

American Heart Association

Heartsaver[®] Pediatric Total First Aid CPR AED Optional Exams A and B

February 25, 2021

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Student Answer Sheet
Heartsaver® Pediatric Total
First Aid CPR AED Optional Exam

Name: _____ Date: _____ Version: _____

Question	Answer			
1.	A	B	C	D
2.	A	B	C	D
3.	A	B	C	D
4.	A	B	C	D
5.	A	B	C	D
6.	A	B	C	D
7.	A	B	C	D
8.	A	B	C	D
9.	A	B	C	D
10.	A	B	C	D
11.	A	B	C	D
12.	A	B	C	D
13.	A	B	C	D
14.	A	B	C	D
15.	A	B	C	D
16.	A	B	C	D
17.	A	B	C	D
18.	A	B	C	D
19.	A	B	C	D
20.	A	B	C	D
21.	A	B	C	D
22.	A	B	C	D
23.	A	B	C	D
24.	A	B	C	D
25.	A	B	C	D

American Heart Association

**Heartsaver[®] Pediatric Total
First Aid CPR AED
Optional Exam A**

February 25, 2021

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**Heartsaver® Pediatric Total
First Aid CPR AED Optional Exam A**
(25 questions)

Please do not mark on this exam. Record the best answer on the separate answer sheet.

1. What should you do if a child has a known medical condition and needs first aid while on their school campus?
 - A. Check the child for a medical alert bracelet, and then begin first aid
 - B. Call the parent or a known relative to assist
 - C. Check with the school for the first aid action plan
 - D. Administer first aid, and then phone 9-1-1
2. You are swimming at a local pool. You come across a child who has fallen and is bleeding from a cut on her leg. Where should you apply direct pressure?
 - A. Directly on the cut, with your fingers under the bandage
 - B. On dressings over the cut
 - C. 2 to 3 inches below the cut
 - D. On the side of the leg opposite the cut
3. Which is a sign of a severe airway block?
 - A. Cannot breathe or talk
 - B. Can make sounds and talk
 - C. Can cough loudly
 - D. Can breathe, talk, or cough
4. You work at a day care center. What should you do after you've finished providing first aid to a child or infant in your care?
 - A. Write a report of the incident if the day care center requires it
 - B. Phone 9-1-1
 - C. Post the report to the company bulletin board
 - D. Tell coworkers about the injury
5. Why is it important to start CPR as soon as possible for a child in cardiac arrest?
 - A. To allow more time for other actions after CPR
 - B. To avoid delay in the arrival of advanced care
 - C. To follow your employer's protocol
 - D. To pump blood throughout the body and increase the child's chance of survival
6. What should you do if you are alone after giving 5 sets of 30 compressions and 2 breaths (about 2 minutes) when performing CPR on an uninjured infant?
 - A. Keep giving sets of 30 compressions and 2 breaths until the infant responds
 - B. Carry the infant with you while you go to phone 9-1-1
 - C. Check for breathing
 - D. See if someone can help

7. What is a sign that an infant is not responding to the tap and shout?
 - A. The infant makes sounds
 - B. The infant cries
 - C. The infant does nothing
 - D. The infant blinks
8. What is the first thing you should do as you approach an ill or injured child or infant?
 - A. Phone 9-1-1
 - B. Shout for help
 - C. Assess the scene and make sure it is safe
 - D. Check for medical information jewelry
9. What should you do when you phone your emergency response number (or 9-1-1)?
 - A. Answer all the dispatcher's questions
 - B. Tell the dispatcher only where the accident occurred
 - C. Tell the dispatcher to call 9-1-1
 - D. Give the dispatcher only the person's information
10. How do you protect an amputated body part?
 - A. Place it directly on ice in a sealed bag, and send it to the hospital
 - B. Wrap it in gauze, place it in an airtight bag, and send it to the hospital
 - C. Place it in a red biohazard bag
 - D. Place it in a watertight plastic bag inside another container with ice or ice and water
11. What is the correct position for giving abdominal thrusts if a child is choking and is still responding?
 - A. Put an arm around the choking child's waist
 - B. Put 2 fingers above the choking child's belly button
 - C. Stand in front of the choking child and put 2 fists between their shoulder blades
 - D. Get behind the choking child and put a fist just above their belly button
12. How should you give breaths with a mask?
 - A. Tilt the head and lift the chin, and press the mask against the child's face to make an airtight seal
 - B. Tilt the head, and cover the face completely with the mask
 - C. Tilt the chin, and press the mask against the child's nose
 - D. Tilt the head back far enough to open the child's mouth, and gently place the mask on the child's face
13. You are feeding your infant in a high chair. You briefly walk away to get him something to drink. When you return, you notice that his eyes are wide and he has excessive drooling and a silent cry. What is the next best step if, after giving 5 back slaps and 5 chest thrusts, the infant's airway is still blocked?
 - A. Begin CPR, emphasizing chest compressions
 - B. Put a finger in the infant's mouth and attempt to remove the blockage
 - C. Turn the infant over and continue with 5 chest thrusts until he is responsive
 - D. Repeat back slaps and chest thrusts until the infant can breathe or stops responding

14. When performing CPR, when should you switch positions and allow someone else to take over compressions and breaths?
- A. After each set of 30 compressions and 30 breaths
 - B. About every 2 minutes
 - C. After each set of 100 compressions and 2 breaths
 - D. Every 5 minutes
15. How far should you push down when giving chest compressions to a child who needs CPR?
- A. Approximately 2 inches
 - B. Approximately 1 inch
 - C. Approximately 1½ inches
 - D. Approximately half an inch
16. You are hiking with a group of children on a trail and notice that one of the children appears to have trouble breathing and swelling of the tongue and face. What should you look for that could help you determine the possible medical condition of this child?
- A. Her cell phone
 - B. Her permission slip
 - C. Her school identification card
 - D. Her medical information jewelry
17. A child is struck in the abdomen while on the playground. The child has a bruise and signs of shock. What should you suspect is wrong?
- A. External bleeding
 - B. Cardiac arrest
 - C. Internal bleeding
 - D. A head injury
18. Which actions provide the best chance of saving the life of a child in cardiac arrest?
- A. Phone 9-1-1, and wait for trained help to arrive
 - B. Phone the doctor, and drive the child to the hospital
 - C. Start early CPR, and use an AED as soon as it is available
 - D. Tell everyone to stand back to give the child air, and then wait for help
19. Why should you wear personal protective equipment?
- A. To protect yourself from bloodborne diseases
 - B. To keep your facility clean
 - C. So you don't have to wash your hands afterward
 - D. To avoid getting your own clothes dirty
20. What should you do if you suspect that an infant has a head injury?
- A. Have the infant remain still, and phone 9-1-1
 - B. Move the infant's head and look for an injury
 - C. Take the infant to a healthcare provider, if you have time
 - D. Have the infant move around until the infant feels better

21. How should you dispose of bloodstained gloves?
- A. Take the gloves home, and put them in the trash
 - B. Place them in the bathroom trash
 - C. Place bloodstained gloves in a sealed waste bag
 - D. Clean the gloves with waterless sanitizer and reuse
22. Which are the best methods you can use to get more information on first aid, CPR, or AED training?
- A. Borrow a coworker's student workbook and complete a self-study course
 - B. Go online to cpr.heart.org or call 1-877-AHA-4CPR (1-877-242-4277)
 - C. Contact your supervisor and visit the nearest American Heart Association Center
 - D. Refer to local laws for first aid providers and call 1-877-CPR-4AED (1-877-242-4277)
23. You recently started using a new laundry detergent. You put a shirt on your infant, and within a few minutes, you notice that the skin on his chest becomes red and starts to develop a rash. What type of allergic reaction is your infant experiencing?
- A. Mild
 - B. Moderate
 - C. Severe
 - D. Volatile
24. You are performing CPR on a child when another person arrives with the AED. You notice that the AED does not have child pads. What should you do?
- A. Use the adult pads, making sure they do not touch each other
 - B. Decide not to use the AED because the pads are only for adults
 - C. Stop CPR because it will not help anyway
 - D. Make sure to place the AED pads over the clothing to reduce the shock
25. You and your 10-year-old niece are picking berries at a local farm. She is stung by a bee and is having difficulty breathing. You have her epinephrine pen in your purse. Where should you inject the epinephrine pen?
- A. At the site of the bee sting
 - B. Into the thigh, halfway between the hip and the knee
 - C. Into either upper arm
 - D. Into the chest, as close to the heart as possible

Answer Key
Heartsaver® Pediatric Total
First Aid CPR AED Optional Exam A

Question	Answer			
1.	A	B	•	D
2.	A	•	C	D
3.	•	B	C	D
4.	•	B	C	D
5.	A	B	C	•
6.	A	•	C	D
7.	A	B	•	D
8.	A	B	•	D
9.	•	B	C	D
10.	A	B	C	•
11.	A	B	C	•
12.	•	B	C	D
13.	A	B	C	•
14.	A	•	C	D
15.	•	B	C	D
16.	A	B	C	•
17.	A	B	•	D
18.	A	B	•	D
19.	•	B	C	D
20.	•	B	C	D
21.	A	B	•	D
22.	A	•	C	D
23.	•	B	C	D
24.	•	B	C	D
25.	A	•	C	D

**Annotated Answer Key
Heartsaver® Pediatric Total
First Aid CPR AED Optional Exam A**

Student workbook page numbers below refer to the printed book and the eBook as viewed through the offline desktop/laptop reader, not the eBook as viewed through the mobile apps or ebooks.heart.org.

1. What should you do if a child has a known medical condition and needs first aid while on their school campus?
- A. Check the child for a medical alert bracelet, and then begin first aid
 - B. Call the parent or a known relative to assist
 - C. Check with the school for the first aid action plan**
 - D. Administer first aid, and then phone 9-1-1

The correct answer is C. Facilities that care for children should have a health record and written first aid action plan for each child with a medical condition. [*Heartsaver Pediatric First Aid CPR AED Student Workbook* > Part 1: First Aid Basics > Duties, Roles, and Responsibilities of the First Aid Rescuer > Plans for First Aid Emergencies > First Aid Action Plans; page 10]

2. You are swimming at a local pool. You come across a child who has fallen and is bleeding from a cut on her leg. Where should you apply direct pressure?
- A. Directly on the cut, with your fingers under the bandage
 - B. On dressings over the cut**
 - C. 2 to 3 inches below the cut
 - D. On the side of the leg opposite the cut

The correct answer is B. Apply dressings over the bleeding area, and put direct pressure on the dressings. [*Heartsaver Pediatric First Aid CPR AED Student Workbook* > Part 3: Injury and Environmental Emergencies > External Bleeding > When to Phone 9-1-1 for Bleeding > Step 4: Act; page 41]

3. Which is a sign of a severe airway block?
- A. Cannot breathe or talk**
 - B. Can make sounds and talk
 - C. Can cough loudly
 - D. Can breathe, talk, or cough

The correct answer is A. A person with a severe airway block cannot breathe, talk, or make sounds. [*Heartsaver Pediatric First Aid CPR AED Student Workbook* > Part 7: CPR and AED > How to Help a Choking Adult, Child, or Infant > Mild vs Severe Airway Block; page 143]

4. You work at a day care center. What should you do after you've finished providing first aid to a child or infant in your care?

A. Write a report of the incident if the day care center requires it
B. Phone 9-1-1
C. Post the report to the company bulletin board
D. Tell coworkers about the injury

The correct answer is A. You may need to fill out a report if your employer or company requires it. [*Heartsaver Pediatric First Aid CPR AED Student Workbook* > Part 1: First Aid Basics > Duties, Roles, and Responsibilities of the First Aid Rescuer > Your Responsibilities > Confidentiality; page 11]

5. Why is it important to start CPR as soon as possible for a child in cardiac arrest?

A. To allow more time for other actions after CPR
B. To avoid delay in the arrival of advanced care
C. To follow your employer's protocol
D. To pump blood throughout the body and increase the child's chance of survival

The correct answer is D. When you push on the chest, you pump blood to the brain and other organs. The sooner that high-quality CPR is started for someone in cardiac arrest, the better the chances of survival. [*Heartsaver Pediatric First Aid CPR AED Student Workbook* > Part 7: CPR and AED > CPR and AED Use for Children > Perform High-Quality CPR > Provide Compressions; page 112; *Heartsaver Pediatric First Aid CPR AED Student Workbook* > Part 7: CPR and AED > CPR and AED Use for Children > Pediatric Chain of Survival; page 106]

6. What should you do if you are alone after giving 5 sets of 30 compressions and 2 breaths (about 2 minutes) when performing CPR on an uninjured infant?

A. Keep giving sets of 30 compressions and 2 breaths until the infant responds
B. Carry the infant with you while you go to phone 9-1-1
C. Check for breathing
D. See if someone can help

The correct answer is B. If the infant isn't injured and you're alone, after 5 sets of 30 compressions and 2 breaths, you can carry the infant with you while you go to phone 9-1-1 and get an AED. [*Heartsaver Pediatric First Aid CPR AED Student Workbook* > Part 7: CPR and AED > CPR for Infants > Assess and Phone 9-1-1 > Step 5: Phone 9-1-1, Begin CPR, and Get an AED; page 123]

7. What is a sign that an infant is not responding to the tap and shout?

A. The infant makes sounds
B. The infant cries
C. The infant does nothing
D. The infant blinks

The correct answer is C. If the infant doesn't move, cry, blink, or otherwise react when you tap their foot, they're unresponsive. [*Heartsaver Pediatric First Aid CPR AED Student Workbook* > Part 7: CPR and AED > CPR for Infants > Assess and Phone 9-1-1 > Step 2: Tap and Shout (Check for Responsiveness); page 120]

8. What is the first thing you should do as you approach an ill or injured child or infant?

- A. Phone 9-1-1
- B. Shout for help
- C. Assess the scene and make sure it is safe
- D. Check for medical information jewelry

The correct answer is C. Always make sure the scene is safe for you and the child before you do anything else. You also need to be aware of anything that might change and make it unsafe for you, the ill or injured child, and anyone else nearby. [*Heartsaver Pediatric First Aid CPR AED Student Workbook* > Part 1: First Aid Basics > Key Steps of Pediatric First Aid > The 4 Key Steps of Pediatric First Aid > Step 2: Protect > Make Sure the Scene Is Safe; page 11]

9. What should you do when you phone your emergency response number (or 9-1-1)?

- A. Answer all the dispatcher's questions
- B. Tell the dispatcher only where the accident occurred
- C. Tell the dispatcher to call 9-1-1
- D. Give the dispatcher only the person's information

The correct answer is A. When you're on the phone with the dispatcher, don't hang up until the dispatcher tells you to. Answering the dispatcher's questions won't delay arrival of help. [*Heartsaver Pediatric First Aid CPR AED Student Workbook* > Part 1: First Aid Basics > Key Steps of Pediatric First Aid > The 4 Key Steps of Pediatric First Aid > Step 4: Act > Follow the Dispatcher's Instructions; page 20]

10. How do you protect an amputated body part?

- A. Place it directly on ice in a sealed bag, and send it to the hospital
- B. Wrap it in gauze, place it in an airtight bag, and send it to the hospital
- C. Place it in a red biohazard bag
- D. Place it in a watertight plastic bag inside another container with ice or ice and water

The correct answer is D. Place it in a watertight plastic bag. Place the bag in another container with ice or ice and water. Label it with the injured child's name, the date, and the time. [*Heartsaver Pediatric First Aid CPR AED Student Workbook* > Part 3: Injury and Environmental Emergencies > Amputation > Treating Amputation > Step 4: Act; page 55]

11. What is the correct position for giving abdominal thrusts if a child is choking and is still responding

- A. Put an arm around the choking child's waist
- B. Put 2 fingers above the choking child's belly button
- C. Stand in front of the choking child and put 2 fists between their shoulder blades
- D. Get behind the choking child and put a fist just above their belly button

The correct answer is D. Stand firmly or kneel behind the person (depending on your size and the size of the person choking). Wrap your arms around the person's waist so that your fists are in front. Make a fist with one hand. Put the thumb side of your fist slightly above the person's belly button and well below the breastbone. [*Heartsaver Pediatric First Aid CPR AED Student Workbook* > Part 7: CPR and AED > How to Help a Choking Adult, Child, or Infant > Severe Airway Block in an Adult or Child; page 144]

12. How should you give breaths with a mask?

- A. Tilt the head and lift the chin, and press the mask against the child's face to make an airtight seal
- B. Tilt the head, and cover the face completely with the mask
- C. Tilt the chin, and press the mask against the child's nose
- D. Tilt the head back far enough to open the child's mouth, and gently place the mask on the child's face

The correct answer is A. Tilt the head and lift the chin while pressing the mask against the child's face. It is important to make an airtight seal between the child's face and the mask while you lift the chin to keep the airway open. [*Heartsaver Pediatric First Aid CPR AED Student Workbook* > Part 7: CPR and AED > CPR and AED Use for Children > Perform High-Quality CPR > Give Breaths With a Pocket Mask; page 114]

13. You are feeding your infant in a high chair. You briefly walk away to get him something to drink. When you return, you notice that his eyes are wide and he has excessive drooling and a silent cry. What is the next best step if, after giving 5 back slaps and 5 chest thrusts, the infant's airway is still blocked?

- A. Begin CPR, emphasizing chest compressions
- B. Put a finger in the infant's mouth and attempt to remove the blockage
- C. Turn the infant over and continue with 5 chest thrusts until he is responsive
- D. Repeat back slaps and chest thrusts until the infant can breathe or stops responding

The correct answer is D. Repeat giving 5 back slaps and 5 chest thrusts until the infant can breathe, cough, or cry, or until they become unresponsive. [*Heartsaver Pediatric First Aid CPR AED Student Workbook* > Part 7: CPR and AED > How to Help a Choking Adult, Child, or Infant > Severe Airway Block in an Infant; page 145]

14. When performing CPR, when should you switch positions and allow someone else to take over compressions and breaths?

- A. After each set of 30 compressions and 30 breaths
- B. About every 2 minutes
- C. After each set of 100 compressions and 2 breaths
- D. Every 5 minutes

The correct answer is B. Switch rescuers about every 2 minutes, or sooner if you get tired. [*Heartsaver Pediatric First Aid CPR AED Student Workbook* > Part 7: CPR and AED > CPR and AED Use for Children > Perform High-Quality CPR > Provide Compressions > Switch Rescuers to Avoid Fatigue; page 113]

15. How far should you push down when giving chest compressions to a child who needs CPR?

- A. Approximately 2 inches
- B. Approximately 1 inch
- C. Approximately 1½ inches
- D. Approximately half an inch

The correct answer is A. Push straight down at least one third the depth of the chest, or approximately 2 inches. [*Heartsaver Pediatric First Aid CPR AED Student Workbook* > Part 7: CPR and AED > CPR and AED Use for Children > Perform High-Quality CPR > Provide Compressions > Compression Technique; page 112]

16. You are hiking with a group of children on a trail and notice that one of the children appears to have trouble breathing and swelling of the tongue and face. What should you look for that could help you determine the possible medical condition of this child?

- A. Her cell phone
- B. Her permission slip
- C. Her school identification card
- D. Her medical information jewelry

The correct answer is D. Before you give first aid, you must find out what the problem is. Look for any medical information jewelry. This tells you if the child has a serious medical condition. [*Heartsaver Pediatric First Aid CPR AED Student Workbook* > Part 1: First Aid Basics > Key Steps of Pediatric First Aid > The 4 Key Steps of Pediatric First Aid > Step 3: Assess > Find the Problem; page 18]

17. A child is struck in the abdomen while on the playground. The child has a bruise and signs of shock. What should you suspect is wrong?

- A. External bleeding
- B. Cardiac arrest
- C. Internal bleeding
- D. A head injury

The correct answer is C. You should suspect internal bleeding if a child has an impact to the abdomen or chest (struck by a blunt object; you may see bruising) or signs of shock without external bleeding. [*Heartsaver Pediatric First Aid CPR AED Student Workbook* > Part 3: Injury and Environmental Emergencies > Internal Bleeding > When to Suspect Internal Bleeding; page 45]

18. Which actions provide the best chance of saving the life of a child in cardiac arrest?

- A. Phone 9-1-1, and wait for trained help to arrive
- B. Phone the doctor, and drive the child to the hospital
- C. Start early CPR, and use an AED as soon as it is available
- D. Tell everyone to stand back to give the child air, and then wait for help

The correct answer is C. CPR combined with using an AED provides the best chance of saving a life. If possible, use an AED every time you provide CPR. [*Heartsaver Pediatric First Aid CPR AED Student Workbook* > Part 7: CPR and AED > CPR and AED Use for Children > Use an AED; page 115]

19. Why should you wear personal protective equipment?

- A. To protect yourself from bloodborne diseases
- B. To keep your facility clean
- C. So you don't have to wash your hands afterward
- D. To avoid getting your own clothes dirty

The correct answer is A. Your first aid kit will contain personal protective equipment such as gloves and eye protection. While you are giving first aid, these help keep you safe from blood and body fluids. [*Heartsaver Pediatric First Aid CPR AED Student Workbook* > Part 1: First Aid Basics > Key Steps of Pediatric First Aid > The 4 Key Steps of Pediatric First Aid > Step 2: Protect > Get the First Aid Kit; page 12]

20. What should you do if you suspect that an infant has a head injury?

- A. Have the infant remain still, and phone 9-1-1
- B. Move the infant's head and look for an injury
- C. Take the infant to a healthcare provider, if you have time
- D. Have the infant move around until the infant feels better

The correct answer is A. Phone or send someone to phone 9-1-1 and get the first aid kit and the AED. Have the infant remain as still as possible. Stay with the infant until advanced help arrives. [*Heartsaver Pediatric First Aid CPR AED Student Workbook* > Part 3: Injuries and Environmental Emergences > Head, Neck, and Spine Injuries > Step 4: Act; page 68]

21. How should you dispose of bloodstained gloves?

- A. Take the gloves home, and put them in the trash
- B. Place them in the bathroom trash
- C. Place bloodstained gloves in a sealed waste bag
- D. Clean the gloves with waterless sanitizer and reuse

The correct answer is C. Put the gloves in a biohazard waste bag. If you don't have a biohazard waste bag, put the gloves in a plastic bag that can be sealed before you dispose of it. [*Heartsaver Pediatric First Aid CPR AED Student Workbook* > Part 1: First Aid Basics > Key Steps of Pediatric First Aid > The 4 Key Steps of Pediatric First Aid > Step 3: Assess > Remove Protective Gloves Properly; page 15]

22. Which are the best methods you can use to get more information on first aid, CPR, or AED training?

- A. Borrow a coworker's student workbook and complete a self-study course
- B. Go online to cpr.heart.org or call 1-877-AHA-4CPR (1-877-242-4277)
- C. Contact your supervisor and visit the nearest American Heart Association Center
- D. Refer to local laws for first aid providers and call 1-877-CPR-4AED (1-877-242-4277)

The correct answer is B. Contact the AHA if you want more information on CPR, AEDs, or first aid. You can visit cpr.heart.org or call 1-877-AHA-4CPR (1-877-242-4277) to find a class near you. [*Heartsaver Pediatric First Aid CPR AED Student Workbook* > Conclusion; page 151]

23. You recently started using a new laundry detergent. You put a shirt on your infant, and within a few minutes, you notice that the skin on his chest becomes red and starts to develop a rash. What type of allergic reaction is your infant experiencing?

- A. Mild
- B. Moderate
- C. Severe
- D. Volatile

The correct answer is A. A raised, red rash on the skin (hives) is a sign of a mild allergic reaction. [*Heartsaver Pediatric First Aid CPR AED Student Workbook* > Part 2: Medical Emergencies > Allergic Reactions > Mild vs Severe Allergic Reaction; page 26]

24. You are performing CPR on a child when another person arrives with the AED. You notice that the AED does not have child pads. What should you do?

- A. Use the adult pads, making sure they do not touch each other
- B. Decide not to use the AED because the pads are only for adults
- C. Stop CPR because it will not help anyway
- D. Make sure to place the AED pads over the clothing to reduce the shock

The correct answer is A. Use child pads if the child or infant is younger than 8 years. If child pads are not available, use adult pads. When you put the pads on the chest, make sure they don't touch each other. [*Heartsaver Pediatric First Aid CPR AED Student Workbook* > Part 7: CPR and AED > CPR and AED Use for Children > Use an AED > Attach the Pads; page 116]

25. You and your 10-year-old niece are picking berries at a local farm. She is stung by a bee and is having difficulty breathing. You have her epinephrine pen in your purse. Where should you inject the epinephrine pen?

- A. At the site of the bee sting
- B. Into the thigh, halfway between the hip and the knee
- C. Into either upper arm
- D. Into the chest, as close to the heart as possible

The correct answer is B. Press the tip of the injector hard against the side of the child's thigh, about halfway between the hip and the knee. [*Heartsaver Pediatric First Aid CPR AED Student Workbook* > Part 2: Medical Emergencies > Allergic Reactions > Mild vs Severe Allergic Reaction > Step 4: Act > Use an Epinephrine Pen; page 27]

American Heart Association

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First Aid CPR AED
Optional Exam B**

February 25, 2021

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**Heartsaver® Pediatric Total
First Aid CPR AED Optional Exam B**
(25 questions)

Please do not mark on this exam. Record the best answer on the separate answer sheet.

1. You and your 10-year-old niece are picking berries at a local farm. She is stung by a bee and is having difficulty breathing. You have her epinephrine pen in your purse. Where should you inject the epinephrine pen?
 - A. At the site of the bee sting
 - B. Into the thigh, halfway between the hip and the knee
 - C. Into either upper arm
 - D. Into the chest, as close to the heart as possible
2. How far should you push down when giving chest compressions to a child who needs CPR?
 - A. Approximately 2 inches
 - B. Approximately 1 inch
 - C. Approximately 1½ inches
 - D. Approximately half an inch
3. A child is struck in the abdomen while on the playground. The child has a bruise and signs of shock. What should you suspect is wrong?
 - A. External bleeding
 - B. Cardiac arrest
 - C. Internal bleeding
 - D. A head injury
4. What is a sign that an infant is not responding to the tap and shout?
 - A. The infant makes sounds
 - B. The infant cries
 - C. The infant does nothing
 - D. The infant blinks
5. When performing CPR, when should you switch positions and allow someone else to take over compressions and breaths?
 - A. After each set of 30 compressions and 30 breaths
 - B. About every 2 minutes
 - C. After each set of 100 compressions and 2 breaths
 - D. Every 5 minutes

6. You are performing CPR on a child when another person arrives with the AED. You notice that the AED does not have child pads. What should you do?
 - A. Use the adult pads, making sure they do not touch each other
 - B. Decide not to use the AED because the pads are only for adults
 - C. Stop CPR because it will not help anyway
 - D. Make sure to place the AED pads over the clothing to reduce the shock
7. Which is a sign of a severe airway block?
 - A. Cannot breathe or talk
 - B. Can make sounds and talk
 - C. Can cough loudly
 - D. Can breathe, talk, or cough
8. What is the first thing you should do as you approach an ill or injured child or infant?
 - A. Phone 9-1-1
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 - B. Go online to cpr.heart.org or call 1-877-AHA-4CPR (1-877-242-4277)
 - C. Contact your supervisor and visit the nearest American Heart Association Center
 - D. Refer to local laws for first aid providers and call 1-877-CPR-4AED (1-877-242-4277)

13. You work at a day care center. What should you do after you've finished providing first aid to a child or infant in your care?
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- A. Place it directly on ice in a sealed bag, and send it to the hospital
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 - B. To avoid delay in the arrival of advanced care
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 - B. Phone the doctor, and drive the child to the hospital
 - C. Start early CPR, and use an AED as soon as it is available
 - D. Tell everyone to stand back to give the child air, and then wait for help

20. You are swimming at a local pool. You come across a child who has fallen and is bleeding from a cut on her leg. Where should you apply direct pressure?
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- A. Begin CPR, emphasizing chest compressions
 - B. Put a finger in the infant's mouth and attempt to remove the blockage
 - C. Turn the infant over and continue with 5 chest thrusts until he is responsive
 - D. Repeat back slaps and chest thrusts until the infant can breathe or stops responding
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- A. To protect yourself from bloodborne diseases
 - B. To keep your facility clean
 - C. So you don't have to wash your hands afterward
 - D. To avoid getting your own clothes dirty
25. You recently started using a new laundry detergent. You put a shirt on your infant, and within a few minutes, you notice that the skin on his chest becomes red and starts to develop a rash. What type of allergic reaction is your infant experiencing?
- A. Mild
 - B. Moderate
 - C. Severe
 - D. Volatile

Answer Key
Heartsaver® Pediatric Total
First Aid CPR AED Optional Exam B

Question	Answer			
1.	A	•	C	D
2.	•	B	C	D
3.	A	B	•	D
4.	A	B	•	D
5.	A	•	C	D
6.	•	B	C	D
7.	•	B	C	D
8.	A	B	•	D
9.	•	B	C	D
10.	A	B	•	D
11.	•	B	C	D
12.	A	•	C	D
13.	•	B	C	D
14.	A	B	C	•
15.	A	B	C	•
16.	A	•	C	D
17.	A	B	C	•
18.	•	B	C	D
19.	A	B	•	D
20.	A	•	C	D
21.	A	B	C	•
22.	A	B	•	D
23.	A	B	C	•
24.	•	B	C	D
25.	•	B	C	D

**Annotated Answer Key
Heartsaver® Pediatric Total
First Aid CPR AED Optional Exam B**

Student workbook page numbers below refer to the printed book and the eBook as viewed through the offline desktop/laptop reader, not the eBook as viewed through the mobile apps or ebooks.heart.org.

1. You and your 10-year-old niece are picking berries at a local farm. She is stung by a bee and is having difficulty breathing. You have her epinephrine pen in your purse. Where should you inject the epinephrine pen?
- A. At the site of the bee sting
 - B. Into the thigh, halfway between the hip and the knee**
 - C. Into either upper arm
 - D. Into the chest, as close to the heart as possible

The correct answer is B. Press the tip of the injector hard against the side of the child's thigh, about halfway between the hip and the knee. [*Heartsaver Pediatric First Aid CPR AED Student Workbook* > Part 2: Medical Emergencies > Allergic Reactions > Mild vs Severe Allergic Reaction > Step 4: Act > Use an Epinephrine Pen; page 27]

2. How far should you push down when giving chest compressions to a child who needs CPR?
- A. Approximately 2 inches**
 - B. Approximately 1 inch
 - C. Approximately 1½ inches
 - D. Approximately half an inch

The correct answer is A. Push straight down at least one third the depth of the chest, or approximately 2 inches. [*Heartsaver Pediatric First Aid CPR AED Student Workbook* > Part 7: CPR and AED > CPR and AED Use for Children > Perform High-Quality CPR > Provide Compressions > Compression Technique; page 112]

3. A child is struck in the abdomen while on the playground. The child has a bruise and signs of shock. What should you suspect is wrong?
- A. External bleeding
 - B. Cardiac arrest
 - C. Internal bleeding**
 - D. A head injury

The correct answer is C. You should suspect internal bleeding if a child has an impact to the abdomen or chest (struck by a blunt object; you may see bruising) or signs of shock without external bleeding. [*Heartsaver Pediatric First Aid CPR AED Student Workbook* > Part 3: Injury and Environmental Emergencies > Internal Bleeding > When to Suspect Internal Bleeding; page 45]

4. What is a sign that an infant is not responding to the tap and shout?

- A. The infant makes sounds
- B. The infant cries
- C. The infant does nothing
- D. The infant blinks

The correct answer is C. If the infant doesn't move, cry, blink, or otherwise react when you tap their foot, they're unresponsive. [*Heartsaver Pediatric First Aid CPR AED Student Workbook* > Part 7: CPR and AED > CPR for Infants > Assess and Phone 9-1-1 > Step 2: Tap and Shout (Check for Responsiveness); page 120]

5. When performing CPR, when should you switch positions and allow someone else to take over compressions and breaths?

- A. After each set of 30 compressions and 30 breaths
- B. About every 2 minutes
- C. After each set of 100 compressions and 2 breaths
- D. Every 5 minutes

The correct answer is B. Switch rescuers about every 2 minutes, or sooner if you get tired. [*Heartsaver Pediatric First Aid CPR AED Student Workbook* > Part 7: CPR and AED > CPR and AED Use for Children > Perform High-Quality CPR > Provide Compressions > Switch Rescuers to Avoid Fatigue; page 113]

6. You are performing CPR on a child when another person arrives with the AED. You notice that the AED does not have child pads. What should you do?

- A. Use the adult pads, making sure they do not touch each other
- B. Decide not to use the AED because the pads are only for adults
- C. Stop CPR because it will not help anyway
- D. Make sure to place the AED pads over the clothing to reduce the shock

The correct answer is A. Use child pads if the child or infant is younger than 8 years. If child pads are not available, use adult pads. When you put the pads on the chest, make sure they don't touch each other. [*Heartsaver Pediatric First Aid CPR AED Student Workbook* > Part 7: CPR and AED > CPR and AED Use for Children > Use an AED > Attach the Pads; page 116]

7. Which is a sign of a severe airway block?

- A. Cannot breathe or talk
- B. Can make sounds and talk
- C. Can cough loudly
- D. Can breathe, talk, or cough

The correct answer is A. A person with a severe airway block cannot breathe, talk, or make sounds. [*Heartsaver Pediatric First Aid CPR AED Student Workbook* > Part 7: CPR and AED > How to Help a Choking Adult, Child, or Infant > Mild vs Severe Airway Block; page 143]

8. What is the first thing you should do as you approach an ill or injured child or infant?

- A. Phone 9-1-1
- B. Shout for help
- C. Assess the scene and make sure it is safe
- D. Check for medical information jewelry

The correct answer is C. Always make sure the scene is safe for you and the child before you do anything else. You also need to be aware of anything that might change and make it unsafe for you, the ill or injured child, and anyone else nearby. [*Heartsaver Pediatric First Aid CPR AED Student Workbook* > Part 1: First Aid Basics > Key Steps of Pediatric First Aid > The 4 Key Steps of Pediatric First Aid > Step 2: Protect > Make Sure the Scene Is Safe; page 11]

9. What should you do when you phone your emergency response number (or 9-1-1)?

- A. Answer all the dispatcher's questions
- B. Tell the dispatcher only where the accident occurred
- C. Tell the dispatcher to call 9-1-1
- D. Give the dispatcher only the person's information

The correct answer is A. When you're on the phone with the dispatcher, don't hang up until the dispatcher tells you to. Answering the dispatcher's questions won't delay arrival of help. [*Heartsaver Pediatric First Aid CPR AED Student Workbook* > Part 1: First Aid Basics > Key Steps of Pediatric First Aid > The 4 Key Steps of Pediatric First Aid > Step 4: Act > Follow the Dispatcher's Instructions; page 20]

10. What should you do if a child has a known medical condition and needs first aid while on their school campus?

- A. Check the child for a medical alert bracelet, and then begin first aid
- B. Call the parent or a known relative to assist
- C. Check with the school for the first aid action plan
- D. Administer first aid, and then phone 9-1-1

The correct answer is C. Facilities that care for children should have a health record and written first aid action plan for each child with a medical condition. [*Heartsaver Pediatric First Aid CPR AED Student Workbook* > Part 1: First Aid Basics > Duties, Roles, and Responsibilities of the First Aid Rescuer > Plans for First Aid Emergencies > First Aid Action Plans; page 10]

11. What should you do if you suspect that an infant has a head injury?

- A. Have the infant remain still, and phone 9-1-1
- B. Move the infant's head and look for an injury
- C. Take the infant to a healthcare provider, if you have time
- D. Have the infant move around until the infant feels better

The correct answer is A. Phone or send someone to phone 9-1-1 and get the first aid kit and the AED. Have the infant remain as still as possible. Stay with the infant until advanced help arrives. [*Heartsaver Pediatric First Aid CPR AED Student Workbook* > Part 3: Injuries and Environmental Emergencies > Head, Neck, and Spine Injuries > Step 4: Act; page 68]

12. Which are the best methods you can use to get more information on first aid, CPR, or AED training?

- A. Borrow a coworker's student workbook and complete a self-study course
- B. Go online to cpr.heart.org or call 1-877-AHA-4CPR (1-877-242-4277)
- C. Contact your supervisor and visit the nearest American Heart Association Center
- D. Refer to local laws for first aid providers and call 1-877-CPR-4AED (1-877-242-4277)

The correct answer is B. Contact the AHA if you want more information on CPR, AEDs, or first aid. You can visit cpr.heart.org or call 1-877-AHA-4CPR (1-877-242-4277) to find a class near you. [Heartsaver Pediatric First Aid CPR AED Student Workbook > Conclusion; page 151]

13. You work at a day care center. What should you do after you've finished providing first aid to a child or infant in your care?

- A. Write a report of the incident if the day care center requires it
- B. Phone 9-1-1
- C. Post the report to the company bulletin board
- D. Tell coworkers about the injury

The correct answer is A. You may need to fill out a report if your employer or company requires it. [Heartsaver Pediatric First Aid CPR AED Student Workbook > Part 1: First Aid Basics > Duties, Roles, and Responsibilities of the First Aid Rescuer > Your Responsibilities > Confidentiality; page 11]

14. How do you protect an amputated body part?

- A. Place it directly on ice in a sealed bag, and send it to the hospital
- B. Wrap it in gauze, place it in an airtight bag, and send it to the hospital
- C. Place it in a red biohazard bag
- D. Place it in a watertight plastic bag inside another container with ice or ice and water

The correct answer is D. Place it in a watertight plastic bag. Place the bag in another container with ice or ice and water. Label it with the injured child's name, the date, and the time. [Heartsaver Pediatric First Aid CPR AED Student Workbook > Part 3: Injury and Environmental Emergencies > Amputation > Treating Amputation > Step 4: Act; page 55]

15. Why is it important to start CPR as soon as possible for a child in cardiac arrest?

- A. To allow more time for other actions after CPR
- B. To avoid delay in the arrival of advanced care
- C. To follow your employer's protocol
- D. To pump blood throughout the body and increase the child's chance of survival

The correct answer is D. When you push on the chest, you pump blood to the brain and other organs. The sooner that high-quality CPR is started for someone in cardiac arrest, the better the chances of survival. [Heartsaver Pediatric First Aid CPR AED Student Workbook > Part 7: CPR and AED > CPR and AED Use for Children > Perform High-Quality CPR > Provide Compressions; page 112; Heartsaver Pediatric First Aid CPR AED Student Workbook > Part 7: CPR and AED > CPR and AED Use for Children > Pediatric Chain of Survival; page 106]

16. What should you do if you are alone after giving 5 sets of 30 compressions and 2 breaths (about 2 minutes) when performing CPR on an uninjured infant?

- A. Keep giving sets of 30 compressions and 2 breaths until the infant responds
- B. Carry the infant with you while you go to phone 9-1-1
- C. Check for breathing
- D. See if someone can help

The correct answer is B. If the infant isn't injured and you're alone, after 5 sets of 30 compressions and 2 breaths, you can carry the infant with you while you go to phone 9-1-1 and get an AED. [*Heartsaver Pediatric First Aid CPR AED Student Workbook* > Part 7: CPR and AED > CPR for Infants > Assess and Phone 9-1-1 > Step 5: Phone 9-1-1, Begin CPR, and Get an AED; page 123]

17. What is the correct position for giving abdominal thrusts if a child is choking and is still responding?

- A. Put an arm around the choking child's waist
- B. Put 2 fingers above the choking child's belly button
- C. Stand in front of the choking child and put 2 fists between their shoulder blades
- D. Get behind the choking child and put a fist just above their belly button

The correct answer is D. Stand firmly or kneel behind the person (depending on your size and the size of the person choking). Wrap your arms around the person's waist so that your fists are in front. Make a fist with one hand. Put the thumb side of your fist slightly above the person's belly button and well below the breastbone. [*Heartsaver Pediatric First Aid CPR AED Student Workbook* > Part 7: CPR and AED > How to Help a Choking Adult, Child, or Infant > Severe Airway Block in an Adult or Child; page 144]

18. How should you give breaths with a mask?

- A. Tilt the head and lift the chin, and press the mask against the child's face to make an airtight seal
- B. Tilt the head, and cover the face completely with the mask
- C. Tilt the chin, and press the mask against the child's nose
- D. Tilt the head back far enough to open the child's mouth, and gently place the mask on the child's face

The correct answer is A. Tilt the head and lift the chin while pressing the mask against the child's face. It is important to make an airtight seal between the child's face and the mask while you lift the chin to keep the airway open. [*Heartsaver Pediatric First Aid CPR AED Student Workbook* > Part 7: CPR and AED > CPR and AED Use for Children > Perform High-Quality CPR > Give Breaths With a Pocket Mask; page 114]

19. Which actions provide the best chance of saving the life of a child in cardiac arrest?

- A. Phone 9-1-1, and wait for trained help to arrive
- B. Phone the doctor, and drive the child to the hospital
- C. Start early CPR, and use an AED as soon as it is available
- D. Tell everyone to stand back to give the child air, and then wait for help

The correct answer is C. CPR combined with using an AED provides the best chance of saving a life. If possible, use an AED every time you provide CPR. [*Heartsaver Pediatric First Aid CPR AED Student Workbook* > Part 7: CPR and AED > CPR and AED Use for Children > Use an AED; page 115]

20. You are swimming at a local pool. You come across a child who has fallen and is bleeding from a cut on her leg. Where should you apply direct pressure?

- A. Directly on the cut, with your fingers under the bandage
- B. On dressings over the cut
- C. 2 to 3 inches below the cut
- D. On the side of the leg opposite the cut

The correct answer is B. Apply dressings over the bleeding area, and put direct pressure on the dressings. [Heartsaver Pediatric First Aid CPR AED Student Workbook > Part 3: Injury and Environmental Emergencies > External Bleeding > When to Phone 9-1-1 for Bleeding > Step 4: Act; page 41]

21. You are hiking with a group of children on a trail and notice that one of the children appears to have trouble breathing and swelling of the tongue and face. What should you look for that could help you determine the possible medical condition of this child?

- A. Her cell phone
- B. Her permission slip
- C. Her school identification card
- D. Her medical information jewelry

The correct answer is D. Before you give first aid, you must find out what the problem is. Look for any medical information jewelry. This tells you if the child has a serious medical condition. [Heartsaver Pediatric First Aid CPR AED Student Workbook > Part 1: First Aid Basics > Key Steps of Pediatric First Aid > The 4 Key Steps of Pediatric First Aid > Step 3: Assess > Find the Problem; page 18]

22. How should you dispose of bloodstained gloves?

- A. Take the gloves home, and put them in the trash
- B. Place them in the bathroom trash
- C. Place bloodstained gloves in a sealed waste bag
- D. Clean the gloves with waterless sanitizer and reuse

The correct answer is C. Put the gloves in a biohazard waste bag. If you don't have a biohazard waste bag, put the gloves in a plastic bag that can be sealed before you dispose of it. [Heartsaver Pediatric First Aid CPR AED Student Workbook > Part 1: First Aid Basics > Key Steps of Pediatric First Aid > The 4 Key Steps of Pediatric First Aid > Step 3: Assess > Remove Protective Gloves Properly; page 15]

23. You are feeding your infant in a high chair. You briefly walk away to get him something to drink. When you return, you notice that his eyes are wide and he has excessive drooling and a silent cry. What is the next best step if, after giving 5 back slaps and 5 chest thrusts, the infant's airway is still blocked?

- A. Begin CPR, emphasizing chest compressions
- B. Put a finger in the infant's mouth and attempt to remove the blockage
- C. Turn the infant over and continue with 5 chest thrusts until he is responsive
- D. Repeat back slaps and chest thrusts until the infant can breathe or stops responding

The correct answer is D. Repeat giving 5 back slaps and 5 chest thrusts until the infant can breathe, cough, or cry, or until they become unresponsive. [Heartsaver Pediatric First Aid CPR AED Student Workbook > Part 7: CPR and AED > How to Help a Choking Adult, Child, or Infant > Severe Airway Block in an Infant; page 145]

24. Why should you wear personal protective equipment?

- A. To protect yourself from bloodborne diseases
- B. To keep your facility clean
- C. So you don't have to wash your hands afterward
- D. To avoid getting your own clothes dirty

The correct answer is A. Your first aid kit will contain personal protective equipment such as gloves and eye protection. While you are giving first aid, these help keep you safe from blood and body fluids. [*Heartsaver Pediatric First Aid CPR AED Student Workbook* > Part 1: First Aid Basics > Key Steps of Pediatric First Aid > The 4 Key Steps of Pediatric First Aid > Step 2: Protect > Get the First Aid Kit; page 12]

25. You recently started using a new laundry detergent. You put a shirt on your infant, and within a few minutes, you notice that the skin on his chest becomes red and starts to develop a rash. What type of allergic reaction is your infant experiencing?

- A. Mild
- B. Moderate
- C. Severe
- D. Volatile

The correct answer is A. A raised, red rash on the skin (hives) is a sign of a mild allergic reaction. [*Heartsaver Pediatric First Aid CPR AED Student Workbook* > Part 2: Medical Emergencies > Allergic Reactions > Mild vs Severe Allergic Reaction; page 26]