

Basic Life Support Exam B Answers 25 Questions



Annotated Answer Key Basic Life Support Exam A

Provider Manual 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. While performing high-quality CPR on an adult, what action should you ensure is being accomplished?

- A. Maintaining a compression rate of 90 to 120/min
- B. Placing hands on the upper third of the sternum
- C. Allowing the chest to recoil 1 inch
- D. Compressing to a depth of at least 2 inches

The correct answer is D. When performing chest compressions on an adult (or adolescent), a compression depth of **at least 2 inches (5 cm)** should be used. [BLS Provider Manual, Part 2: BLS for Adults > Adult Chest Compressions; page 19]

Use this scenario to answer the next 2 questions:

A 53-year-old woman collapses while gardening. She is unresponsive, is not breathing, and does not have a pulse. A neighbor, who is an emergency medical technician, rushes to her with an AED.

2. When the AED arrives, what is the first step for using it?

- A. Apply the pads to the patient's chest
- B. Clear the patient
- C. Turn on the AED
- D. Press the shock button

The correct answer is C. The first step for using an AED (when it becomes available) is to **power on the AED** if needed. Some devices will power on automatically when you open the lid or case. Because AEDs vary according to the model and manufacturer, it is important to become familiar with the AED used in your particular setting. [BLS Provider Manual, Part 3: Automated External Defibrillator for Adults and Children 8 Years of Age and Older > Using the AED > Universal Steps for Operating an AED; page 35]

3. After the AED pads are attached to the victim's bare chest, the AED detects ventricular fibrillation. What is the next step when using an AED?

- A. Check the victim for a carotid pulse
- B. Follow the AED prompts
- C. Clear the patient
- D. Press the shock button

The correct answer is B. After the AED pads are attached to the victim's bare chest, you should **follow the AED prompts**. The AED will analyze the victim's heart rhythm and prompt you to deliver a shock if needed. [BLS Provider Manual, Part 3: Automated External Defibrillator for Adults and Children 8 Years of Age and Older > Using the AED > Universal Steps for Operating an AED; page 35]

Basic Life Support Exam B Answers: 25 Questions is a crucial topic for anyone involved in emergency response, healthcare, or safety training. Basic Life Support (BLS) is a set of life-saving interventions that are performed in emergencies when someone's breathing or heartbeat has stopped. Understanding the answers to common BLS exam questions is essential for anyone preparing for certification or aiming to refresh their knowledge. In this article, we will explore the key concepts of BLS, provide a sample of 25 questions commonly found in Exam B, and review their answers for better understanding.

Understanding Basic Life Support (BLS)

Basic Life Support is designed to maintain a person's vital functions until advanced medical help can arrive. It includes techniques such as:

- CPR (Cardiopulmonary Resuscitation): A combination of chest compressions and rescue breaths.
- AED (Automated External Defibrillator): A device that can help restore a normal heart rhythm.
- Choking relief: Techniques for clearing an airway obstruction.

BLS is particularly critical in situations involving cardiac arrest, respiratory failure, or choking. The guidelines developed by the American Heart Association (AHA) form the backbone of BLS training and assessments.

Components of a Basic Life Support Exam

Typically, a BLS exam will cover the following key areas:

1. Recognition of emergencies: Identifying when BLS is necessary.
2. CPR techniques: Understanding the proper method, including compression depth and rate.
3. Use of an AED: Knowing how to operate an AED and when to use it.
4. Choking protocols: Recognizing and addressing choking in adults, children, and infants.

Sample Questions from Basic Life Support Exam B

Here is a selection of 25 sample questions that may appear on a Basic Life Support Exam B, along with their answers.

1-5: Recognition and Activation of Emergency Response

1. What is the first step you should take when you find an unresponsive adult?
 - A) Check for breathing
 - B) Call for help
 - C) Begin CPR
 - D) Look for an AEDAnswer: B) Call for help

2. When should you activate the emergency response system?
 - A) Only if the person is not breathing
 - B) As soon as you recognize a cardiac emergency
 - C) After performing CPR for 5 minutes
 - D) When instructed by bystanders

Answer: B) As soon as you recognize a cardiac emergency

3. What is the recommended compression rate for adult CPR?

- A) 60-80 compressions per minute
- B) 100-120 compressions per minute
- C) 80-100 compressions per minute
- D) 120-140 compressions per minute

Answer: B) 100-120 compressions per minute

4. How deep should chest compressions be for adults?

- A) About 1 inch
- B) About 1.5 inches
- C) About 2 inches
- D) About 3 inches

Answer: C) About 2 inches

5. What should you do if an adult is unresponsive but breathing normally?

- A) Give rescue breaths
- B) Place them in the recovery position
- C) Begin CPR
- D) Monitor their breathing without any intervention

Answer: B) Place them in the recovery position

6-10: CPR Techniques

6. How many compressions and breaths should you provide in a cycle of adult CPR?

- A) 15 compressions and 2 breaths
- B) 30 compressions and 2 breaths
- C) 25 compressions and 1 breath
- D) 20 compressions and 2 breaths

Answer: B) 30 compressions and 2 breaths

7. What is the correct hand position for adult CPR?

- A) Lower half of the sternum
- B) Upper half of the sternum
- C) Center of the abdomen
- D) Just below the ribs

Answer: A) Lower half of the sternum

8. In the case of a choking adult, what is the first step you should take?

- A) Start CPR
- B) Give abdominal thrusts
- C) Call for emergency help
- D) Encourage coughing

Answer: B) Give abdominal thrusts

9. If you are alone and find an unresponsive child, what should you do first?

- A) Call for help immediately
- B) Check for breathing for 5-10 seconds

- C) Start CPR
- D) Use an AED

Answer: A) Call for help immediately

10. What is the purpose of rescue breaths in CPR?

- A) To circulate blood
- B) To provide oxygen to the lungs
- C) To stimulate breathing
- D) To clear the airway

Answer: B) To provide oxygen to the lungs

11-15: Use of AED

11. What does an AED do?

- A) Provides CPR
- B) Analyzes heart rhythm and delivers a shock if needed
- C) Clears airway obstructions
- D) Monitors vital signs

Answer: B) Analyzes heart rhythm and delivers a shock if needed

12. When should you use an AED?

- A) Only if the person is breathing
- B) When the person is unresponsive and not breathing normally
- C) After 5 minutes of CPR
- D) When trained personnel arrive

Answer: B) When the person is unresponsive and not breathing normally

13. What is the first thing you should do when using an AED?

- A) Turn it on
- B) Place pads on the chest
- C) Call for help
- D) Begin CPR

Answer: A) Turn it on

14. What should you do after the AED delivers a shock?

- A) Immediately start CPR
- B) Wait for the person to wake up
- C) Call emergency services
- D) Check the pads

Answer: A) Immediately start CPR

15. Can an AED be used on a child?

- A) No, only adults
- B) Yes, with pediatric pads if available
- C) Yes, but only in emergency settings
- D) Only after adult attempts have failed

Answer: B) Yes, with pediatric pads if available

16-20: Special Considerations

16. What is the correct technique for infant CPR?

- A) Use two fingers for compressions and give 2 breaths after 30 compressions
- B) Use one hand for compressions and give 1 breath after 15 compressions
- C) Use both hands for compressions and give 1 breath after 30 compressions
- D) Use your palm for compressions and give 2 breaths after 15 compressions

Answer: A) Use two fingers for compressions and give 2 breaths after 30 compressions

17. When performing CPR on a pregnant woman, what should you do differently?

- A) Use a single-handed technique
- B) Perform chest compressions higher on the sternum
- C) Position her on her left side
- D) Avoid using an AED

Answer: C) Position her on her left side

18. What should you do if you are alone with an infant who is choking?

- A) Call for help before attempting intervention
- B) Provide back blows and chest thrusts
- C) Start CPR immediately
- D) Leave the infant to find help

Answer: B) Provide back blows and chest thrusts

19. In which situation would you not provide rescue breaths?

- A) When you are untrained in BLS
- B) If the person is a child
- C) In a drowning incident
- D) If the person has a pulse

Answer: D) If the person has a pulse

20. What is the recommended action for a responsive adult who is choking?

- A) Encourage them to cough
- B) Give abdominal thrusts
- C) Start CPR
- D) Use an AED

Answer: A) Encourage them to cough

21-25: Final Considerations

21. What is the most important action you can take in a cardiac arrest situation?

- A) Start rescue breaths
- B) Call for help
- C) Begin chest compressions
- D) Use an AED

Answer: C) Begin chest compressions

22. What should you do if a person becomes responsive after receiving CPR?

- A) Leave them alone

Frequently Asked Questions

What is the primary purpose of the Basic Life Support (BLS) exam?

The primary purpose of the BLS exam is to assess an individual's knowledge and skills in providing emergency cardiovascular care and basic life support techniques.

What are the key components of BLS that are often tested in the exam?

The key components include recognition of cardiac arrest, activation of emergency response systems, high-quality chest compressions, rescue breaths, and the use of an Automated External Defibrillator (AED).

How many total questions are typically included in a Basic Life Support exam?

The Basic Life Support exam typically includes 25 questions, covering various scenarios and knowledge areas related to BLS.

What is the recommended compression-to-breath ratio in adult BLS?

The recommended compression-to-breath ratio in adult BLS is 30 compressions to 2 breaths.

Why is it important to perform high-quality chest compressions during BLS?

High-quality chest compressions are crucial because they help maintain blood flow to the heart and brain, increasing the chances of survival until advanced medical help arrives.

What should a responder do first when they encounter an unresponsive adult?

The responder should first check the scene for safety, then assess responsiveness, and if the adult is unresponsive, call for emergency help and begin CPR immediately.

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