

# Basic Life Support Exam A Answer Key



## 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]

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**BASIC LIFE SUPPORT EXAM ANSWER KEY** IS AN ESSENTIAL TOOL FOR HEALTHCARE PROVIDERS AND LAYPERSONS ALIKE WHO ARE TRAINED IN PROVIDING EMERGENCY CARDIAC CARE. THE BASIC LIFE SUPPORT (BLS) COURSE EQUIPS INDIVIDUALS WITH THE SKILLS NEEDED TO RECOGNIZE AND INTERVENE IN LIFE-THREATENING EMERGENCIES, SUCH AS CARDIAC ARREST, CHOKING, AND RESPIRATORY DISTRESS. THIS ARTICLE WILL PROVIDE A COMPREHENSIVE OVERVIEW OF THE BLS EXAM, INCLUDING KEY CONCEPTS COVERED IN THE EXAM, COMMON QUESTIONS, AND AN ANSWER KEY TO ASSIST IN UNDERSTANDING THE MATERIAL.

## UNDERSTANDING BASIC LIFE SUPPORT (BLS)

BASIC LIFE SUPPORT IS A CRITICAL COMPONENT OF EMERGENCY MEDICAL CARE THAT FOCUSES ON THE PRESERVATION OF LIFE THROUGH IMMEDIATE INTERVENTION. BLS IS PRIMARILY AIMED AT SUSTAINING THE PATIENT'S LIFE UNTIL ADVANCED MEDICAL HELP ARRIVES. THE BLS GUIDELINES ARE DEVELOPED BY ORGANIZATIONS LIKE THE AMERICAN HEART ASSOCIATION (AHA) AND THE RED CROSS, WHICH ADVOCATE FOR REGULAR TRAINING AND CERTIFICATION.

# KEY COMPONENTS OF BLS

THE ESSENTIAL COMPONENTS OF BASIC LIFE SUPPORT INCLUDE:

1. RECOGNITION OF CARDIAC ARREST: IDENTIFYING SIGNS OF CARDIAC ARREST, SUCH AS UNRESPONSIVENESS AND ABSENCE OF BREATHING.
2. ACTIVATION OF EMERGENCY RESPONSE SYSTEM: CALLING FOR EMERGENCY MEDICAL SERVICES (EMS) OR INSTRUCTING SOMEONE ELSE TO DO SO.
3. HIGH-QUALITY CHEST COMPRESSIONS: PERFORMING CHEST COMPRESSIONS AT THE CORRECT RATE AND DEPTH TO MAINTAIN BLOOD CIRCULATION.
4. AIRWAY MANAGEMENT: ENSURING THAT THE AIRWAY IS CLEAR TO ALLOW FOR EFFECTIVE RESCUE BREATHS.
5. RESCUE BREATHS: ADMINISTERING APPROPRIATE RESCUE BREATHS IF THE VICTIM IS NOT BREATHING.
6. USE OF AUTOMATED EXTERNAL DEFIBRILLATOR (AED): PROPERLY USING AN AED TO RESTORE A NORMAL HEART RHYTHM.

## STRUCTURE OF THE BLS EXAM

THE BLS EXAM TYPICALLY CONSISTS OF MULTIPLE-CHOICE QUESTIONS, CASE SCENARIOS, AND PRACTICAL SKILLS ASSESSMENTS. THE EXAM IS DESIGNED TO TEST BOTH THEORETICAL KNOWLEDGE AND PRACTICAL ABILITIES. HERE ARE THE KEY AREAS TYPICALLY COVERED IN THE BLS EXAM:

### 1. THEORETICAL KNOWLEDGE

- CARDIAC ARREST RECOGNITION: QUESTIONS ABOUT HOW TO IDENTIFY A PERSON IN CARDIAC ARREST.
- CPR TECHNIQUES: KNOWLEDGE OF CORRECT COMPRESSION AND BREATH TECHNIQUES.
- AED USAGE: UNDERSTANDING WHEN AND HOW TO USE AN AED.
- CHOKING INTERVENTIONS: KNOWLEDGE OF HOW TO ASSIST A CHOKING VICTIM USING ABDOMINAL THRUSTS OR BACK BLOWS.

### 2. PRACTICAL SKILLS ASSESSMENT

- CHEST COMPRESSIONS: ABILITY TO PERFORM HIGH-QUALITY CHEST COMPRESSIONS.
- RESCUE BREATHS: DEMONSTRATION OF PROVIDING RESCUE BREATHS EFFECTIVELY.
- TEAM DYNAMICS: WORKING EFFECTIVELY WITHIN A TEAM DURING RESUSCITATION EFFORTS.

## COMMON QUESTIONS IN THE BLS EXAM

BELOW IS A LIST OF COMMON TOPICS OR QUESTIONS THAT MAY APPEAR ON THE BLS EXAM:

1. WHAT IS THE CORRECT COMPRESSION-TO-BREATH RATIO FOR ADULTS?
2. HOW DEEP SHOULD COMPRESSIONS BE FOR ADULT VICTIMS?
3. DESCRIBE THE STEPS TO TAKE WHEN YOU ENCOUNTER A CHOKING ADULT.
4. WHAT IS THE RECOMMENDED RATE FOR CHEST COMPRESSIONS?
5. WHEN SHOULD YOU STOP CPR?
6. HOW CAN YOU RECOGNIZE A CARDIAC ARREST IN A CHILD OR INFANT?
7. WHAT IS THE IMPORTANCE OF EARLY DEFIBRILLATION?

# BLS EXAM ANSWER KEY

THE FOLLOWING ANSWER KEY PROVIDES ANSWERS TO THE COMMON QUESTIONS LISTED ABOVE. THIS KEY SERVES AS A GUIDE TO UNDERSTANDING THE CORRECT RESPONSES AND REINFORCING LEARNING.

## ANSWER KEY

1. WHAT IS THE CORRECT COMPRESSION-TO-BREATH RATIO FOR ADULTS?  
- ANSWER: THE CORRECT COMPRESSION-TO-BREATH RATIO FOR ADULTS IS 30:2.
2. HOW DEEP SHOULD COMPRESSIONS BE FOR ADULT VICTIMS?  
- ANSWER: COMPRESSIONS SHOULD BE AT LEAST 2 INCHES (5 CM) DEEP.
3. DESCRIBE THE STEPS TO TAKE WHEN YOU ENCOUNTER A CHOKING ADULT.  
- ANSWER:
  - ASSESS THE VICTIM'S ABILITY TO COUGH OR SPEAK.
  - IF THE VICTIM CANNOT COUGH, SPEAK, OR BREATHE, PERFORM ABDOMINAL THRUSTS (HEIMLICH MANEUVER).
  - STAND BEHIND THE VICTIM, PLACE YOUR ARMS AROUND THEIR WAIST, MAKE A FIST WITH ONE HAND, AND PLACE THE THUMB SIDE AGAINST THE MIDDLE OF THE ABDOMEN, JUST ABOVE THE NAVEL. GRASP THE FIST WITH YOUR OTHER HAND AND THRUST INWARD AND UPWARD.
  - REPEAT UNTIL THE OBJECT IS EXPELLED OR THE VICTIM BECOMES UNRESPONSIVE.
4. WHAT IS THE RECOMMENDED RATE FOR CHEST COMPRESSIONS?  
- ANSWER: THE RECOMMENDED RATE FOR CHEST COMPRESSIONS IS 100 TO 120 COMPRESSIONS PER MINUTE.
5. WHEN SHOULD YOU STOP CPR?  
- ANSWER: YOU SHOULD STOP CPR IF:
  - THE SCENE BECOMES UNSAFE.
  - THE VICTIM SHOWS SIGNS OF LIFE (E.G., MOVEMENT, BREATHING).
  - EMERGENCY MEDICAL SERVICES ARRIVE AND TAKE OVER.
  - YOU ARE TOO EXHAUSTED TO CONTINUE.
6. HOW CAN YOU RECOGNIZE A CARDIAC ARREST IN A CHILD OR INFANT?  
- ANSWER: SIGNS OF CARDIAC ARREST IN A CHILD OR INFANT INCLUDE UNRESPONSIVENESS, LACK OF NORMAL BREATHING, AND ABSENCE OF A PULSE.
7. WHAT IS THE IMPORTANCE OF EARLY DEFIBRILLATION?  
- ANSWER: EARLY DEFIBRILLATION IS CRUCIAL BECAUSE IT CAN RESTORE A NORMAL HEART RHYTHM IN CASES OF VENTRICULAR FIBRILLATION OR PULSELESS VENTRICULAR TACHYCARDIA, SIGNIFICANTLY INCREASING THE CHANCES OF SURVIVAL.

## CONCLUSION

THE BASIC LIFE SUPPORT EXAM IS AN INTEGRAL PART OF TRAINING FOR ANYONE INVOLVED IN HEALTHCARE OR EMERGENCY RESPONSE. UNDERSTANDING THE EXAM STRUCTURE, COMMON QUESTIONS, AND THEIR ANSWERS IS ESSENTIAL FOR SUCCESS IN BOTH THE EXAM AND REAL-LIFE SITUATIONS. BY MASTERING THESE FUNDAMENTAL SKILLS AND KNOWLEDGE, INDIVIDUALS CAN BECOME EFFECTIVE RESPONDERS IN EMERGENCIES, POTENTIALLY SAVING LIVES. REGULAR PRACTICE AND RE-CERTIFICATION ARE VITAL TO MAINTAINING THESE LIFE-SAVING SKILLS, ENSURING PREPAREDNESS WHEN IT MATTERS MOST.

## FREQUENTLY ASKED QUESTIONS

## **WHAT IS THE PURPOSE OF THE BASIC LIFE SUPPORT (BLS) EXAM?**

THE PURPOSE OF THE BLS EXAM IS TO ASSESS AN INDIVIDUAL'S KNOWLEDGE AND SKILLS RELATED TO CARDIOPULMONARY RESUSCITATION (CPR) AND EMERGENCY CARDIOVASCULAR CARE.

## **WHAT ARE THE MAIN COMPONENTS OF CPR COVERED IN THE BLS EXAM?**

THE MAIN COMPONENTS OF CPR COVERED IN THE BLS EXAM INCLUDE CHEST COMPRESSIONS, RESCUE BREATHS, AND THE USE OF AN AUTOMATED EXTERNAL DEFIBRILLATOR (AED).

## **HOW OFTEN SHOULD BLS CERTIFICATION BE RENEWED?**

BLS CERTIFICATION SHOULD TYPICALLY BE RENEWED EVERY TWO YEARS TO ENSURE THAT INDIVIDUALS REMAIN UP-TO-DATE WITH THE LATEST GUIDELINES AND PRACTICES.

## **WHAT IS THE CORRECT COMPRESSION-TO-BREATH RATIO FOR ADULT CPR IN THE BLS EXAM?**

THE CORRECT COMPRESSION-TO-BREATH RATIO FOR ADULT CPR IS 30 COMPRESSIONS TO 2 BREATHS.

## **WHAT SHOULD YOU DO IF YOU ENCOUNTER AN UNRESPONSIVE ADULT WHO IS NOT BREATHING?**

IF YOU ENCOUNTER AN UNRESPONSIVE ADULT WHO IS NOT BREATHING, YOU SHOULD CALL EMERGENCY SERVICES, BEGIN CPR IMMEDIATELY, AND USE AN AED IF AVAILABLE.

## **WHAT AGE GROUP IS CONSIDERED 'ADULT' IN THE CONTEXT OF THE BLS EXAM?**

IN THE CONTEXT OF THE BLS EXAM, AN 'ADULT' IS TYPICALLY DEFINED AS ANYONE AGED 8 YEARS AND OLDER.

## **WHAT IS THE RECOMMENDED DEPTH FOR CHEST COMPRESSIONS DURING ADULT CPR?**

THE RECOMMENDED DEPTH FOR CHEST COMPRESSIONS DURING ADULT CPR IS AT LEAST 2 INCHES (5 CM) BUT NOT MORE THAN 2.4 INCHES (6 CM).

## **WHAT SHOULD BE DONE IF THE AED ADVISES A SHOCK DURING A CARDIAC ARREST SITUATION?**

IF THE AED ADVISES A SHOCK DURING A CARDIAC ARREST SITUATION, ENSURE THAT NO ONE IS TOUCHING THE PATIENT, THEN PRESS THE 'SHOCK' BUTTON TO DELIVER THE SHOCK.

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