Lifeguard University

CPR

Circle the correct answer.

1. **All of the following conditions must be met in order for disease transmission to occur EXCEPT—**
   a. A pathogen is present.
   b. A person is susceptible to the pathogen.
   c. An insufficient quantity of the pathogen is present to cause disease.
   d. The pathogen passes through the correct entry site.

2. **You are cleaning up a blood spill. An untrained employee picks up gauze with blood on it. She is not wearing disposable gloves. Her action is an example of exposure through—**
   a. Direct contact.
   b. Droplet transmission.
   c. Indirect contact.
   d. Vector-borne transmission.

1. **Signs and symptoms of a heart attack include—**
   a. Chest pain that lasts less than 1 minute.
   b. Dry, red, hot skin.
   c. Inability to speak in full sentences.
   d. Nausea, shortness of breath or difficulty breathing.

2. **What is the most important action step to take to care for a person who may be experiencing a heart attack?**
   a. Check airway, breathing and circulation.
   b. Have the victim stop what he or she is doing and rest.
   c. Obtain the victim's consent.
   d. Summon EMS personnel.

3. **It is important for everyone to "stand clear" before using an AED to deliver a shock because—**
   a. The AED may not deliver the correct shock to the victim.
   b. The AED will not work unless you stand clear.
   c. The victim's arm may swing out and strike you when the shock is delivered.
   d. You or someone else could get shocked.

4. **The pads of an AED for an adult should be placed—**
   a. On the lower right chest and lower left side.
   b. On the lower right side and upper left chest.
   c. On the upper right and upper left side of the chest.
   d. On the upper right chest and lower left side.

5. **After the initial analysis, if the AED prompt indicates that "no shock is advised," the next step is to—**
   a. Begin rescue breathing.
   b. Look for movement and recheck for breathing and a pulse.
   c. Perform 5 cycles (about 2 minutes) of CPR.
   d. Restart the AED.

6. **If a lifeguard is using an AED on a victim who was removed from the water, all of the following are important EXCEPT—**
   a. Drying the victim's chest.
   b. Drying the victim's feet and legs.
   c. Making sure there are no puddles of water around you, the victim or the AED.
   d. Removing wet clothing for proper pad placement, if necessary.

7. When using an AED on a victim with a pacemaker or implanted cardiac device—

a. Adjust pad placement, if necessary.
b. Place the pad directly over the implanted cardiac device.
c. Refrain from using an AED because it cannot be used if the victim has an implanted cardiac device.
d. Reverse the position of the pads on the victim's chest.

8. Breathing barriers help to—

a. Maintain breathing.
b. Protect against disease transmission.
c. Restart the heart.
d. Reduce the amount of oxygen in a victim's blood.

9. The care provided to an adult who is not moving or breathing, but has a pulse (respiratory arrest), is—

e. Perform 5 abdominal thrusts, with each thrust being a distinct attempt to dislodge the object.
f. Place the adult in a modified-H.A.IN.E.S. recovery position.
g. Give rescue breaths at a rate of 1 rescue breath about every 3 seconds.
h. Give rescue breaths at a rate of 1 rescue breath about every 5 seconds.

10. 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 is not moving or breathing, but has a pulse. At what rate do you perform rescue breathing for the child?

e. About one rescue breath every minute
f. One rescue breath about every 3 seconds
g. One rescue breath about every 5 seconds
h. One rescue breath every few minutes

11. A mother yells to you that something is wrong with her infant. You obtain consent and put on the appropriate personal protective equipment. During the initial assessment, you determine the unconscious infant has an airway obstruction. What is the proper sequence of care for an unconscious infant?

a. Give 5 back blows followed by 5 chest thrusts
b. Give 3 chest thrusts, look for an object and give 1 rescue breaths
c. Give 5 chest thrusts, immediately do a finger sweep and give 2 rescue breaths
d. Give 5 chest thrusts, look for an object and give 2 rescue breaths

12. Hepatitis B, hepatitis C and HIV (are/are not) **spread by casual contact such as shaking hands.**

13. Match each term with the correct definition.

A. Bloodborne pathogens B. Hepatitis B C. Hepatitis C D. HIV E. Virus

____ The virus attacks white blood cells and destroys the body's ability to fight infection. The virus that causes acquired immunodeficiency virus (AIDS).
____ A common form of pathogen that depends on other organisms to live and once in the body is difficult to kill.
____ Bacteria and viruses present in blood and body fluids.
____ A liver infection that can be severe or even fatal, where vaccination is the most effective means of prevention.
____ The most common chronic bloodborne infection in the United States.

14. Match each term with the correct definition.

A. BSI precautions/standard precautions B. Engineering controls
C. Exposure control plans D. OSHA regulations and guidelines
E. Work practice controls

____ 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.
____ 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.
____ Approaches that consider all blood and body fluids to be infectious.

Circle true or false.

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

16. True False **When providing care to an unconscious choking child, open the mouth and immediately sweep for the object after giving 5 chest thrusts.**

17. 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.**

18. True False **A BVM may be used on a victim if the rescuer suspects a head, neck or back injury.**

19. True False **If the AED pads touch each other on the child's chest, the lifeguard should place one pad on the child's chest and the other pad on the child's back, between the shoulder blades.**

Fill in the blanks.

20. If a victim stops breathing during a breathing emergency, it is known as respiratory _____, or respiratory failure.

21. Rescue breathing is a technique for delivering _____ into a victim to give him or her the oxygen needed to survive.

22. Abdominal thrusts compress the abdomen, forcing the diaphragm _____, which increases pressure in the lungs and airway.

23. As the initial rescuer at the scene performing CPR on an adult, you should perform _____ chest compressions followed by ____ rescue breaths, at a rate of about ____ compressions per minute and compressing the chest at least ___ inches.

24. As the initial rescuer at the scene performing CPR on a child or infant, you should perform cycles of ___ chest compressions and ___ rescue breaths, at a depth of ___ to ___ inches for a child and ___ to ____ inches for an infant.

25. Most victims of sudden cardiac arrest need an electrical shock called _____.

26. _____ _____ is an abnormal heart rhythm characterized by a state of totally disorganized electrical activity of the heart, resulting in a quivering of the ventricles.

27. _____ _____ is an abnormal heart rhythm characterized by very rapid contraction of the ventricles.

Place a check next to the correct answer or answers.

28. An AED may be used on adult—

____ Victims of hypothermia in cardiac arrest.
____ Victims with a pacemaker who are in cardiac arrest.
____ Victims of trauma in cardiac arrest.
____ Victims in the water who are in cardiac arrest.

Short answer.

29. List the steps to follow when a you defibrillate a victim using an AED after EMS personnel have been summoned.

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

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

32. **List at least five types of personal protective equipment used in the facility to keep lifeguards from directly contacting infected materials.**

33. **While providing 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?**

34. **List in the correct order the steps necessary to properly complete an initial assessment.**

35. **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.**

36. **List at least five signs or symptoms of a heart attack.**

37. **List at least three of the most common causes of cardiac arrest in children.**

38. **You have responded to an emergency involving blood at your facility. After providing care, you are responsible for cleaning and disinfecting the area (a solid-surface floor). List the steps you would take to disinfect the area.**

39. **List the four (4) links in the cardiac chain of survival.**

40. **List at least four signs and symptoms of respiratory distress.**

41. **List at least two common causes of choking.**

42. **What is the correct sequence to perform 2-person CPR for an Adult?**