# BLS Practice Test

(See answers below. Official BLS test is multiple choice and around 25 questions)

## High-Quality CPR

1. When do you do CPR?
2. What is the compressions to breaths ratio for 1-rescuer ADULT CPR?
3. What is the compressions to breaths ratio for 1-rescuer CHILD CPR?
4. What is the compressions to breaths ratio for 1-rescuer INFANT CPR?
5. What is the compressions to breaths ratio for a multi-rescuer ADULT CPR?
6. What is the compressions to breaths ratio for multi-rescuer CHILD CPR?
7. What is the compressions to breaths ratio for multi-rescuer INFANT CPR?
8. How many compressions per minute for ADULT, CHILD, and INFANT CPR?
9. After how many minutes should you alternate the compressor role?
10. How deep are the compressions for ADULTS?
11. How deep are the compressions for CHILDREN?
12. How deep are the compressions for INFANTS?
13. How do you know if the breath goes into the lungs?
14. Why should you allow full chest recoil during CPR?
15. How do you perform CPR on an ADULT?
16. How do you perform CPR on a CHILD?
17. How do you perform CPR on an INFANT?

## Age Range

1. What age are you an ADULT?
2. What age are you a CHILD?
3. What age are you an INFANT?

## Rescue Breathing

1. When do you do rescue breathing?
2. How do you use a Bag-Valve-Mask?
3. What does the Bag-Valve-Mask often attach to?
4. An adult is having difficulty breathing and needs assistance, how do we give an ADULT rescue breaths (1 breath per how many seconds)?
5. A child is having difficulty breathing and needs assistance, how do we give a CHILD rescue breaths (1 breath per how many seconds)?
6. An infant is having difficulty breathing and needs assistance, how do we give an INFANT rescue breaths (1 breath per how many seconds)?
7. How do you open an infant’s airway to give breaths?
8. What happens if you force too much air into a patient?

## Choking

1. What should you do if a conscious adult or child is choking and still coughing?
2. What should you do if a conscious infant is choking and coughing?
3. What should you do if a conscious adult or child is choking and can no longer cough?
4. What should you do if a conscious infant is choking and can no longer cough?
5. What should you do if a pregnant woman is choking and can no longer cough?
6. What should you do if a person in a wheelchair is choking and can no longer cough?
7. What should you are alone and choking?
8. What should you do if a choking adult, child, or infant becomes unconscious?

## AED

1. Where do you place the AED pads on an ADULT?
2. Where do you place the AED pads on an CHILD?
3. Where do you place the AED pads on an INFANT?
4. What does the AED do to the heart during shockable rhythms?
5. What are some shockable rhythms?
6. Does the AED shock asystole?
7. How can you use an AED if someone is submerged underwater?
8. When doing CPR with an AED in teams, when is it best to switch roles (compressions, breaths, AED, etc)?
9. What should you do during AED analyzing phase? What should you do during AED shock phase?
10. What are some common complications with applying the AED pads?

## Agonal respirations

1. What are agonal respirations?
2. When do agonal respirations occur?
3. What should you do when you see agonal respirations?

## Good luck

1. Who loves seeing students pass?

**High-Quality CPR**

1. **When do you do CPR?**
	* Perform CPR when a person is unresponsive, not breathing, or only gasping for air, indicating they may be in cardiac arrest.
2. **What is the compressions to breaths ratio for 1-rescuer ADULT CPR?**
	* The ratio is 30 compressions to 2 breaths.
3. **What is the compressions to breaths ratio for 1-rescuer CHILD CPR?**
	* The ratio is 30 compressions to 2 breaths, similar to adult CPR.
4. **What is the compressions to breaths ratio for 1-rescuer INFANT CPR?**
	* The ratio is 30 compressions to 2 breaths, the same as for adults and children.
5. **What is the compressions to breaths ratio for a multi-rescuer ADULT CPR?**
	* For multi-rescuer adult CPR, the ratio is typically 30 compressions to 2 breaths, but with roles more clearly defined between compressions and ventilation.
6. **What is the compressions to breaths ratio for multi-rescuer CHILD CPR?**
	* For multi-rescuer child CPR, the ratio changes to 15 compressions to 2 breaths.
7. **What is the compressions to breaths ratio for multi-rescuer INFANT CPR?**
	* For multi-rescuer infant CPR, the ratio is also 15 compressions to 2 breaths.
8. **How many compressions per minute for ADULT, CHILD, and INFANT CPR?**
	* The recommended rate is at least 100 to 120 compressions per minute for all age groups.
9. **After how many minutes should you alternate the compressor role?**
	* It's recommended to switch compressors every 2 minutes to prevent fatigue and ensure the quality of compressions.
10. **How deep are the compressions for ADULTS?**
	* Compressions should be at least 2 inches (5 cm) deep but not more than 2.4 inches (6 cm).
11. **How deep are the compressions for CHILDREN?**
	* Compressions should be about 2 inches (5 cm) deep or one-third the depth of the chest.
12. **How deep are the compressions for INFANTS?**
	* Compressions should be about 1.5 inches (4 cm) deep or one-third the depth of the chest.
13. **How do you know if the breath goes into the lungs?**
	* You know breath goes into the lungs if you see the chest rise with each ventilation. If there's no chest rise, recheck the airway and attempt to ventilate again.
14. **Why should you allow full chest recoil during CPR?**
	* Allowing full chest recoil ensures that the heart fills completely between compressions, which is essential for effective blood flow and perfusion during CPR.
15. **How do you perform CPR on an ADULT?**
	* Check for responsiveness and breathing. Call for emergency help and start chest compressions in the center of the chest, at a depth of at least 2 inches and at a rate of 100-120 per minute. After 30 compressions, give 2 breaths by tilting the head back and lifting the chin to open the airway, and then continue the cycle.
16. **How do you perform CPR on a CHILD?**
	* Similar to adults, but if you're alone, perform 5 cycles (about 2 minutes) of CPR before calling for help if no one else is available to call immediately. Use one hand or both hands for compressions depending on the size of the child, at a depth of about 2 inches.
17. **How do you perform CPR on an INFANT?**
	* Use two fingers in the center of the chest just below the nipple line. Compressions should be about 1.5 inches deep. If you are alone with the infant, perform 5 cycles of CPR before calling for emergency help. For breaths, cover the infant's mouth and nose with your mouth and give gentle breaths to see the chest rise.

**Age Range**

1. **What age are you an ADULT?**
	* An individual is considered an adult at puberty (around 12 years) for CPR but age 8 for an AED. Use adult pads and an adult shock on patients over 8 years old.
2. **What age are you a CHILD?**
	* A child is typically defined as someone from 1 year of age up to puberty (around 12 years old) for the purposes of CPR, but from 1 years to under 8 years in regards to AED use.
3. **What age are you an INFANT?**
	* An infant is defined as a child under 12 months of age.

**Rescue Breathing**

1. **When do you do rescue breathing?**
	* Rescue breathing is performed when an individual has a pulse but is not breathing or breathing inadequately (agonal breathing).
2. **How do you use a Bag-Valve-Mask?**
	* To use a Bag-Valve-Mask (BVM), ensure a tight seal over the patient's mouth and nose with the mask. Then, squeeze the bag every 5 6 seconds for an adult, and every 2-3 seconds for a child or infant, to provide breaths. It may require two people to operate effectively—one to hold the mask in place to ensure a seal and the other to squeeze the bag.
3. **What does the Bag-Valve-Mask often attach to?**
	* A Bag-Valve-Mask often attaches to an oxygen supply to deliver higher concentrations of oxygen to the patient. It can also be used without an oxygen supply if necessary.
4. **An adult is having difficulty breathing and needs assistance, how do we give an ADULT rescue breaths (1 breath per how many seconds)?**
	* For an adult, give 1 rescue breath every 6 seconds (10 breaths per minute).
5. **A child is having difficulty breathing and needs assistance, how do we give a CHILD rescue breaths (1 breath per how many seconds)?**
	* For a child, give 1 rescue breath every 2-3 seconds (20 to 30 breaths per minute).
6. **An infant is having difficulty breathing and needs assistance, how do we give an INFANT rescue breaths (1 breath per how many seconds)?**
	* For an infant, give 1 rescue breath every 2-3 seconds (20 to 30 breaths per minute).
7. **How do you open an infant’s airway to give breaths?**
	* To open an infant's airway, place one hand on the forehead to tilt the head slightly back and use your fingertips to gently lift the chin. Be careful not to tilt the head too far back as this will **close the airway**. Keep it in ‘neutral position’
8. **What happens if you force too much air into a patient?**
	* Forcing too much air into a patient can lead to air entering the stomach (gastric inflation), which can cause vomiting and potential aspiration. It can also increase the risk of lung injury.

**Choking**

1. **What should you do if a conscious adult or child is choking and still coughing?**
	* Encourage them to keep coughing. If they are able to cough forcefully, the airway is not completely blocked, and coughing is the most effective way to dislodge the object.
2. **What should you do if a conscious infant is choking and coughing?**
	* Monitor the infant closely and encourage coughing if they are able to do so. If the coughing is effective, it can help to remove the object. Be prepared to intervene if the situation worsens.
3. **What should you do if a conscious adult or child is choking and can no longer cough, speak, or breathe?**
	* Perform the Heimlich maneuver (abdominal thrusts) for adults and children. Stand behind the person, wrap your arms around their waist, make a fist with one hand and place it just above the person's navel. Grasp your fist with the other hand and press into their abdomen with a quick, upward thrust. Repeat until the object is expelled or the individual becomes unconscious. For pregnant or obese individuals, chest thrusts are recommended instead of abdominal thrusts. Alternatively, you can alternate 5 abdominal thrusts with 5 back slaps.
4. **What should you do if a conscious infant is choking and can no longer cough?**
	* Perform a series of 5 back slaps followed by 5 chest thrusts. Support the infant's head and neck with your hand, lay them face down along your forearm, and use the heel of your hand to deliver back slaps between the infant's shoulder blades. Then, turn the infant over and use two fingers to give chest thrusts on the sternum, just below the nipple line. Repeat until the object is expelled or the infant becomes unconscious.
5. **What should you do if a pregnant woman is choking and can no longer cough?**
	* Perform chest thrusts instead of abdominal thrusts to avoid putting pressure on the abdomen. Stand behind the person, place your arms under hers and your hands in the middle of her chest, and press firmly inward and upward.
6. **What should you do if a person in a wheelchair is choking and can no longer cough?**
	* Perform abdominal thrusts similar to the Heimlich maneuver, if possible. If the person is unable to stand or if abdominal thrusts are not practical, use chest thrusts. Make sure to secure or support the person to prevent injury during the process.
7. **What should you do if you are alone and choking?**
	* You can perform the Heimlich maneuver on yourself by using your hands or pressing your abdomen sharply against a hard object like the back of a chair, edge of a table, or countertop. Thrust upward until the object is expelled. If that doesn’t work, go into public to be seen and attempt to call 911.
8. **What should you do if a choking adult, child, or infant becomes unconscious?**
	* Call for help if not already done, start CPR beginning with chest compressions, check the mouth for the obstructing object before giving rescue breaths, and remove it if seen. Do not perform blind finger sweeps.

**AED**

1. **Where do you place the AED pads on an ADULT?**
	* Place one pad on the upper right chest and the other pad on the lower left side of the chest, under the heart area.
2. **Where do you place the AED pads on a CHILD?**
	* The placement is the same as for adults: one pad on the upper right chest and the other on the lower left side of the chest. For small children or infants, if the pads risk touching each other, place one pad in the center of the chest and the other on the back, between the shoulder blades.
3. **Where do you place the AED pads on an INFANT?**
	* If using pediatric pads, place one pad on the center of the chest and the other on the back, between the shoulder blades. If only adult pads are available, do the same but ensure they do not touch or overlap.
4. **What does the AED do to the heart during shockable rhythms?**
	* The AED delivers an electrical shock to the heart, which is intended to stop the abnormal rhythm and allow the heart's natural pacemaker to resume normal rhythm.
5. **What are some shockable rhythms?**
	* Ventricular fibrillation (VF) and pulseless ventricular tachycardia (VT) are two types of shockable rhythms.
6. **Does the AED shock asystole?**
	* No, the AED does not recommend a shock for asystole ("flatline"). CPR should be continued, and advanced medical care should be sought.
7. **How can you use an AED if someone is submerged underwater?**
	* You cannot use an AED on someone while they are submerged. Remove the person from the water, dry the chest area thoroughly, and then apply the AED pads. Ensure there is no standing water around you or the patient.
8. **When doing CPR with an AED in teams, when is it best to switch roles?**
	* It's best to switch roles every 2 minutes, or sooner if tired, to minimize fatigue. Switching should ideally occur during the AED's analyzing phase to reduce interruptions in chest compressions.
9. **What should you do during the AED analyzing phase? What should you do during the AED shock phase?**
	* During the analyzing phase, ensure nobody is touching the patient and stay clear. During the shock phase, again ensure that nobody is touching the patient, announce that a shock is about to be delivered, and ensure everyone is clear of the patient before pressing the shock button.
10. **What are some common complications with applying the AED pads?**
	* Complications include pads not adhering properly to a hairy chest (which may require shaving), wet or sweaty skin (which may need drying), and pad placement too close on small bodies, risking pad-to-pad arcing.

**Agonal Respirations**

1. **What are agonal respirations?**
	* Agonal respirations are gasping, irregular, or labored breaths that can occur in the first minutes after sudden cardiac arrest. They are not effective breathing.
2. **When do agonal respirations occur?**
	* They often occur shortly after the heart stops and are a reflexive action of the body, not true effective breathing.
3. **What should you do when you see agonal respirations?**
	* Do not be misled by agonal respirations; they are a sign of cardiac arrest. Immediately start CPR and use an AED as soon as possible. Agonal respirations should be treated as an absence of breathing.
4. **Who loves seeing students pass?**
	* LIFE SAFE