

Pretest/Post-test Answer Key

1. During cardiac arrest, what happens to a person?

- The heart is still beating and pumping blood, and the person is still alive
- The heart stops beating, the person doesn't respond, and the person isn't breathing normally
- The heart is still beating, the person isn't breathing normally, and blood stops moving
- The heart is still beating and pumping blood, but the person isn't breathing normally

2. Which is the correct first step when you arrive at a scene where a person has collapsed?

- Tap and shout
- Phone 9-1-1 and get an AED (if available)
- Make sure the scene is safe
- Check for breathing

3. When you do Hands-Only CPR, how many chest compressions should you perform each minute?

- About 50
- 100 to 120
- 130 to 150
- 150 to 200

4. How deep should you push on the chest of a teen or an adult when you do Hands-Only CPR?

- At least 1 inch
- At least 2 inches
- At least 3 inches
- At least 4 inches

5. Once you shout for help, what are the next steps for providing Hands-Only CPR?

- Phone 9-1-1 and get an AED (if available), check for breathing, and begin compressions
- Begin compressions, check for breathing, and phone 9-1-1 and get an AED (if available)
- Phone 9-1-1 and get an AED (if available), begin compressions, and check for breathing
- Check for breathing, begin compressions, and phone 9-1-1 and get an AED (if available)

6. What does an AED do?

- Automatically phones 9-1-1 and calls for help
- Reads the heart rhythm and checks for breathing
- Automatically phones 9-1-1 and tells you if a shock is needed
- Reads the heart rhythm and tells you if a shock is needed

7. Do you know where the AED is located in public places you go to (for example, work, school, events, stores)?

- Yes
- No

8. Would you feel comfortable performing Hands-Only CPR if someone had a cardiac arrest?

- Yes
- No

9. A person has fallen and is bleeding from a cut on his leg. Where should you apply pressure to this cut?

- On the wound, under the dressings
- Directly on the wound, over the dressings
- On the nearest pressure point of the leg
- On the side of the leg opposite the wound

10. A simple way to remember the warning signs of a stroke is the FAST (face drooping, arm weakness, speech difficulty, time to phone 9-1-1) method.

- True
- False

11. What are some signs that a person is having a heart attack?

- Shortness of breath
- Chest discomfort
- Nausea or light-headedness
- All of the above

12. How do you help a person who is dizzy but is still responsive?

- Have the person sit up, give her water, and continue to observe her behavior
- Help the person lie flat, and seek medical help; if unresponsive, phone 9-1-1
- Phone 9-1-1, help the person lie flat, give water, and check for injuries
- Check for injuries, help the person lie flat, and phone 9-1-1

13. If a person has low blood sugar, which of the following symptoms might he have?

- Irritability
- Weakness
- Confusion
- All of the above

14. What is the most important first aid action you can do when a person is having a seizure?

- Check if the person needs CPR
- Get help for the person
- Hold the person down
- Protect the person from injury

15. What are some signs that a person is having an opioid overdose?

- Shallow or slow breathing
- No breathing or only gasping
- Signs of the drug nearby
- All of the above

Optional Questions

16. Which is the correct first step to help a choking adult who stops responding?

- Shout for help
- Lay the person on the ground
- Phone 9-1-1 and get an AED (if available)
- Give 30 compressions

17. What is the most important thing to remember when performing CPR on a child?

- Children need breaths with compressions
- Child CPR is similar to adult CPR
- A child is 1 year or older but not a teenager
- Children usually have healthy hearts

18. What are the signs that a child is choking?

- The child can speak and play
- The child can't speak but can cough
- The child can cough and laugh
- The child can't cough, speak, or breathe

19. When you perform CPR with breaths on an adult, how many breaths do you give after every 30 compressions?

- 2 breaths
- 4 breaths
- 6 breaths
- 8 breaths