



ANSWER KEY

1. **To increase the success for ventilating a patient what technique is best?**
 - a. using a pocket mask
 - b. using a modified jaw thrust
 - c. ensuring proper head tilt/chin lift is used
 - d. ventilating 30 times per minute

2. **The AED should be used for a patient who is:**
 - a. motionless
 - b. breathless
 - c. colourless
 - d. all of the above

3. **The proper surface to perform CPR is:**
 - a. waterbed
 - b. reclining chair
 - c. floor/ground
 - d. shallow end of a swimming pool

4. **What is the correct rate of compressions/ventilations for all ages and how many minutes of CPR should you be doing?**
 - a. 15-1 for 1 minute
 - b. 30-2 for 2 minutes
 - c. 200-2 for 2 ½ minutes
 - d. 5-1 for 30 seconds

5. **What preparation is required before putting pads on the patient?**
 - a. remove all clothing covering the chest, wipe off water or moisture, clip/shave hair (if excessive)
 - b. measure the distance from the patient's left collar bone to his/her breastbone.
 - c. moisten the pads so they adhere to the patient's chest better.



d. call for help

6. When signs of life are restored after defibrillation you should?

- a. check for pulse and take blood pressure
- b. elevate patients head, neck and shoulders and monitor patient
- c. if conscious, help patient find a position of comfort
- d. a and c

7. What technique do you use when providing ventilations to an infant?

- a. sniffer position
- b. up-stroke position
- c. CPR position
- d. none of the above

8. What depth should you compress an adult's chest?

- a. 7 cm
- b. 4 cm
- c. 5-6 cm
- d. 6.5 cm

9. When using the defibrillator on an infant/child or child (25kg or less) what is the appropriate pad placement?

- a. 1 pad on front of chest and 1 pad on back
- b. place the pads exactly as shown on the AED pad case
- c. none of the above
- d. both A and B

10. When using the defibrillator on an infant/child or child (25kg or less), how do you change the settings mode from adult to infant/child?

- a. you don't have to
- b. insert the pink pediatric key into the slot at the top of the AED
- c. if there is no pediatric key, use the infant/child pads



d. both B and C

11. How do you landmark on an infant's chest to perform CPR?

- a. find the center of the infant's chest, place 2 fingers below the nipples
- b. use the landmark as you use for an adult
- c. place 4 fingers in the center of the infant's chest
- d. none of the above

12. What is the appropriate technique to use on an adult that is responsive and choking?

- a. provide CPR
- b. ask the adult to lay down
- c. put the adult in the recovery position
- d. provide 5 back blows, followed by 5 abdominal thrusts

13. During COVID-19, which of the following is the best practice for providing CPR:

- a. provide 30:2 (30 compressions and 2 breaths) for 2 minutes
- b. lay a cloth/towel over the patients face, do not provide ventilations, only compressions
- c. do not provide CPR
- d. none of the above

14. If you see that someone is unconscious in the gym at your school, before entering the scene, what should you do?

- a. check for fire, electrical wire, gas, glass, water and ensure it is safe before you to enter the scene
- b. run into the gym and begin providing CPR
- c. ignore the patient
- d. call 911

15. What position should you put a patient who is unresponsive and breathing?

- a. head-tilt-chin-lift
- b. the sniffer position
- c. the recovery position
- d. leave them lying on their back