims, even those who desperately need assistance, may refuse

-
- Recognize a victim in need of care.
 - Attempt to rescue a victim needing assistance.
 - Provide emergency care according to your level of training.

Negligence

- If you fail to follow the standard of care, and this failure results in someone being injured or causes further harm, you may be considered negligent. Negligence includes—
 - Failing to provide care.
 - Providing care beyond your scope of practice or level of training.
 - Providing inappropriate care.
 - Failing to control or stop any behaviors that could result in further harm or injury.

Good Samaritan Laws

- The vast majority of states and the District of Columbia have Good Samaritan laws that protect people who willingly give emergency care without accepting anything in return.
- Good Samaritan laws may protect individuals from legal liability as long as they act in good faith, are not negligent and act within their scope of training.
- Professional rescuers, because of their “duty,” are not usually considered Good Samaritans. Check your local and state laws to see if Good Samaritan laws protect you.

Consent

- You must obtain consent from a conscious, injured victim before you provide care. If the victim is a minor, you must obtain consent from a parent or guardian if they are present.
- To obtain consent, you must—
 - State your name.
 - Tell the victim you are trained to help and your level of training.
 - Ask the victim if you can help.
 - Explain to the victim that you would like to assess him or her to determine what is wrong or what you think may be wrong.
 - Explain to the victim what you plan to do.
- If the victim does not give consent or later withdraws consent, step back and be sure advanced medical personnel have been summoned. Document any care you have given up to that point.

-
- Informing other rescuers and facility staff when you need more help or equipment.
 - If your facility has an incident involving death or disability, such as a drowning; nonfatal submersion; or a head, neck or back injury your facility may be named as a defendant in a lawsuit.
 - A lawsuit is a legal procedure designed to settle a dispute or seek relief.
 - Understanding the legal principles involved in your responsibilities can help you avoid liability.
 - The vast majority of states and the District of Columbia have Good Samaritan laws to protect people who provide emergency care.
 - These laws differ somewhat from state to state but generally help protect rescuers when acting in good faith, within the scope of training and without negligence.
 - Some Good Samaritan laws do not provide coverage for people who have a duty to respond.

Activity:

- Provide each participant with a copy of your state's Good Samaritan laws.
- Based on what your facility's legal counsel says, discuss with them how your state's Good Samaritan laws protect you and professional rescuers.

Key Points and Discussion:

- As you know, before you can provide care for an injured or ill person, you must obtain consent.
- How do you obtain consent?
Answer: Ask if you can help and tell the person—
 - Your name.
 - That you are trained to help.
 - Your level of training.
 - What you think may be wrong or that you would like to assess him or her to find out what is wrong.
 - What care you plan to provide.
- What if the victim is unable to grant consent?
Answer: In cases in which someone is unconscious, confused or seriously injured or ill (such as a nonfatal submersion victim), the law assumes the person would give consent if he or she were able to do so. This is called implied consent.
- What if the victim is a minor?
Answer: Implied consent applies to minors who need emergency medical assistance when a parent or guardian is not present. The law assumes the parents or guardian would give consent if they were there to do so.

LEGAL CONSIDERATIONS TRUE OR FALSE QUIZ

1. True False The vast majority of states and the District of Columbia have Good Samaritan laws to protect people who provide emergency care.
2. True False Good Samaritan laws protect you if you attempt an emergency procedure beyond your training because if you did not at least try it, the victim would probably die.
3. True False Before you can provide care for an injured or ill victim, you must obtain consent.
4. True False Implied consent means that it is not necessary to obtain consent to give care to a conscious victim when the victim's condition is very severe.
5. True False If a victim refuses care, you should ask him to leave the facility.
6. True False If a victim refuses care, you should call EMS personnel.
7. True False As long as you begin care for a victim, you cannot be held legally responsible for stopping care before someone with higher training arrives and takes over.
8. True False Confidentiality protects the victim's right to privacy. Information learned about the victim should not be revealed to the public.
9. True False It is acceptable to discuss a victim or the care given with EMS personnel directly involved with the victim's care.
10. True False It is acceptable to discuss a victim or the care given with members of the media.