

American Heart Association

**Heartsaver®
First Aid CPR AED
Optional Exams**

April 26, 2016

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American Heart Association

**Heartsaver®
First Aid
Optional Exams A and B**

April 26, 2016

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**Student Answer Sheet
Heartsaver®
First Aid Optional Exam**

Name: _____ Date: _____ Version: _____

Question	Answer			
1.	A	B	C	D
2.	A	B	C	D
3.	A	B	C	D
4.	A	B	C	D
5.	A	B	C	D
6.	A	B	C	D
7.	A	B	C	D
8.	A	B	C	D
9.	A	B	C	D
10.	A	B	C	D
11.	A	B	C	D
12.	A	B	C	D
13.	A	B	C	D
14.	A	B	C	D
15.	A	B	C	D



American Heart Association

**Heartsaver[®]
First Aid
Optional Exam A**

April 26, 2016

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Heartsaver®
First Aid Optional Exam A
(15 questions)

Please do not mark on this exam. Record the best answer on the separate answer sheet.

1. What should you do if someone is confused and needs first aid?
 - A. Assume the person wouldn't want help and walk away
 - B. Shout at the person until the person makes eye contact
 - C. Assume the person would want help
 - D. Pretend not to see the person and walk away

2. What should you do if someone with an injury or illness at work refuses care?
 - A. Phone 9-1-1 and stay with the person until advanced help arrives
 - B. Take care of the person because he is a coworker
 - C. Leave the person alone and go back to work
 - D. Take care of the person anyway

3. Why should you wear personal protective equipment?
 - A. To protect yourself from bloodborne diseases
 - B. To impress people during treatment
 - C. To look official
 - D. To avoid getting your own clothes dirty

4. How long should you rub the surfaces of your hands together during handwashing?
 - A. At least 5 seconds
 - B. At least 20 seconds
 - C. At least 1 minute
 - D. At least 5 minutes

5. You are running on a track at a local school. You come across a woman who has fallen and is bleeding from a cut on her leg. Why is it important to properly remove your gloves after giving first aid?
 - A. To keep the removed gloves as compact as possible for waste disposal
 - B. So contaminants on the gloves can be analyzed later
 - C. To keep from touching blood or body fluids of the person you are helping
 - D. To prevent blood or body fluids on the gloves from touching the person you are helping

6. You are hiking on a trail and come across an adult woman who appears to have trouble breathing and swelling of the tongue and face. What should you look for that could help you determine her possible medical condition?
 - A. Her cell phone
 - B. Her driver's license
 - C. Her identification card
 - D. Medical information jewelry

7. A coworker is struck in the abdomen while on break. The coworker has a bruise and shows signs of shock. What should you suspect is wrong?
 - A. External bleeding
 - B. Cardiac arrest
 - C. Internal bleeding
 - D. A head injury

8. Which is a sign of severe airway block?
 - A. Cannot breathe or talk
 - B. Can make sounds and talk
 - C. Can cough loudly
 - D. Can breathe, talk, or cough

9. You and a friend are picking berries at a local farm. You notice a man who has been stung by a bee and is having difficulty breathing. Where should the epinephrine pen be injected into this person?
 - A. At the site of the bee sting
 - B. Into the thigh, halfway between the hip and knee
 - C. Into either upper arm
 - D. Into the chest, as close to the heart as possible

10. You are running on a track at a local school. You come across a woman who has fallen and is bleeding from a cut on her leg. Where should you apply direct pressure to this cut?
 - A. Directly on the cut, with your fingers under the bandage
 - B. On the dressings
 - C. On the nearest pressure point of the leg
 - D. On the side of the leg opposite the cut

11. How do you protect an amputated body part?
 - A. Place it directly on ice in a sealed bag, and send it to the hospital
 - B. Wrap it in gauze, place it in an airtight bag, and send it to the hospital
 - C. Place it in a red biohazard bag
 - D. Place it in a watertight plastic bag inside another container with ice or ice and water

12. What is the next step when giving first aid to someone who has been bitten by a spider, after you've ensured scene safety and put on personal protective equipment?
- A. Look for and remove the fangs
 - B. Scrape the spider's fangs away by using something with a dull edge
 - C. Remove the victim's clothing, and apply ice directly to the skin
 - D. Wash the area with running water and soap
13. What should you spray on a person with heat exhaustion?
- A. A sports drink
 - B. A mixture of salt and water
 - C. Cool water
 - D. Prune juice
14. Which are the best methods you can use to get more information on first aid, CPR, or AED training?
- A. Borrow a coworker's Student Workbook and complete a self-study course
 - B. Go online to www.heart.org/cpr or call 1-877-AHA-4CPR (877-242-4277)
 - C. Contact your supervisor and visit the nearest American Heart Association Center
 - D. Refer to local laws for first aid providers and call 1-877-CPR-4AED
15. What should you do after you've finished taking care of an injured person at work?
- A. Write a report of the incident if your company requires it
 - B. Phone 9-1-1
 - C. Post the report to the company bulletin board
 - D. Tell your coworkers about the injury

**Answer Key
Heartsaver®
First Aid Optional Exam A**

Question	Answer			
1.	A	B	•	D
2.	•	B	C	D
3.	•	B	C	D
4.	A	•	C	D
5.	A	B	•	D
6.	A	B	C	•
7.	A	B	•	D
8.	•	B	C	D
9.	A	•	C	D
10.	A	•	C	D
11.	A	B	C	•
12.	A	B	C	•
13.	A	B	•	D
14.	A	•	C	D
15.	•	B	C	D

**Annotated Answer Key
Heartsaver®
First Aid Optional Exam A**

Student Workbook 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. What should you do if someone is confused and needs first aid?
 - A. Assume the person wouldn't want help and walk away
 - B. Shout at the person until the person makes eye contact
 - C. Assume the person would want help**
 - D. Pretend not to see the person and walk away

The correct answer is C. If the person is confused or can't answer, assume the person wants help. [*Heartsaver First Aid Student Workbook*, page 10; *Heartsaver First Aid CPR AED Student Workbook*, page 8; Part 1: First Aid Basics > Duties, Roles, and Responsibilities of First Aid Rescuers > Asking to Give First Aid]

2. What should you do if someone with an injury or illness at work refuses care?
 - A. Phone 9-1-1 and stay with the person until advanced help arrives**
 - B. Take care of the person because he is a coworker
 - C. Leave the person alone and go back to work
 - D. Take care of the person anyway

The correct answer is A. If the person refuses care, phone 9-1-1 and stay with him until help arrives. [*Heartsaver First Aid Student Workbook*, page 10; *Heartsaver First Aid CPR AED Student Workbook*, page 8; Part 1: First Aid Basics > Duties, Roles, and Responsibilities of First Aid Rescuers > Asking to Give First Aid]

3. Why should you wear personal protective equipment?
 - A. To protect yourself from bloodborne diseases**
 - B. To impress people during treatment
 - C. To look official
 - D. To avoid getting your own clothes dirty

The correct answer is A. Your first aid kit includes personal protective equipment, such as eye protection and medical gloves. While you are giving first aid, these help keep you safe from blood and body fluids, such as saliva and urine. [*Heartsaver First Aid Student Workbook*, page 14; *Heartsaver First Aid CPR AED Student Workbook*, page 12; Part 1: First Aid Basics > Key Steps of First Aid > Take Universal Precautions > Personal Protective Equipment]

4. How long should you rub the surfaces of your hands together during handwashing?
- A. At least 5 seconds
 - B. At least 20 seconds**
 - C. At least 1 minute
 - D. At least 5 minutes

The correct answer is B. Rub your hands together and scrub all surfaces of hands and fingers for at least 20 seconds. [*Heartsaver First Aid Student Workbook*, page 17; *Heartsaver First Aid CPR AED Student Workbook*, page 15; Part 1: First Aid Basics > Key Steps of First Aid > Take Universal Precautions > Actions for Washing Hands Well]

5. You are running on a track at a local school. You come across a woman who has fallen and is bleeding from a cut on her leg. Why is it important to properly remove your gloves after giving first aid?
- A. To keep the removed gloves as compact as possible for waste disposal
 - B. So contaminants on the gloves can be analyzed later
 - C. To keep from touching blood or body fluids of the person you are helping**
 - D. To prevent blood or body fluids on the gloves from touching the person you are helping

The correct answer is C. Because of the risk of infection, using protective gloves and taking them off correctly are important steps when it comes to your safety and the safety of others. Always dispose of protective gloves properly so that anyone else who comes in contact with the biohazard waste bag does not get exposed to blood or body fluids. [*Heartsaver First Aid Student Workbook*, page 16; *Heartsaver First Aid CPR AED Student Workbook*, page 14; Part 1: First Aid Basics > Key Steps of First Aid > Take Universal Precautions > Remove Protective Gloves Properly]

6. You are hiking on a trail and come across an adult woman who appears to have trouble breathing and swelling of the tongue and face. What should you look for that could help you determine her possible medical condition?
- A. Her cell phone
 - B. Her driver's license
 - C. Her identification card
 - D. Medical information jewelry**

The correct answer is D. Before you give first aid, you must assess the ill or injured person to find out what the problem is. Look for any medical information jewelry. This tells you if the person has a serious medical condition. [*Heartsaver First Aid Student Workbook*, page 17; *Heartsaver First Aid CPR AED Student Workbook*, page 15; Part 1: First Aid Basics > Key Steps of First Aid > Find the Problem]

7. A coworker is struck in the abdomen while on break. The coworker has a bruise and shows signs of shock. What should you suspect is wrong?
- A. External bleeding
 - B. Cardiac arrest
 - C. Internal bleeding**
 - D. A head injury

The correct answer is C. You should suspect internal bleeding if a person has an injury in the abdomen or chest (including bruises such as seat belt marks) or signs of shock without external bleeding. [*Heartsaver First Aid Student Workbook*, page 53; *Heartsaver First Aid CPR AED Student Workbook*, page 51; Part 3: Injury Emergencies > Internal Bleeding > Signs of Internal Bleeding]

8. Which is a sign of severe airway block?
- A. Cannot breathe or talk**
 - B. Can make sounds and talk
 - C. Can cough loudly
 - D. Can breathe, talk, or cough

The correct answer is A. A person has a severe airway block if he or she cannot breathe, talk, or make sounds. [*Heartsaver First Aid Student Workbook*, page 26; *Heartsaver First Aid CPR AED Student Workbook*, page 24; Part 2: Medical Emergencies > Choking in an Adult, Child, or Infant > Mild vs Severe Airway Block > Assess Choking and Take Action]

9. You and a friend are picking berries at a local farm. You notice a man who has been stung by a bee and is having difficulty breathing. Where should the epinephrine pen be injected into this person?
- A. At the site of the bee sting
 - B. Into the thigh, halfway between the hip and knee**
 - C. Into either upper arm
 - D. Into the chest, as close to the heart as possible

The correct answer is B. Press the tip of the injector hard against the side of the person's thigh, about halfway between the hip and the knee. [*Heartsaver First Aid Student Workbook*, page 33; *Heartsaver First Aid CPR AED Student Workbook*, page 31; Part 2: Medical Emergencies > Allergic Reactions > How to Use an Epinephrine Pen]

10. You are running on a track at a local school. You come across a woman who has fallen and is bleeding from a cut on her leg. Where should you apply direct pressure to this cut?
- A. Directly on the cut, with your fingers under the bandage
 - B. On the dressings**
 - C. On the nearest pressure point of the leg
 - D. On the side of the leg opposite the cut

The correct answer is B. Apply dressings from the first aid kit. Put direct pressure on the dressings over the bleeding area. Use the flat part of your fingers or the palm of your hand. [*Heartsaver First Aid Student Workbook*, page 43; *Heartsaver First Aid CPR AED Student Workbook*, page 41; Part 3: Injury Emergencies > External Bleeding > Control Bleeding by Direct Pressure and Bandaging > Actions to Control Bleeding]

11. How do you protect an amputated body part?

- A. Place it directly on ice in a sealed bag, and send it to the hospital
- B. Wrap it in gauze, place it in an airtight bag, and send it to the hospital
- C. Place it in a red biohazard bag
- D. Place it in a watertight plastic bag inside another container with ice or ice and water

The correct answer is D. Place it in a watertight plastic bag. Place the bag in another container with ice or ice and water. Label it with the injured person's name, the date, and the time. [*Heartsaver First Aid Student Workbook*, page 52; *Heartsaver First Aid CPR AED Student Workbook*, page 50; Part 3: Injury Emergencies > Wounds > Amputation > Actions to Protect an Amputated Part]

12. What is the next step when giving first aid to someone who has been bitten by a spider, after you've ensured scene safety and put on personal protective equipment?

- A. Look for and remove the fangs
- B. Scrape the spider's fangs away by using something with a dull edge
- C. Remove the victim's clothing, and apply ice directly to the skin
- D. Wash the area with running water and soap

The correct answer is D. Wash the bite or sting area with lots of running water and soap. [*Heartsaver First Aid Student Workbook*, page 66; *Heartsaver First Aid CPR AED Student Workbook*, page 64; Part 4: Environmental Emergencies > Bites and Stings > Poisonous Spider Bites and Scorpion Stings > Actions to Help a Person Who Is Bitten or Stung by a Poisonous Spider or Scorpion]

13. What should you spray on a person with heat exhaustion?

- A. A sports drink
- B. A mixture of salt and water
- C. Cool water
- D. Prune juice

The correct answer is C. Cool the person with a cool water spray. If a cool water spray is not available, place cool, damp cloths on the neck, armpits, and groin. [*Heartsaver First Aid Student Workbook*, page 69; *Heartsaver First Aid CPR AED Student Workbook*, page 67; Part 4: Environmental Emergencies > Heat-Related Emergencies > Heat Exhaustion > Actions to Help a Person Who Has Heat Exhaustion]

14. Which are the best methods you can use to get more information on first aid, CPR, or AED training?

- A. Borrow a coworker's Student Workbook and complete a self-study course
- B. Go online to www.heart.org/cpr or call 1-877-AHA-4CPR (877-242-4277)
- C. Contact your supervisor and visit the nearest American Heart Association Center
- D. Refer to local laws for first aid providers and call 1-877-CPR-4AED

The correct answer is B. Contact the American Heart Association if you want more information on first aid, CPR, or AED training. You can visit www.heart.org/cpr or call 1-877-AHA-4CPR (877-242-4277). [*Heartsaver First Aid Student Workbook*, page 77; *Heartsaver First Aid CPR AED Student Workbook*, page 75; Part 5: Preventing Illness and Injury > More Information and Training]

15. What should you do after you've finished taking care of an injured person at work?

- A. Write a report of the incident if your company requires it
- B. Phone 9-1-1
- C. Post the report to the company bulletin board
- D. Tell your coworkers about the injury

The correct answer is A. If you are in your workplace, give all information about an ill or injured person to your company's emergency response program supervisor. You may need to fill out a report for your company. [*Heartsaver First Aid Student Workbook*, page 20; *Heartsaver First Aid CPR AED Student Workbook*, page 18; Part 1: First Aid Basics > Key Steps of First Aid > Protect the Person's Privacy]



American Heart Association

**Heartsaver[®]
First Aid
Optional Exam B**

April 26, 2016

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Heartsaver®
First Aid Optional Exam B
(15 questions)

Please do not mark on this exam. Record the best answer on the separate answer sheet.

1. Which is a sign of severe airway block?
 - A. Can make sounds and talk
 - B. Can cough loudly
 - C. Can breathe, talk, or cough
 - D. Cannot breathe or talk

2. What should you do if someone is confused and needs first aid?
 - A. Assume the person wouldn't want help and walk away
 - B. Shout at the person until the person makes eye contact
 - C. Pretend not to see the person and walk away
 - D. Assume the person would want help

3. What is the next step when giving first aid to someone who has been bitten by a spider, after you've ensured scene safety and put on personal protective equipment?
 - A. Look for and remove the fangs
 - B. Scrape the spider's fangs away by using something with a dull edge
 - C. Wash the area with running water and soap
 - D. Remove the victim's clothing, and apply ice directly to the skin

4. A coworker is struck in the abdomen while on break. The coworker has a bruise and shows signs of shock. What should you suspect is wrong?
 - A. External bleeding
 - B. Internal bleeding
 - C. Cardiac arrest
 - D. A head injury

5. How do you protect an amputated body part?
 - A. Place it in a watertight plastic bag inside another container with ice or ice and water
 - B. Place it directly on ice in a sealed bag, and send it to the hospital
 - C. Wrap it in gauze, place it in an airtight bag, and send it to the hospital
 - D. Place it in a red biohazard bag

6. What should you spray on a person with heat exhaustion?
 - A. A sports drink
 - B. Cool water
 - C. A mixture of salt and water
 - D. Prune juice

7. You and a friend are picking berries at a local farm. You notice a man who has been stung by a bee and is having difficulty breathing. Where should the epinephrine pen be injected into this person?
 - A. Into the chest, as close to the heart as possible
 - B. At the site of the bee sting
 - C. Into the thigh, halfway between the hip and knee
 - D. Into either upper arm

8. What should you do after you've finished taking care of an injured person at work?
 - A. Phone 9-1-1
 - B. Write a report of the incident if your company requires it
 - C. Post the report to the company bulletin board
 - D. Tell your coworkers about the injury

9. What should you do if someone with an injury or illness at work refuses care?
 - A. Take care of the person anyway
 - B. Phone 9-1-1 and stay with the person until advanced help arrives
 - C. Take care of the person because he is a coworker
 - D. Leave the person alone and go back to work

10. You are running on a track at a local school. You come across a woman who has fallen and is bleeding from a cut on her leg. Why is it important to properly remove your gloves after giving first aid?
 - A. To keep the removed gloves as compact as possible for waste disposal
 - B. So contaminants on the gloves can be analyzed later
 - C. To prevent blood or body fluids on the gloves from touching the person you are helping
 - D. To keep from touching blood or body fluids of the person you are helping

11. Which are the best methods you can use to get more information on first aid, CPR, or AED training?
 - A. Borrow a coworker's Student Workbook and complete a self-study course
 - B. Refer to local laws for first aid providers and call 1-877-CPR-4AED
 - C. Go online to www.heart.org/cpr or call 1-877-AHA-4CPR (877-242-4277)
 - D. Contact your supervisor and visit the nearest American Heart Association Center

12. Why should you wear personal protective equipment?
 - A. To impress people during treatment
 - B. To look official
 - C. To avoid getting your own clothes dirty
 - D. To protect yourself from bloodborne diseases

13. You are hiking on a trail and come across an adult woman who appears to have trouble breathing and swelling of the tongue and face. What should you look for that could help you determine her possible medical condition?
- A. Her cell phone
 - B. Her driver's license
 - C. Her identification card
 - D. Medical information jewelry
14. You are running on a track at a local school. You come across a woman who has fallen and is bleeding from a cut on her leg. Where should you apply direct pressure to this cut?
- A. On the side of the leg opposite the cut
 - B. Directly on the cut, with your fingers under the bandage
 - C. On the dressings
 - D. On the nearest pressure point of the leg
15. How long should you rub the surfaces of your hands together during handwashing?
- A. At least 1 minute
 - B. At least 5 minutes
 - C. At least 5 seconds
 - D. At least 20 seconds

**Answer Key
Heartsaver®
First Aid Optional Exam B**

Question	Answer			
1.	A	B	C	•
2.	A	B	C	•
3.	A	B	•	D
4.	A	•	C	D
5.	•	B	C	D
6.	A	•	C	D
7.	A	B	•	D
8.	A	•	C	D
9.	A	•	C	D
10.	A	B	C	•
11.	A	B	•	D
12.	A	B	C	•
13.	A	B	C	•
14.	A	B	•	D
15.	A	B	C	•

**Annotated Answer Key
Heartsaver®
First Aid Optional Exam B**

Student Workbook 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. Which is a sign of severe airway block?

- A. Can make sounds and talk
- B. Can cough loudly
- C. Can breathe, talk, or cough
- D. Cannot breathe or talk**

The correct answer is D. A person has a severe airway block if he or she cannot breathe, talk, or make sounds. [*Heartsaver First Aid Student Workbook*, page 26; *Heartsaver First Aid CPR AED Student Workbook*, page 24; Part 2: Medical Emergencies > Choking in an Adult, Child, or Infant > Mild vs Severe Airway Block > Assess Choking and Take Action]

2. What should you do if someone is confused and needs first aid?

- A. Assume the person wouldn't want help and walk away
- B. Shout at the person until the person makes eye contact
- C. Pretend not to see the person and walk away
- D. Assume the person would want help**

The correct answer is D. If the person is confused or can't answer, assume the person wants help. [*Heartsaver First Aid Student Workbook*, page 10; *Heartsaver First Aid CPR AED Student Workbook*, page 8; Part 1: First Aid Basics > Duties, Roles, and Responsibilities of First Aid Rescuers > Asking to Give First Aid]

3. What is the next step when giving first aid to someone who has been bitten by a spider, after you've ensured scene safety and put on personal protective equipment?

- A. Look for and remove the fangs
- B. Scrape the spider's fangs away by using something with a dull edge
- C. Wash the area with running water and soap**
- D. Remove the victim's clothing, and apply ice directly to the skin

The correct answer is C. Wash the bite or sting area with lots of running water and soap. [*Heartsaver First Aid Student Workbook*, page 66; *Heartsaver First Aid CPR AED Student Workbook*, page 64; Part 4: Environmental Emergencies > Bites and Stings > Poisonous Spider Bites and Scorpion Stings > Actions to Help a Person Who Is Bitten or Stung by a Poisonous Spider or Scorpion]

4. A coworker is struck in the abdomen while on break. The coworker has a bruise and shows signs of shock. What should you suspect is wrong?
- A. External bleeding
 - B. Internal bleeding**
 - C. Cardiac arrest
 - D. A head injury

The correct answer is B. You should suspect internal bleeding if a person has an injury in the abdomen or chest (including bruises such as seat belt marks) or signs of shock without external bleeding. [*Heartsaver First Aid Student Workbook*, page 53; *Heartsaver First Aid CPR AED Student Workbook*, page 51; Part 3: Injury Emergencies > Internal Bleeding > Signs of Internal Bleeding]

5. How do you protect an amputated body part?
- A. Place it in a watertight plastic bag inside another container with ice or ice and water**
 - B. Place it directly on ice in a sealed bag, and send it to the hospital
 - C. Wrap it in gauze, place it in an airtight bag, and send it to the hospital
 - D. Place it in a red biohazard bag

The correct answer is A. Place it in a watertight plastic bag. Place the bag in another container with ice or ice and water. Label it with the injured person's name, the date, and the time. [*Heartsaver First Aid Student Workbook*, page 52; *Heartsaver First Aid CPR AED Student Workbook*, page 50; Part 3: Injury Emergencies > Wounds > Amputation > Actions to Protect an Amputated Part]

6. What should you spray on a person with heat exhaustion?
- A. A sports drink
 - B. Cool water**
 - C. A mixture of salt and water
 - D. Prune juice

The correct answer is B. Cool the person with a cool water spray. If a cool water spray is not available, place cool, damp cloths on the neck, armpits, and groin. [*Heartsaver First Aid Student Workbook*, page 69; *Heartsaver First Aid CPR AED Student Workbook*, page 67; Part 4: Environmental Emergencies > Heat-Related Emergencies > Heat Exhaustion > Actions to Help a Person Who Has Heat Exhaustion]

7. You and a friend are picking berries at a local farm. You notice a man who has been stung by a bee and is having difficulty breathing. Where should the epinephrine pen be injected into this person?
- A. Into the chest, as close to the heart as possible
 - B. At the site of the bee sting
 - C. Into the thigh, halfway between the hip and knee**
 - D. Into either upper arm

The correct answer is C. Press the tip of the injector hard against the side of the person's thigh, about halfway between the hip and the knee. [*Heartsaver First Aid Student Workbook*, page 33; *Heartsaver First Aid CPR AED Student Workbook*, page 31; Part 2: Medical Emergencies > Allergic Reactions > How to Use an Epinephrine Pen]

8. What should you do after you've finished taking care of an injured person at work?
- A. Phone 9-1-1
 - B. Write a report of the incident if your company requires it**
 - C. Post the report to the company bulletin board
 - D. Tell your coworkers about the injury

The correct answer is B. If you are in your workplace, give all information about an ill or injured person to your company's emergency response program supervisor. You may need to fill out a report for your company. [*Heartsaver First Aid Student Workbook*, page 20; *Heartsaver First Aid CPR AED Student Workbook*, page 18; Part 1: First Aid Basics > Key Steps of First Aid > Protect the Person's Privacy]

9. What should you do if someone with an injury or illness at work refuses care?
- A. Take care of the person anyway
 - B. Phone 9-1-1 and stay with the person until advanced help arrives**
 - C. Take care of the person because he is a coworker
 - D. Leave the person alone and go back to work

The correct answer is B. If the person refuses care, phone 9-1-1 and stay with him until help arrives. [*Heartsaver First Aid Student Workbook*, page 10; *Heartsaver First Aid CPR AED Student Workbook*, page 8; Part 1: First Aid Basics > Duties, Roles, and Responsibilities of First Aid Rescuers > Asking to Give First Aid]

10. You are running on a track at a local school. You come across a woman who has fallen and is bleeding from a cut on her leg. Why is it important to properly remove your gloves after giving first aid?
- A. To keep the removed gloves as compact as possible for waste disposal
 - B. So contaminants on the gloves can be analyzed later
 - C. To prevent blood or body fluids on the gloves from touching the person you are helping
 - D. To keep from touching blood or body fluids of the person you are helping**

The correct answer is D. Because of the risk of infection, using protective gloves and taking them off correctly are important steps when it comes to your safety and the safety of others. Always dispose of protective gloves properly so that anyone else who comes in contact with the biohazard waste bag does not get exposed to blood or body fluids. [*Heartsaver First Aid Student Workbook*, page 16; *Heartsaver First Aid CPR AED Student Workbook*, page 14; Part 1: First Aid Basics > Key Steps of First Aid > Take Universal Precautions > Remove Protective Gloves Properly]

11. Which are the best methods you can use to get more information on first aid, CPR, or AED training?
- A. Borrow a coworker's Student Workbook and complete a self-study course
 - B. Refer to local laws for first aid providers and call 1-877-CPR-4AED
 - C. Go online to www.heart.org/cpr or call 1-877-AHA-4CPR (877-242-4277)**
 - D. Contact your supervisor and visit the nearest American Heart Association Center

The correct answer is C. Contact the American Heart Association if you want more information on first aid, CPR, or AED training. You can visit www.heart.org/cpr or call 1-877-AHA-4CPR (877-242-4277). [*Heartsaver First Aid Student Workbook*, page 77; *Heartsaver First Aid CPR AED Student Workbook*, page 75; Part 5: Preventing Illness and Injury > More Information and Training]

12. Why should you wear personal protective equipment?

- A. To impress people during treatment
- B. To look official
- C. To avoid getting your own clothes dirty
- D. To protect yourself from bloodborne diseases**

The correct answer is D. Your first aid kit includes personal protective equipment, such as eye protection and medical gloves. While you are giving first aid, these help keep you safe from blood and body fluids, such as saliva and urine. [*Heartsaver First Aid Student Workbook*, page 14; *Heartsaver First Aid CPR AED Student Workbook*, page 12; Part 1: First Aid Basics > Key Steps of First Aid > Take Universal Precautions > Personal Protective Equipment]

13. You are hiking on a trail and come across an adult woman who appears to have trouble breathing and swelling of the tongue and face. What should you look for that could help you determine her possible medical condition?

- A. Her cell phone
- B. Her driver's license
- C. Her identification card
- D. Medical information jewelry**

The correct answer is D. Before you give first aid, you must assess the ill or injured person to find out what the problem is. Look for any medical information jewelry. This tells you if the person has a serious medical condition. [*Heartsaver First Aid Student Workbook*, page 17; *Heartsaver First Aid CPR AED Student Workbook*, page 15; Part 1: First Aid Basics > Key Steps of First Aid > Find the Problem]

14. You are running on a track at a local school. You come across a woman who has fallen and is bleeding from a cut on her leg. Where should you apply direct pressure to this cut?

- A. On the side of the leg opposite the cut
- B. Directly on the cut, with your fingers under the bandage
- C. On the dressings**
- D. On the nearest pressure point of the leg

The correct answer is C. Apply dressings from the first aid kit. Put direct pressure on the dressings over the bleeding area. Use the flat part of your fingers or the palm of your hand. [*Heartsaver First Aid Student Workbook*, page 43; *Heartsaver First Aid CPR AED Student Workbook*, page 41; Part 3: Injury Emergencies > External Bleeding > Control Bleeding by Direct Pressure and Bandaging > Actions to Control Bleeding]

15. How long should you rub the surfaces of your hands together during handwashing?

- A. At least 1 minute
- B. At least 5 minutes
- C. At least 5 seconds
- D. At least 20 seconds**

The correct answer is D. Rub your hands together and scrub all surfaces of hands and fingers for at least 20 seconds. [*Heartsaver First Aid Student Workbook*, page 17; *Heartsaver First Aid CPR AED Student Workbook*, page 15; Part 1: First Aid Basics > Key Steps of First Aid > Take Universal Precautions > Actions for Washing Hands Well]

American Heart Association

**Heartsaver®
First Aid, Adult CPR AED
Optional Exams A and B**

April 26, 2016

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- Optional Exam B Answer Key
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**Student Answer Sheet
Heartsaver®
First Aid, Adult CPR AED Optional Exam**

Name: _____ Date: _____ Version: _____

Question	Answer			
1.	A	B	C	D
2.	A	B	C	D
3.	A	B	C	D
4.	A	B	C	D
5.	A	B	C	D
6.	A	B	C	D
7.	A	B	C	D
8.	A	B	C	D
9.	A	B	C	D
10.	A	B	C	D
11.	A	B	C	D
12.	A	B	C	D
13.	A	B	C	D
14.	A	B	C	D
15.	A	B	C	D
16.	A	B	C	D
17.	A	B	C	D
18.	A	B	C	D
19.	A	B	C	D
20.	A	B	C	D
21.	A	B	C	D
22.	A	B	C	D
23.	A	B	C	D
24.	A	B	C	D
25.	A	B	C	D



American Heart Association

**Heartsaver[®]
First Aid, Adult CPR AED
Optional Exam A**

April 26, 2016

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Heartsaver®
First Aid, Adult CPR AED Optional Exam A
(25 questions)

Please do not mark on this exam. Record the best answer on the separate answer sheet.

1. What are the correct rate and depth for providing compressions during high-quality adult CPR to improve survival?
 - A. Rate of 80 to 100 compressions per minute and depth of at least 2 inches
 - B. Rate of no more than 60 compressions per minute and depth of at least 1 inch
 - C. Rate of 100 to 120 compressions per minute and depth of at least 2 inches
 - D. Rate of 100 to 120 compressions per minute and depth of at least 1 inch
2. You are having lunch with a friend at a restaurant. You both eat the same dessert, and within a few minutes you notice your friend's face is flushed. He says his throat feels tight and feels like it's closing. What step in the adult Chain of Survival is described in this scenario?
 - A. Coordinated aftercare
 - B. Early CPR
 - C. Rapid AED use
 - D. Recognizing the emergency
3. What should you do when you phone your emergency response number (or 9-1-1)?
 - A. Answer all the dispatcher's questions
 - B. Quickly tell the dispatcher where the accident occurred
 - C. Tell the dispatcher to call you back
 - D. Give the dispatcher only the victim's information
4. What actions result in the best chance of survival if someone is not breathing (or is only gasping) and isn't responding?
 - A. Shout for help, and stay with the victim until someone with more advanced training arrives
 - B. Perform CPR only, and leave the AED for someone with more advanced training to use
 - C. Start CPR, and use an AED if one is available
 - D. Send someone to get the AED, to minimize the number of people involved
5. You come across an adult lying on the ground. You tap and shout, but he is unresponsive. What should you do next?
 - A. Continue tapping and shouting until the person becomes responsive
 - B. Shout for help. Phone or have someone else phone the emergency response number (or 9-1-1) and get an AED if one is available
 - C. Check for breathing for at least 10 seconds
 - D. Slap the person on the back to see if an object is lodged in the throat

6. How deep should you push the chest of an adult victim when giving chest compressions?
 - A. One half the depth of the chest
 - B. One third the depth of the chest
 - C. Only 1 inch
 - D. At least 2 inches

7. When performing CPR, when should you switch positions and allow someone else to take over compressions and breaths?
 - A. After each set of 30 compressions and 30 breaths
 - B. About every 2 minutes
 - C. After each set of 100 compressions and 2 breaths
 - D. Every 5 minutes

8. How should you give breaths with a mask?
 - A. Tilt the head and lift the chin, and press the mask against the person's face to make an airtight seal
 - B. Tilt the head, and cover the face completely with the mask
 - C. Tilt the chin, and press the mask against the person's nose
 - D. Tilt the head back far enough to open the person's mouth, and gently place the mask on the person's face

9. You are giving sets of 30 compressions and 2 breaths. Another person arrives with an AED. What should you do next?
 - A. Finish whichever set of 30 compressions and 2 breaths you're working on
 - B. Immediately use the AED
 - C. Make sure someone has phoned the emergency response number (or 9-1-1)
 - D. Put a blanket on the person receiving CPR

10. What should you do if a choking adult stops responding?
 - A. Start CPR
 - B. Give 5 compressions and 5 back slaps
 - C. Give forceful breaths to push the object down
 - D. Continue stomach thrusts until the object is removed

11. What should you do if someone is confused and needs first aid?
 - A. Assume the person wouldn't want help and walk away
 - B. Shout at the person until the person makes eye contact
 - C. Assume the person would want help
 - D. Pretend not to see the person and walk away

12. What should you do if someone with an injury or illness at work refuses care?
- A. Phone 9-1-1 and stay with the person until advanced help arrives
 - B. Take care of the person because he is a coworker
 - C. Leave the person alone and go back to work
 - D. Take care of the person anyway
13. Why should you wear personal protective equipment?
- A. To protect yourself from bloodborne diseases
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 - C. To look official
 - D. To avoid getting your own clothes dirty
14. How long should you rub the surfaces of your hands together during handwashing?
- A. At least 5 seconds
 - B. At least 20 seconds
 - C. At least 1 minute
 - D. At least 5 minutes
15. You are running on a track at a local school. You come across a woman who has fallen and is bleeding from a cut on her leg. Why is it important to properly remove your gloves after giving first aid?
- A. To keep the removed gloves as compact as possible for waste disposal
 - B. So contaminants on the gloves can be analyzed later
 - C. To keep from touching blood or body fluids of the person you are helping
 - D. To prevent blood or body fluids on the gloves from touching the person you are helping
16. You are hiking on a trail and come across an adult woman who appears to have trouble breathing and swelling of the tongue and face. What should you look for that could help you determine her possible medical condition?
- A. Her cell phone
 - B. Her driver's license
 - C. Her identification card
 - D. Medical information jewelry
17. A coworker is struck in the abdomen while on break. The coworker has a bruise and shows signs of shock. What should you suspect is wrong?
- A. External bleeding
 - B. Cardiac arrest
 - C. Internal bleeding
 - D. A head injury

18. Which is a sign of severe airway block?
- A. Cannot breathe or talk
 - B. Can make sounds and talk
 - C. Can cough loudly
 - D. Can breathe, talk, or cough
19. You and a friend are picking berries at a local farm. You notice a man who has been stung by a bee and is having difficulty breathing. Where should the epinephrine pen be injected into this person?
- A. At the site of the bee sting
 - B. Into the thigh, halfway between the hip and knee
 - C. Into either upper arm
 - D. Into the chest, as close to the heart as possible
20. You are running on a track at a local school. You come across a woman who has fallen and is bleeding from a cut on her leg. Where should you apply direct pressure to this cut?
- A. Directly on the cut, with your fingers under the bandage
 - B. On the dressings
 - C. On the nearest pressure point of the leg
 - D. On the side of the leg opposite the cut
21. How do you protect an amputated body part?
- A. Place it directly on ice in a sealed bag, and send it to the hospital
 - B. Wrap it in gauze, place it in an airtight bag, and send it to the hospital
 - C. Place it in a red biohazard bag
 - D. Place it in a watertight plastic bag inside another container with ice or ice and water
22. What is the next step when giving first aid to someone who has been bitten by a spider, after you've ensured scene safety and put on personal protective equipment?
- A. Look for and remove the fangs
 - B. Scrape the spider's fangs away by using something with a dull edge
 - C. Remove the victim's clothing, and apply ice directly to the skin
 - D. Wash the area with running water and soap
23. What should you spray on a person with heat exhaustion?
- A. A sports drink
 - B. A mixture of salt and water
 - C. Cool water
 - D. Prune juice
24. Which are the best methods you can use to get more information on first aid, CPR, or AED training?
- A. Borrow a coworker's Student Workbook and complete a self-study course
 - B. Go online to www.heart.org/cpr or call 1-877-AHA-4CPR (877-242-4277)
 - C. Contact your supervisor and visit the nearest American Heart Association Center
 - D. Refer to local laws for first aid providers and call 1-877-CPR-4AED

25. What should you do after you've finished taking care of an injured person at work?
- A. Write a report of the incident if your company requires it
 - B. Phone 9-1-1
 - C. Post the report to the company bulletin board
 - D. Tell your coworkers about the injury

**Answer Key
Heartsaver®
First Aid, Adult CPR AED Optional Exam A**

Question	Answer			
1.	A	B	•	D
2.	A	B	C	•
3.	•	B	C	D
4.	A	B	•	D
5.	A	•	C	D
6.	A	B	C	•
7.	A	•	C	D
8.	•	B	C	D
9.	A	•	C	D
10.	•	B	C	D
11.	A	B	•	D
12.	•	B	C	D
13.	•	B	C	D
14.	A	•	C	D
15.	A	B	•	D
16.	A	B	C	•
17.	A	B	•	D
18.	•	B	C	D
19.	A	•	C	D
20.	A	•	C	D
21.	A	B	C	•
22.	A	B	C	•
23.	A	B	•	D
24.	A	•	C	D
25.	•	B	C	D

**Annotated Answer Key
Heartsaver®
First Aid, Adult CPR AED Optional Exam A**

Student Workbook 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. What are the correct rate and depth for providing compressions during high-quality adult CPR to improve survival?
 - A. Rate of 80 to 100 compressions per minute and depth of at least 2 inches
 - B. Rate of no more than 60 compressions per minute and depth of at least 1 inch
 - C. Rate of 100 to 120 compressions per minute and depth of at least 2 inches**
 - D. Rate of 100 to 120 compressions per minute and depth of at least 1 inch

The correct answer is C. Push at a rate of 100 to 120 compressions per minute. Push straight down at least 2 inches. [*Heartsaver CPR AED Student Workbook*, page 11; *Heartsaver First Aid CPR AED Student Workbook*, page 86; CPR and AED > CPR and AED Use for Adults > Perform High-Quality CPR > Provide Compressions > Compression Technique]

2. You are having lunch with a friend at a restaurant. You both eat the same dessert, and within a few minutes you notice your friend's face is flushed. He says his throat feels tight and feels like it's closing. What step in the adult Chain of Survival is described in this scenario?
 - A. Coordinated aftercare
 - B. Early CPR
 - C. Rapid AED use
 - D. Recognizing the emergency**

The correct answer is D. Immediately recognize the emergency and phone 9-1-1. [*Heartsaver CPR AED Student Workbook*, page 5; *Heartsaver First Aid CPR AED Student Workbook*, page 80; CPR and AED > CPR and AED Use for Adults > Adult Chain of Survival]

3. What should you do when you phone your emergency response number (or 9-1-1)?
 - A. Answer all the dispatcher's questions**
 - B. Quickly tell the dispatcher where the accident occurred
 - C. Tell the dispatcher to call you back
 - D. Give the dispatcher only the victim's information

The correct answer is A. Stay on the phone until the 9-1-1 dispatcher tells you to hang up. Answering the dispatcher's questions will not delay the arrival of help. The dispatcher will ask you about the emergency—where you are and what has happened. Dispatchers can provide instructions that will help you, such as telling you how to provide CPR, use an AED, or give first aid. [*Heartsaver CPR AED Student Workbook*, page 8; *Heartsaver First Aid CPR AED Student Workbook*, page 83; CPR and AED > CPR and AED Use for Adults > Assess and Phone 9-1-1 > Follow the Dispatcher's Instructions]

4. What actions result in the best chance of survival if someone is not breathing (or is only gasping) and isn't responding?
- A. Shout for help, and stay with the victim until someone with more advanced training arrives
 - B. Perform CPR only, and leave the AED for someone with more advanced training to use
 - C. Start CPR, and use an AED if one is available**
 - D. Send someone to get the AED, to minimize the number of people involved

The correct answer is C. If the person is not breathing normally or is only gasping, he needs CPR. CPR combined with using an AED provides the best chance of saving a life. If possible, use an AED every time you provide CPR. [*Heartsaver CPR AED Student Workbook*, page 8; *Heartsaver First Aid CPR AED Student Workbook*, page 83; CPR and AED > CPR and AED Use for Adults > Assess and Phone 9-1-1 > Check for Normal Breathing; *Heartsaver CPR AED Student Workbook*, page 16; *Heartsaver First Aid CPR AED Student Workbook*, page 91; CPR and AED > CPR and AED Use for Adults > Use an AED]

5. You come across an adult lying on the ground. You tap and shout, but he is unresponsive. What should you do next?
- A. Continue tapping and shouting until the person becomes responsive
 - B. Shout for help. Phone or have someone else phone the emergency response number (or 9-1-1) and get an AED if one is available**
 - C. Check for breathing for at least 10 seconds
 - D. Slap the person on the back to see if an object is lodged in the throat

The correct answer is B. If the person is unresponsive, phone or have someone else phone the emergency response number (or 9-1-1) and get an AED. [*Heartsaver CPR AED Student Workbook*, page 7; *Heartsaver First Aid CPR AED Student Workbook*, page 82; CPR and AED > CPR and AED Use for Adults > Assess and Phone 9-1-1 > Phone 9-1-1 and Get an AED]

6. How deep should you push the chest of an adult victim when giving chest compressions?
- A. One half the depth of the chest
 - B. One third the depth of the chest
 - C. Only 1 inch
 - D. At least 2 inches**

The correct answer is D. Push straight down at least 2 inches. [*Heartsaver CPR AED Student Workbook*, page 11; *Heartsaver First Aid CPR AED Student Workbook*, page 86; CPR and AED > CPR and AED Use for Adults > Perform High-Quality CPR > Provide Compressions > Compression Technique]

7. When performing CPR, when should you switch positions and allow someone else to take over compressions and breaths?
- A. After each set of 30 compressions and 30 breaths
 - B. About every 2 minutes**
 - C. After each set of 100 compressions and 2 breaths
 - D. Every 5 minutes

The correct answer is B. Switch rescuers about every 2 minutes, or sooner if you get tired. [*Heartsaver CPR AED Student Workbook*, page 11; *Heartsaver First Aid CPR AED Student Workbook*, page 86; CPR and AED > CPR and AED Use for Adults > Perform High-Quality CPR > Provide Compressions > Switch Rescuers to Avoid Fatigue]

8. How should you give breaths with a mask?
- A. Tilt the head and lift the chin, and press the mask against the person's face to make an airtight seal**
 - B. Tilt the head, and cover the face completely with the mask
 - C. Tilt the chin, and press the mask against the person's nose
 - D. Tilt the head back far enough to open the person's mouth, and gently place the mask on the person's face

The correct answer is A. Tilt the head and lift the chin while pressing the mask against the person's face. It is important to make an airtight seal between the person's face and the mask while you lift the chin to keep the airway open. [*Heartsaver CPR AED Student Workbook*, page 15; *Heartsaver First Aid CPR AED Student Workbook*, page 90; CPR and AED > CPR and AED Use for Adults > Perform High-Quality CPR > Give Breaths > Use a Pocket Mask > Give Breaths With a Pocket Mask]

9. You are giving sets of 30 compressions and 2 breaths. Another person arrives with an AED. What should you do next?
- A. Finish whichever set of 30 compressions and 2 breaths you're working on
 - B. Immediately use the AED**
 - C. Make sure someone has phoned the emergency response number (or 9-1-1)
 - D. Put a blanket on the person receiving CPR

The correct answer is B. Use the AED as soon as it is available. [*Heartsaver CPR AED Student Workbook*, page 18; *Heartsaver First Aid CPR AED Student Workbook*, page 93; CPR and AED > CPR and AED Use for Adults > Use an AED > Steps for Using an AED for an Adult]

10. What should you do if a choking adult stops responding?

- A. Start CPR
- B. Give 5 compressions and 5 back slaps
- C. Give forceful breaths to push the object down
- D. Continue stomach thrusts until the object is removed

The correct answer is A. If you can't remove the object blocking the airway, the person will become unresponsive. Always give CPR to anyone who is unresponsive and not breathing normally or only gasping. [*Heartsaver CPR AED Student Workbook*, page 59; CPR and AED > How to Help a Choking Adult, Child, or Infant > How to Help a Choking Adult, Child, or Infant Who Becomes Unresponsive; *Heartsaver First Aid CPR AED Student Workbook*, page 27; Part 2: Medical Emergencies > Choking in an Adult, Child, or Infant > Help a Choking Adult, Child, or Infant Who Becomes Unresponsive]

11. What should you do if someone is confused and needs first aid?

- A. Assume the person wouldn't want help and walk away
- B. Shout at the person until the person makes eye contact
- C. Assume the person would want help
- D. Pretend not to see the person and walk away

The correct answer is C. If the person is confused or can't answer, assume the person wants help. [*Heartsaver First Aid Student Workbook*, page 10; *Heartsaver First Aid CPR AED Student Workbook*, page 8; Part 1: First Aid Basics > Duties, Roles, and Responsibilities of First Aid Rescuers > Asking to Give First Aid]

12. What should you do if someone with an injury or illness at work refuses care?

- A. Phone 9-1-1 and stay with the person until advanced help arrives
- B. Take care of the person because he is a coworker
- C. Leave the person alone and go back to work
- D. Take care of the person anyway

The correct answer is A. If the person refuses care, phone 9-1-1 and stay with him until help arrives. [*Heartsaver First Aid Student Workbook*, page 10; *Heartsaver First Aid CPR AED Student Workbook*, page 8; Part 1: First Aid Basics > Duties, Roles, and Responsibilities of First Aid Rescuers > Asking to Give First Aid]

13. Why should you wear personal protective equipment?

- A. To protect yourself from bloodborne diseases
- B. To impress people during treatment
- C. To look official
- D. To avoid getting your own clothes dirty

The correct answer is A. Your first aid kit includes personal protective equipment, such as eye protection and medical gloves. While you are giving first aid, these help keep you safe from blood and body fluids, such as saliva and urine. [*Heartsaver First Aid Student Workbook*, page 14; *Heartsaver First Aid CPR AED Student Workbook*, page 12; Part 1: First Aid Basics > Key Steps of First Aid > Take Universal Precautions > Personal Protective Equipment]

14. How long should you rub the surfaces of your hands together during handwashing?

- A. At least 5 seconds
- B. At least 20 seconds**
- C. At least 1 minute
- D. At least 5 minutes

The correct answer is B. Rub your hands together and scrub all surfaces of hands and fingers for at least 20 seconds. [*Heartsaver First Aid Student Workbook*, page 17; *Heartsaver First Aid CPR AED Student Workbook*, page 15; Part 1: First Aid Basics > Key Steps of First Aid > Take Universal Precautions > Actions for Washing Hands Well]

15. You are running on a track at a local school. You come across a woman who has fallen and is bleeding from a cut on her leg. Why is it important to properly remove your gloves after giving first aid?

- A. To keep the removed gloves as compact as possible for waste disposal
- B. So contaminants on the gloves can be analyzed later
- C. To keep from touching blood or body fluids of the person you are helping**
- D. To prevent blood or body fluids on the gloves from touching the person you are helping

The correct answer is C. Because of the risk of infection, using protective gloves and taking them off correctly are important steps when it comes to your safety and the safety of others. Always dispose of protective gloves properly so that anyone else who comes in contact with the biohazard waste bag does not get exposed to blood or body fluids. [*Heartsaver First Aid Student Workbook*, page 16; *Heartsaver First Aid CPR AED Student Workbook*, page 14; Part 1: First Aid Basics > Key Steps of First Aid > Take Universal Precautions > Remove Protective Gloves Properly]

16. You are hiking on a trail and come across an adult woman who appears to have trouble breathing and swelling of the tongue and face. What should you look for that could help you determine her possible medical condition?

- A. Her cell phone
- B. Her driver's license
- C. Her identification card
- D. Medical information jewelry**

The correct answer is D. Before you give first aid, you must assess the ill or injured person to find out what the problem is. Look for any medical information jewelry. This tells you if the person has a serious medical condition. [*Heartsaver First Aid Student Workbook*, page 17; *Heartsaver First Aid CPR AED Student Workbook*, page 15; Part 1: First Aid Basics > Key Steps of First Aid > Find the Problem]

17. A coworker is struck in the abdomen while on break. The coworker has a bruise and shows signs of shock. What should you suspect is wrong?
- A. External bleeding
 - B. Cardiac arrest
 - C. Internal bleeding**
 - D. A head injury

The correct answer is C. You should suspect internal bleeding if a person has an injury in the abdomen or chest (including bruises such as seat belt marks) or signs of shock without external bleeding. [*Heartsaver First Aid Student Workbook*, page 53; *Heartsaver First Aid CPR AED Student Workbook*, page 51; Part 3: Injury Emergencies > Internal Bleeding > Signs of Internal Bleeding]

18. Which is a sign of severe airway block?
- A. Cannot breathe or talk**
 - B. Can make sounds and talk
 - C. Can cough loudly
 - D. Can breathe, talk, or cough

The correct answer is A. A person has a severe airway block if he or she cannot breathe, talk, or make sounds. [*Heartsaver First Aid Student Workbook*, page 26; *Heartsaver First Aid CPR AED Student Workbook*, page 24; Part 2: Medical Emergencies > Choking in an Adult, Child, or Infant > Mild vs Severe Airway Block > Assess Choking and Take Action]

19. You and a friend are picking berries at a local farm. You notice a man who has been stung by a bee and is having difficulty breathing. Where should the epinephrine pen be injected into this person?
- A. At the site of the bee sting
 - B. Into the thigh, halfway between the hip and knee**
 - C. Into either upper arm
 - D. Into the chest, as close to the heart as possible

The correct answer is B. Press the tip of the injector hard against the side of the person's thigh, about halfway between the hip and the knee. [*Heartsaver First Aid Student Workbook*, page 33; *Heartsaver First Aid CPR AED Student Workbook*, page 31; Part 2: Medical Emergencies > Allergic Reactions > How to Use an Epinephrine Pen]

20. You are running on a track at a local school. You come across a woman who has fallen and is bleeding from a cut on her leg. Where should you apply direct pressure to this cut?
- A. Directly on the cut, with your fingers under the bandage
 - B. On the dressings**
 - C. On the nearest pressure point of the leg
 - D. On the side of the leg opposite the cut

The correct answer is B. Apply dressings from the first aid kit. Put direct pressure on the dressings over the bleeding area. Use the flat part of your fingers or the palm of your hand. [*Heartsaver First Aid Student Workbook*, page 43; *Heartsaver First Aid CPR AED Student Workbook*, page 41; Part 3: Injury Emergencies > External Bleeding > Control Bleeding by Direct Pressure and Bandaging > Actions to Control Bleeding]

21. How do you protect an amputated body part?

- A. Place it directly on ice in a sealed bag, and send it to the hospital
- B. Wrap it in gauze, place it in an airtight bag, and send it to the hospital
- C. Place it in a red biohazard bag
- D. Place it in a watertight plastic bag inside another container with ice or ice and water

The correct answer is D. Place it in a watertight plastic bag. Place the bag in another container with ice or ice and water. Label it with the injured person's name, the date, and the time. [*Heartsaver First Aid Student Workbook*, page 52; *Heartsaver First Aid CPR AED Student Workbook*, page 50; Part 3: Injury Emergencies > Wounds > Amputation > Actions to Protect an Amputated Part]

22. What is the next step when giving first aid to someone who has been bitten by a spider, after you've ensured scene safety and put on personal protective equipment?

- A. Look for and remove the fangs
- B. Scrape the spider's fangs away by using something with a dull edge
- C. Remove the victim's clothing, and apply ice directly to the skin
- D. Wash the area with running water and soap

The correct answer is D. Wash the bite or sting area with lots of running water and soap. [*Heartsaver First Aid Student Workbook*, page 66; *Heartsaver First Aid CPR AED Student Workbook*, page 64; Part 4: Environmental Emergencies > Bites and Stings > Poisonous Spider Bites and Scorpion Stings > Actions to Help a Person Who Is Bitten or Stung by a Poisonous Spider or Scorpion]

23. What should you spray on a person with heat exhaustion?

- A. A sports drink
- B. A mixture of salt and water
- C. Cool water
- D. Prune juice

The correct answer is C. Cool the person with a cool water spray. If a cool water spray is not available, place cool, damp cloths on the neck, armpits, and groin. [*Heartsaver First Aid Student Workbook*, page 69; *Heartsaver First Aid CPR AED Student Workbook*, page 67; Part 4: Environmental Emergencies > Heat-Related Emergencies > Heat Exhaustion > Actions to Help a Person Who Has Heat Exhaustion]

24. Which are the best methods you can use to get more information on first aid, CPR, or AED training?

- A. Borrow a coworker's Student Workbook and complete a self-study course
- B. Go online to www.heart.org/cpr or call 1-877-AHA-4CPR (877-242-4277)
- C. Contact your supervisor and visit the nearest American Heart Association Center
- D. Refer to local laws for first aid providers and call 1-877-CPR-4AED

The correct answer is B. Contact the American Heart Association if you want more information on first aid, CPR, or AED training. You can visit www.heart.org/cpr or call 1-877-AHA-4CPR (877-242-4277). [*Heartsaver First Aid Student Workbook*, page 77; *Heartsaver First Aid CPR AED Student Workbook*, page 75; Part 5: Preventing Illness and Injury > More Information and Training]

25. What should you do after you've finished taking care of an injured person at work?

- A. Write a report of the incident if your company requires it
- B. Phone 9-1-1
- C. Post the report to the company bulletin board
- D. Tell your coworkers about the injury

The correct answer is A. If you are in your workplace, give all information about an ill or injured person to your company's emergency response program supervisor. You may need to fill out a report for your company. [*Heartsaver First Aid Student Workbook*, page 20; *Heartsaver First Aid CPR AED Student Workbook*, page 18; Part 1: First Aid Basics > Key Steps of First Aid > Protect the Person's Privacy]



American Heart Association

**Heartsaver[®]
First Aid, Adult CPR AED
Optional Exam B**

April 26, 2016

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Heartsaver®
First Aid, Adult CPR AED Optional Exam B
(25 questions)

Please do not mark on this exam. Record the best answer on the separate answer sheet.

1. Why should you wear personal protective equipment?
 - A. To avoid getting your own clothes dirty
 - B. To protect yourself from bloodborne diseases
 - C. To impress people during treatment
 - D. To look official

2. How do you protect an amputated body part?
 - A. Place it directly on ice in a sealed bag, and send it to the hospital
 - B. Wrap it in gauze, place it in an airtight bag, and send it to the hospital
 - C. Place it in a watertight plastic bag inside another container with ice or ice and water
 - D. Place it in a red biohazard bag

3. What is the next step when giving first aid to someone who has been bitten by a spider, after you've ensured scene safety and put on personal protective equipment?
 - A. Look for and remove the fangs
 - B. Wash the area with running water and soap
 - C. Scrape the spider's fangs away by using something with a dull edge
 - D. Remove the victim's clothing, and apply ice directly to the skin

4. What should you do if someone with an injury or illness at work refuses care?
 - A. Take care of the person anyway
 - B. Phone 9-1-1 and stay with the person until advanced help arrives
 - C. Take care of the person because he is a coworker
 - D. Leave the person alone and go back to work

5. What should you do if someone is confused and needs first aid?
 - A. Assume the person wouldn't want help and walk away
 - B. Assume the person would want help
 - C. Shout at the person until the person makes eye contact
 - D. Pretend not to see the person and walk away

6. What should you spray on a person with heat exhaustion?
 - A. Cool water
 - B. A sports drink
 - C. A mixture of salt and water
 - D. Prune juice

7. Which is a sign of severe airway block?
 - A. Can breathe, talk, or cough
 - B. Cannot breathe or talk
 - C. Can make sounds and talk
 - D. Can cough loudly

8. You come across an adult lying on the ground. You tap and shout, but he is unresponsive. What should you do next?
 - A. Continue tapping and shouting until the person becomes responsive
 - B. Slap the person on the back to see if an object is lodged in the throat
 - C. Check for breathing for at least 10 seconds
 - D. Shout for help. Phone or have someone else phone the emergency response number (or 9-1-1) and get an AED if one is available

9. Which are the best methods you can use to get more information on first aid, CPR, or AED training?
 - A. Refer to local laws for first aid providers and call 1-877-CPR-4AED
 - B. Borrow a coworker's Student Workbook and complete a self-study course
 - C. Go online to www.heart.org/cpr or call 1-877-AHA-4CPR (877-242-4277)
 - D. Contact your supervisor and visit the nearest American Heart Association Center

10. What should you do when you phone your emergency response number (or 9-1-1)?
 - A. Tell the dispatcher to call you back
 - B. Quickly tell the dispatcher where the accident occurred
 - C. Answer all the dispatcher's questions
 - D. Give the dispatcher only the victim's information

11. How should you give breaths with a mask?
 - A. Tilt the head, and cover the face completely with the mask
 - B. Tilt the chin, and press the mask against the person's nose
 - C. Tilt the head back far enough to open the person's mouth, and gently place the mask on the person's face
 - D. Tilt the head and lift the chin, and press the mask against the person's face to make an airtight seal

12. When performing CPR, when should you switch positions and allow someone else to take over compressions and breaths?
 - A. About every 2 minutes
 - B. Every 5 minutes
 - C. After each set of 30 compressions and 30 breaths
 - D. After each set of 100 compressions and 2 breaths

13. You and a friend are picking berries at a local farm. You notice a man who has been stung by a bee and is having difficulty breathing. Where should the epinephrine pen be injected into this person?
- A. At the site of the bee sting
 - B. Into either upper arm
 - C. Into the chest, as close to the heart as possible
 - D. Into the thigh, halfway between the hip and knee
14. You are running on a track at a local school. You come across a woman who has fallen and is bleeding from a cut on her leg. Why is it important to properly remove your gloves after giving first aid?
- A. To keep the removed gloves as compact as possible for waste disposal
 - B. To keep from touching blood or body fluids of the person you are helping
 - C. So contaminants on the gloves can be analyzed later
 - D. To prevent blood or body fluids on the gloves from touching the person you are helping
15. What are the correct rate and depth for providing compressions during high-quality adult CPR to improve survival?
- A. Rate of 80 to 100 compressions per minute and depth of at least 2 inches
 - B. Rate of no more than 60 compressions per minute and depth of at least 1 inch
 - C. Rate of 100 to 120 compressions per minute and depth of at least 1 inch
 - D. Rate of 100 to 120 compressions per minute and depth of at least 2 inches
16. How deep should you push the chest of an adult victim when giving chest compressions?
- A. Only 1 inch
 - B. At least 2 inches
 - C. One half the depth of the chest
 - D. One third the depth of the chest
17. You are running on a track at a local school. You come across a woman who has fallen and is bleeding from a cut on her leg. Where should you apply direct pressure to this cut?
- A. On the side of the leg opposite the cut
 - B. Directly on the cut, with your fingers under the bandage
 - C. On the dressings
 - D. On the nearest pressure point of the leg
18. How long should you rub the surfaces of your hands together during handwashing?
- A. At least 5 seconds
 - B. At least 20 seconds
 - C. At least 1 minute
 - D. At least 5 minutes

19. What should you do after you've finished taking care of an injured person at work?
- A. Tell your coworkers about the injury
 - B. Phone 9-1-1
 - C. Post the report to the company bulletin board
 - D. Write a report of the incident if your company requires it
20. What should you do if a choking adult stops responding?
- A. Continue stomach thrusts until the object is removed
 - B. Start CPR
 - C. Give 5 compressions and 5 back slaps
 - D. Give forceful breaths to push the object down
21. What actions result in the best chance of survival if someone is not breathing (or is only gasping) and isn't responding?
- A. Start CPR, and use an AED if one is available
 - B. Shout for help, and stay with the victim until someone with more advanced training arrives
 - C. Perform CPR only, and leave the AED for someone with more advanced training to use
 - D. Send someone to get the AED, to minimize the number of people involved
22. You are having lunch with a friend at a restaurant. You both eat the same dessert, and within a few minutes you notice your friend's face is flushed. He says his throat feels tight and feels like it's closing. What step in the adult Chain of Survival is described in this scenario?
- A. Recognizing the emergency
 - B. Coordinated aftercare
 - C. Early CPR
 - D. Rapid AED use
23. You are hiking on a trail and come across an adult woman who appears to have trouble breathing and swelling of the tongue and face. What should you look for that could help you determine her possible medical condition?
- A. Medical information jewelry
 - B. Her cell phone
 - C. Her driver's license
 - D. Her identification card
24. You are giving sets of 30 compressions and 2 breaths. Another person arrives with an AED. What should you do next?
- A. Finish whichever set of 30 compressions and 2 breaths you're working on
 - B. Put a blanket on the person receiving CPR
 - C. Immediately use the AED
 - D. Make sure someone has phoned the emergency response number (or 9-1-1)

25. A coworker is struck in the abdomen while on break. The coworker has a bruise and shows signs of shock. What should you suspect is wrong?
- A. External bleeding
 - B. Internal bleeding
 - C. Cardiac arrest
 - D. A head injury

**Answer Key
Heartsaver®
First Aid, Adult CPR AED Optional Exam B**

Question	Answer			
1.	A	•	C	D
2.	A	B	•	D
3.	A	•	C	D
4.	A	•	C	D
5.	A	•	C	D
6.	•	B	C	D
7.	A	•	C	D
8.	A	B	C	•
9.	A	B	•	D
10.	A	B	•	D
11.	A	B	C	•
12.	•	B	C	D
13.	A	B	C	•
14.	A	•	C	D
15.	A	B	C	•
16.	A	•	C	D
17.	A	B	•	D
18.	A	•	C	D
19.	A	B	C	•
20.	A	•	C	D
21.	•	B	C	D
22.	•	B	C	D
23.	•	B	C	D
24.	A	B	•	D
25.	A	•	C	D

**Annotated Answer Key
Heartsaver®
First Aid, Adult CPR AED Optional Exam B**

Student Workbook 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. Why should you wear personal protective equipment?
 - A. To avoid getting your own clothes dirty
 - B. To protect yourself from bloodborne diseases**
 - C. To impress people during treatment
 - D. To look official

The correct answer is B. Your first aid kit includes personal protective equipment, such as eye protection and medical gloves. While you are giving first aid, these help keep you safe from blood and body fluids, such as saliva and urine. [*Heartsaver First Aid Student Workbook*, page 14; *Heartsaver First Aid CPR AED Student Workbook*, page 12; Part 1: First Aid Basics > Key Steps of First Aid > Take Universal Precautions > Personal Protective Equipment]

2. How do you protect an amputated body part?
 - A. Place it directly on ice in a sealed bag, and send it to the hospital
 - B. Wrap it in gauze, place it in an airtight bag, and send it to the hospital
 - C. Place it in a watertight plastic bag inside another container with ice or ice and water**
 - D. Place it in a red biohazard bag

The correct answer is C. Place it in a watertight plastic bag. Place the bag in another container with ice or ice and water. Label it with the injured person's name, the date, and the time. [*Heartsaver First Aid Student Workbook*, page 52; *Heartsaver First Aid CPR AED Student Workbook*, page 50; Part 3: Injury Emergencies > Wounds > Amputation > Actions to Protect an Amputated Part]

3. What is the next step when giving first aid to someone who has been bitten by a spider, after you've ensured scene safety and put on personal protective equipment?
 - A. Look for and remove the fangs
 - B. Wash the area with running water and soap**
 - C. Scrape the spider's fangs away by using something with a dull edge
 - D. Remove the victim's clothing, and apply ice directly to the skin

The correct answer is B. Wash the bite or sting area with lots of running water and soap. [*Heartsaver First Aid Student Workbook*, page 66; *Heartsaver First Aid CPR AED Student Workbook*, page 64; Part 4: Environmental Emergencies > Bites and Stings > Poisonous Spider Bites and Scorpion Stings > Actions to Help a Person Who Is Bitten or Stung by a Poisonous Spider or Scorpion]

4. What should you do if someone with an injury or illness at work refuses care?
- A. Take care of the person anyway
 - B. Phone 9-1-1 and stay with the person until advanced help arrives**
 - C. Take care of the person because he is a coworker
 - D. Leave the person alone and go back to work

The correct answer is B. If the person refuses care, phone 9-1-1 and stay with him until help arrives. [*Heartsaver First Aid Student Workbook*, page 10; *Heartsaver First Aid CPR AED Student Workbook*, page 8; Part 1: First Aid Basics > Duties, Roles, and Responsibilities of First Aid Rescuers > Asking to Give First Aid]

5. What should you do if someone is confused and needs first aid?
- A. Assume the person wouldn't want help and walk away
 - B. Assume the person would want help**
 - C. Shout at the person until the person makes eye contact
 - D. Pretend not to see the person and walk away

The correct answer is B. If the person is confused or can't answer, assume the person wants help. [*Heartsaver First Aid Student Workbook*, page 10; *Heartsaver First Aid CPR AED Student Workbook*, page 8; Part 1: First Aid Basics > Duties, Roles, and Responsibilities of First Aid Rescuers > Asking to Give First Aid]

6. What should you spray on a person with heat exhaustion?
- A. Cool water**
 - B. A sports drink
 - C. A mixture of salt and water
 - D. Prune juice

The correct answer is A. Cool the person with a cool water spray. If a cool water spray is not available, place cool, damp cloths on the neck, armpits, and groin. [*Heartsaver First Aid Student Workbook*, page 69; *Heartsaver First Aid CPR AED Student Workbook*, page 67; Part 4: Environmental Emergencies > Heat-Related Emergencies > Heat Exhaustion > Actions to Help a Person Who Has Heat Exhaustion]

7. Which is a sign of severe airway block?
- A. Can breathe, talk, or cough
 - B. Cannot breathe or talk**
 - C. Can make sounds and talk
 - D. Can cough loudly

The correct answer is B. A person has a severe airway block if he or she cannot breathe, talk, or make sounds. [*Heartsaver First Aid Student Workbook*, page 26; *Heartsaver First Aid CPR AED Student Workbook*, page 24; Part 2: Medical Emergencies > Choking in an Adult, Child, or Infant > Mild vs Severe Airway Block > Assess Choking and Take Action]

8. You come across an adult lying on the ground. You tap and shout, but he is unresponsive. What should you do next?
- A. Continue tapping and shouting until the person becomes responsive
 - B. Slap the person on the back to see if an object is lodged in the throat
 - C. Check for breathing for at least 10 seconds
 - D. Shout for help. Phone or have someone else phone the emergency response number (or 9-1-1) and get an AED if one is available**

The correct answer is D. If the person is unresponsive, phone or have someone else phone the emergency response number (or 9-1-1) and get an AED. [*Heartsaver CPR AED Student Workbook*, page 7; *Heartsaver First Aid CPR AED Student Workbook*, page 82; CPR and AED > CPR and AED Use for Adults > Assess and Phone 9-1-1 > Phone 9-1-1 and Get an AED]

9. Which are the best methods you can use to get more information on first aid, CPR, or AED training?
- A. Refer to local laws for first aid providers and call 1-877-CPR-4AED
 - B. Borrow a coworker's Student Workbook and complete a self-study course
 - C. Go online to www.heart.org/cpr or call 1-877-AHA-4CPR (877-242-4277)**
 - D. Contact your supervisor and visit the nearest American Heart Association Center

The correct answer is C. Contact the American Heart Association if you want more information on first aid, CPR, or AED training. You can visit www.heart.org/cpr or call 1-877-AHA-4CPR (877-242-4277). [*Heartsaver First Aid Student Workbook*, page 77; *Heartsaver First Aid CPR AED Student Workbook*, page 75; Part 5: Preventing Illness and Injury > More Information and Training]

10. What should you do when you phone your emergency response number (or 9-1-1)?
- A. Tell the dispatcher to call you back
 - B. Quickly tell the dispatcher where the accident occurred
 - C. Answer all the dispatcher's questions**
 - D. Give the dispatcher only the victim's information

The correct answer is C. Stay on the phone until the 9-1-1 dispatcher tells you to hang up. Answering the dispatcher's questions will not delay the arrival of help. The dispatcher will ask you about the emergency—where you are and what has happened. Dispatchers can provide instructions that will help you, such as telling you how to provide CPR, use an AED, or give first aid. [*Heartsaver CPR AED Student Workbook*, page 8; *Heartsaver First Aid CPR AED Student Workbook*, page 83; CPR and AED > CPR and AED Use for Adults > Assess and Phone 9-1-1 > Follow the Dispatcher's Instructions]

11. How should you give breaths with a mask?

- A. Tilt the head, and cover the face completely with the mask
- B. Tilt the chin, and press the mask against the person's nose
- C. Tilt the head back far enough to open the person's mouth, and gently place the mask on the person's face
- D. Tilt the head and lift the chin, and press the mask against the person's face to make an airtight seal

The correct answer is D. Tilt the head and lift the chin while pressing the mask against the person's face. It is important to make an airtight seal between the person's face and the mask while you lift the chin to keep the airway open. [*Heartsaver CPR AED Student Workbook*, page 15; *Heartsaver First Aid CPR AED Student Workbook*, page 90; CPR and AED > CPR and AED Use for Adults > Perform High-Quality CPR > Give Breaths > Use a Pocket Mask > Give Breaths With a Pocket Mask]

12. When performing CPR, when should you switch positions and allow someone else to take over compressions and breaths?

- A. About every 2 minutes
- B. Every 5 minutes
- C. After each set of 30 compressions and 30 breaths
- D. After each set of 100 compressions and 2 breaths

The correct answer is A. Switch rescuers about every 2 minutes, or sooner if you get tired. [*Heartsaver CPR AED Student Workbook*, page 11; *Heartsaver First Aid CPR AED Student Workbook*, page 86; CPR and AED > CPR and AED Use for Adults > Perform High-Quality CPR > Provide Compressions > Switch Rescuers to Avoid Fatigue]

13. You and a friend are picking berries at a local farm. You notice a man who has been stung by a bee and is having difficulty breathing. Where should the epinephrine pen be injected into this person?

- A. At the site of the bee sting
- B. Into either upper arm
- C. Into the chest, as close to the heart as possible
- D. Into the thigh, halfway between the hip and knee

The correct answer is D. Press the tip of the injector hard against the side of the person's thigh, about halfway between the hip and the knee. [*Heartsaver First Aid Student Workbook*, page 33; *Heartsaver First Aid CPR AED Student Workbook*, page 31; Part 2: Medical Emergencies > Allergic Reactions > How to Use an Epinephrine Pen]

14. You are running on a track at a local school. You come across a woman who has fallen and is bleeding from a cut on her leg. Why is it important to properly remove your gloves after giving first aid?
- A. To keep the removed gloves as compact as possible for waste disposal
 - B. To keep from touching blood or body fluids of the person you are helping**
 - C. So contaminants on the gloves can be analyzed later
 - D. To prevent blood or body fluids on the gloves from touching the person you are helping

The correct answer is B. Because of the risk of infection, using protective gloves and taking them off correctly are important steps when it comes to your safety and the safety of others. Always dispose of protective gloves properly so that anyone else who comes in contact with the biohazard waste bag does not get exposed to blood or body fluids. [*Heartsaver First Aid Student Workbook*, page 16; *Heartsaver First Aid CPR AED Student Workbook*, page 14; Part 1: First Aid Basics > Key Steps of First Aid > Take Universal Precautions > Remove Protective Gloves Properly]

15. What are the correct rate and depth for providing compressions during high-quality adult CPR to improve survival?
- A. Rate of 80 to 100 compressions per minute and depth of at least 2 inches
 - B. Rate of no more than 60 compressions per minute and depth of at least 1 inch
 - C. Rate of 100 to 120 compressions per minute and depth of at least 1 inch
 - D. Rate of 100 to 120 compressions per minute and depth of at least 2 inches**

The correct answer is D. Push at a rate of 100 to 120 compressions per minute. Push straight down at least 2 inches. [*Heartsaver CPR AED Student Workbook*, page 11; *Heartsaver First Aid CPR AED Student Workbook*, page 86; CPR and AED > CPR and AED Use for Adults > Perform High-Quality CPR > Provide Compressions > Compression Technique]

16. How deep should you push the chest of an adult victim when giving chest compressions?
- A. Only 1 inch
 - B. At least 2 inches**
 - C. One half the depth of the chest
 - D. One third the depth of the chest

The correct answer is B. Push straight down at least 2 inches. [*Heartsaver CPR AED Student Workbook*, page 11; *Heartsaver First Aid CPR AED Student Workbook*, page 86; CPR and AED > CPR and AED Use for Adults > Perform High-Quality CPR > Provide Compressions > Compression Technique]

17. You are running on a track at a local school. You come across a woman who has fallen and is bleeding from a cut on her leg. Where should you apply direct pressure to this cut?
- A. On the side of the leg opposite the cut
 - B. Directly on the cut, with your fingers under the bandage
 - C. On the dressings**
 - D. On the nearest pressure point of the leg

The correct answer is C. Apply dressings from the first aid kit. Put direct pressure on the dressings over the bleeding area. Use the flat part of your fingers or the palm of your hand. [*Heartsaver First Aid Student Workbook*, page 43; *Heartsaver First Aid CPR AED Student Workbook*, page 41; Part 3: Injury Emergencies > External Bleeding > Control Bleeding by Direct Pressure and Bandaging > Actions to Control Bleeding]

18. How long should you rub the surfaces of your hands together during handwashing?
- A. At least 5 seconds
 - B. At least 20 seconds**
 - C. At least 1 minute
 - D. At least 5 minutes

The correct answer is B. Rub your hands together and scrub all surfaces of hands and fingers for at least 20 seconds. [*Heartsaver First Aid Student Workbook*, page 17; *Heartsaver First Aid CPR AED Student Workbook*, page 15; Part 1: First Aid Basics > Key Steps of First Aid > Take Universal Precautions > Actions for Washing Hands Well]

19. What should you do after you've finished taking care of an injured person at work?
- A. Tell your coworkers about the injury
 - B. Phone 9-1-1
 - C. Post the report to the company bulletin board
 - D. Write a report of the incident if your company requires it**

The correct answer is D. If you are in your workplace, give all information about an ill or injured person to your company's emergency response program supervisor. You may need to fill out a report for your company. [*Heartsaver First Aid Student Workbook*, page 20; *Heartsaver First Aid CPR AED Student Workbook*, page 18; Part 1: First Aid Basics > Key Steps of First Aid > Protect the Person's Privacy]

20. What should you do if a choking adult stops responding?
- A. Continue stomach thrusts until the object is removed
 - B. Start CPR**
 - C. Give 5 compressions and 5 back slaps
 - D. Give forceful breaths to push the object down

The correct answer is B. If you can't remove the object blocking the airway, the person will become unresponsive. Always give CPR to anyone who is unresponsive and not breathing normally or only gasping. [*Heartsaver CPR AED Student Workbook*, page 59; CPR and AED > How to Help a Choking Adult, Child, or Infant > How to Help a Choking Adult, Child, or Infant Who Becomes Unresponsive; *Heartsaver First Aid CPR AED Student Workbook*, page 27; Part 2: Medical Emergencies > Choking in an Adult, Child, or Infant > Help a Choking Adult, Child, or Infant Who Becomes Unresponsive]

21. What actions result in the best chance of survival if someone is not breathing (or is only gasping) and isn't responding?

- A. Start CPR, and use an AED if one is available
- B. Shout for help, and stay with the victim until someone with more advanced training arrives
- C. Perform CPR only, and leave the AED for someone with more advanced training to use
- D. Send someone to get the AED, to minimize the number of people involved

The correct answer is A. If the person is not breathing normally or is only gasping, he needs CPR. CPR combined with using an AED provides the best chance of saving a life. If possible, use an AED every time you provide CPR. [*Heartsaver CPR AED Student Workbook*, page 8; *Heartsaver First Aid CPR AED Student Workbook*, page 83; CPR and AED > CPR and AED Use for Adults > Assess and Phone 9-1-1 > Check for Normal Breathing; *Heartsaver CPR AED Student Workbook*, page 16; *Heartsaver First Aid CPR AED Student Workbook*, page 91; CPR and AED > CPR and AED Use for Adults > Use an AED]

22. You are having lunch with a friend at a restaurant. You both eat the same dessert, and within a few minutes you notice your friend's face is flushed. He says his throat feels tight and feels like it's closing. What step in the adult Chain of Survival is described in this scenario?

- A. Recognizing the emergency
- B. Coordinated aftercare
- C. Early CPR
- D. Rapid AED use

The correct answer is A. Immediately recognize the emergency and phone 9-1-1. [*Heartsaver CPR AED Student Workbook*, page 5; *Heartsaver First Aid CPR AED Student Workbook*, page 80; CPR and AED > CPR and AED Use for Adults > Adult Chain of Survival]

23. You are hiking on a trail and come across an adult woman who appears to have trouble breathing and swelling of the tongue and face. What should you look for that could help you determine her possible medical condition?

- A. Medical information jewelry
- B. Her cell phone
- C. Her driver's license
- D. Her identification card

The correct answer is A. Before you give first aid, you must assess the ill or injured person to find out what the problem is. Look for any medical information jewelry. This tells you if the person has a serious medical condition. [*Heartsaver First Aid Student Workbook*, page 17; *Heartsaver First Aid CPR AED Student Workbook*, page 15; Part 1: First Aid Basics > Key Steps of First Aid > Find the Problem]

24. You are giving sets of 30 compressions and 2 breaths. Another person arrives with an AED. What should you do next?
- A. Finish whichever set of 30 compressions and 2 breaths you're working on
 - B. Put a blanket on the person receiving CPR
 - C. Immediately use the AED**
 - D. Make sure someone has phoned the emergency response number (or 9-1-1)

The correct answer is C. Use the AED as soon as it is available. [*Heartsaver CPR AED Student Workbook*, page 18; *Heartsaver First Aid CPR AED Student Workbook*, page 93; CPR and AED > CPR and AED Use for Adults > Use an AED > Steps for Using an AED for an Adult]

25. A coworker is struck in the abdomen while on break. The coworker has a bruise and shows signs of shock. What should you suspect is wrong?
- A. External bleeding
 - B. Internal bleeding**
 - C. Cardiac arrest
 - D. A head injury

The correct answer is B. You should suspect internal bleeding if a person has an injury in the abdomen or chest (including bruises such as seat belt marks) or signs of shock without external bleeding. [*Heartsaver First Aid Student Workbook*, page 53; *Heartsaver First Aid CPR AED Student Workbook*, page 51; Part 3: Injury Emergencies > Internal Bleeding > Signs of Internal Bleeding]

American Heart Association

**Heartsaver®
First Aid, Adult CPR AED,
Child CPR AED
Optional Exams A and B**

April 26, 2016

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**Student Answer Sheet
Heartsaver®
First Aid, Adult CPR AED, Child CPR AED Optional Exam**

Name: _____ Date: _____ Version: _____

Question	Answer			
1.	A	B	C	D
2.	A	B	C	D
3.	A	B	C	D
4.	A	B	C	D
5.	A	B	C	D
6.	A	B	C	D
7.	A	B	C	D
8.	A	B	C	D
9.	A	B	C	D
10.	A	B	C	D
11.	A	B	C	D
12.	A	B	C	D
13.	A	B	C	D
14.	A	B	C	D
15.	A	B	C	D
16.	A	B	C	D
17.	A	B	C	D
18.	A	B	C	D
19.	A	B	C	D
20.	A	B	C	D
21.	A	B	C	D
22.	A	B	C	D
23.	A	B	C	D
24.	A	B	C	D
25.	A	B	C	D

American Heart Association

**Heartsaver®
First Aid, Adult CPR AED,
Child CPR AED
Optional Exam A**

April 26, 2016

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Heartsaver®
First Aid, Adult CPR AED, Child CPR AED Optional Exam A
(25 questions)

Please do not mark on this exam. Record the best answer on the separate answer sheet.

1. Why are the first few minutes of a heart attack the most important for giving CPR?
 - A. Because many heart attack treatments will be most successful if they are given quickly
 - B. Because this is when you should find the nearest AED and use it before giving CPR
 - C. Because this is when you have time to consider what actions to take
 - D. Because this is when a person is most likely to get better and have no discomfort

2. What should you do when you phone your emergency response number (or 9-1-1)?
 - A. Answer all the dispatcher's questions
 - B. Quickly tell the dispatcher where the accident occurred
 - C. Tell the dispatcher to call you back
 - D. Give the dispatcher only the victim's information

3. What actions result in the best chance of survival if someone is not breathing (or is only gasping) and isn't responding?
 - A. Shout for help, and stay with the victim until someone with more advanced training arrives
 - B. Perform CPR only, and leave the AED for someone with more advanced training to use
 - C. Start CPR, and use an AED if one is available
 - D. Send someone to get the AED, to minimize the number of people involved

4. How deep should you push the chest of an adult victim when giving chest compressions?
 - A. One half the depth of the chest
 - B. One third the depth of the chest
 - C. Only 1 inch
 - D. At least 2 inches

5. When performing CPR, when should you switch positions and allow someone else to take over compressions and breaths?
 - A. After each set of 30 compressions and 30 breaths
 - B. About every 2 minutes
 - C. After each set of 100 compressions and 2 breaths
 - D. Every 5 minutes

6. How should you give breaths with a mask?
 - A. Tilt the head and lift the chin, and press the mask against the person's face to make an airtight seal
 - B. Tilt the head, and cover the face completely with the mask
 - C. Tilt the chin, and press the mask against the person's nose
 - D. Tilt the head back far enough to open the person's mouth, and gently place the mask on the person's face

7. You are giving sets of 30 compressions and 2 breaths. Another person arrives with an AED. What should you do next?
 - A. Finish whichever set of 30 compressions and 2 breaths you're working on
 - B. Immediately use the AED
 - C. Make sure someone has phoned the emergency response number (or 9-1-1)
 - D. Put a blanket on the person receiving CPR

8. How far should you push down when giving chest compressions to a child who needs CPR?
 - A. About 2 inches
 - B. About 1 inch
 - C. About 1½ inches
 - D. About half an inch

9. You are performing CPR on a child when another person arrives with the AED. You notice that the AED does not have child pads. What should you do?
 - A. Use the adult pads, making sure they do not touch each other
 - B. Decide not to use the AED because the pads are only for adults
 - C. Stop CPR because it will not help anyway
 - D. Make sure to place the AED pads over the clothing to reduce the shock

10. What is the correct position for giving abdominal thrusts if a child is choking and is still responding?
 - A. Put an arm around the choking child's waist
 - B. Put 2 fingers above the choking child's belly button
 - C. Stand in front of the choking child and put 2 fists between his shoulder blades
 - D. Get behind the choking child and put a fist just above his belly button

11. What should you do if someone is confused and needs first aid?
 - A. Assume the person wouldn't want help and walk away
 - B. Shout at the person until the person makes eye contact
 - C. Assume the person would want help
 - D. Pretend not to see the person and walk away

12. What should you do if someone with an injury or illness at work refuses care?
- A. Phone 9-1-1 and stay with the person until advanced help arrives
 - B. Take care of the person because he is a coworker
 - C. Leave the person alone and go back to work
 - D. Take care of the person anyway
13. Why should you wear personal protective equipment?
- A. To protect yourself from bloodborne diseases
 - B. To impress people during treatment
 - C. To look official
 - D. To avoid getting your own clothes dirty
14. How long should you rub the surfaces of your hands together during handwashing?
- A. At least 5 seconds
 - B. At least 20 seconds
 - C. At least 1 minute
 - D. At least 5 minutes
15. You are running on a track at a local school. You come across a woman who has fallen and is bleeding from a cut on her leg. Why is it important to properly remove your gloves after giving first aid?
- A. To keep the removed gloves as compact as possible for waste disposal
 - B. So contaminants on the gloves can be analyzed later
 - C. To keep from touching blood or body fluids of the person you are helping
 - D. To prevent blood or body fluids on the gloves from touching the person you are helping
16. You are hiking on a trail and come across an adult woman who appears to have trouble breathing and swelling of the tongue and face. What should you look for that could help you determine her possible medical condition?
- A. Her cell phone
 - B. Her driver's license
 - C. Her identification card
 - D. Medical information jewelry
17. A coworker is struck in the abdomen while on break. The coworker has a bruise and shows signs of shock. What should you suspect is wrong?
- A. External bleeding
 - B. Cardiac arrest
 - C. Internal bleeding
 - D. A head injury

18. Which is a sign of severe airway block?
- A. Cannot breathe or talk
 - B. Can make sounds and talk
 - C. Can cough loudly
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19. You and a friend are picking berries at a local farm. You notice a man who has been stung by a bee and is having difficulty breathing. Where should the epinephrine pen be injected into this person?
- A. At the site of the bee sting
 - B. Into the thigh, halfway between the hip and knee
 - C. Into either upper arm
 - D. Into the chest, as close to the heart as possible
20. You are running on a track at a local school. You come across a woman who has fallen and is bleeding from a cut on her leg. Where should you apply direct pressure to this cut?
- A. Directly on the cut, with your fingers under the bandage
 - B. On the dressings
 - C. On the nearest pressure point of the leg
 - D. On the side of the leg opposite the cut
21. How do you protect an amputated body part?
- A. Place it directly on ice in a sealed bag, and send it to the hospital
 - B. Wrap it in gauze, place it in an airtight bag, and send it to the hospital
 - C. Place it in a red biohazard bag
 - D. Place it in a watertight plastic bag inside another container with ice or ice and water
22. What is the next step when giving first aid to someone who has been bitten by a spider, after you've ensured scene safety and put on personal protective equipment?
- A. Look for and remove the fangs
 - B. Scrape the spider's fangs away by using something with a dull edge
 - C. Remove the victim's clothing, and apply ice directly to the skin
 - D. Wash the area with running water and soap
23. What should you spray on a person with heat exhaustion?
- A. A sports drink
 - B. A mixture of salt and water
 - C. Cool water
 - D. Prune juice
24. Which are the best methods you can use to get more information on first aid, CPR, or AED training?
- A. Borrow a coworker's Student Workbook and complete a self-study course
 - B. Go online to www.heart.org/cpr or call 1-877-AHA-4CPR (877-242-4277)
 - C. Contact your supervisor and visit the nearest American Heart Association Center
 - D. Refer to local laws for first aid providers and call 1-877-CPR-4AED

25. What should you do after you've finished taking care of an injured person at work?
- A. Write a report of the incident if your company requires it
 - B. Phone 9-1-1
 - C. Post the report to the company bulletin board
 - D. Tell your coworkers about the injury

**Answer Key
Heartsaver®
First Aid, Adult CPR AED, Child CPR AED Optional Exam A**

Question	Answer			
1.	•	B	C	D
2.	•	B	C	D
3.	A	B	•	D
4.	A	B	C	•
5.	A	•	C	D
6.	•	B	C	D
7.	A	•	C	D
8.	•	B	C	D
9.	•	B	C	D
10.	A	B	C	•
11.	A	B	•	D
12.	•	B	C	D
13.	•	B	C	D
14.	A	•	C	D
15.	A	B	•	D
16.	A	B	C	•
17.	A	B	•	D
18.	•	B	C	D
19.	A	•	C	D
20.	A	•	C	D
21.	A	B	C	•
22.	A	B	C	•
23.	A	B	•	D
24.	A	•	C	D
25.	•	B	C	D

**Annotated Answer Key
Heartsaver®
First Aid, Adult CPR AED, Child CPR AED Optional Exam A**

Student Workbook 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. Why are the first few minutes of a heart attack the most important for giving CPR?
 - A. Because many heart attack treatments will be most successful if they are given quickly
 - B. Because this is when you should find the nearest AED and use it before giving CPR
 - C. Because this is when you have time to consider what actions to take
 - D. Because this is when a person is most likely to get better and have no discomfort

The correct answer is A. The longer a person with a heart attack goes without treatment, the greater the possible damage to the heart muscle is. Occasionally, the damaged heart muscle triggers an abnormal rhythm that can lead to sudden cardiac arrest. [*Heartsaver CPR AED Student Workbook*, page 3; Introduction > Heartsaver Terms and Concepts > Sudden Cardiac Arrest or Heart Attack?; *Heartsaver First Aid CPR AED Student Workbook*, page 33; Part 2: Medical Emergencies > Heart Attack > Difference Between Heart Attack and Cardiac Arrest]

2. What should you do when you phone your emergency response number (or 9-1-1)?
 - A. Answer all the dispatcher's questions
 - B. Quickly tell the dispatcher where the accident occurred
 - C. Tell the dispatcher to call you back
 - D. Give the dispatcher only the victim's information

The correct answer is A. Stay on the phone until the 9-1-1 dispatcher tells you to hang up. Answering the dispatcher's questions will not delay the arrival of help. The dispatcher will ask you about the emergency—where you are and what has happened. Dispatchers can provide instructions that will help you, such as telling you how to provide CPR, use an AED, or give first aid. [*Heartsaver CPR AED Student Workbook*, page 8; *Heartsaver First Aid CPR AED Student Workbook*, page 83; CPR and AED > CPR and AED Use for Adults > Assess and Phone 9-1-1 > Follow the Dispatcher's Instructions]

3. What actions result in the best chance of survival if someone is not breathing (or is only gasping) and isn't responding?
 - A. Shout for help, and stay with the victim until someone with more advanced training arrives
 - B. Perform CPR only, and leave the AED for someone with more advanced training to use
 - C. Start CPR, and use an AED if one is available
 - D. Send someone to get the AED, to minimize the number of people involved

The correct answer is C. If the person is not breathing normally or is only gasping, he needs CPR. CPR combined with using an AED provides the best chance of saving a life. If possible, use an AED every time you provide CPR. [*Heartsaver CPR AED Student Workbook*, page 8; *Heartsaver First Aid CPR AED Student Workbook*, page 83; CPR and AED > CPR and AED Use for Adults > Assess and Phone 9-1-1 > Check for Normal Breathing; *Heartsaver CPR AED Student Workbook*, page 16; *Heartsaver First Aid CPR AED Student Workbook*, page 91; CPR and AED > CPR and AED Use for Adults > Use an AED]

4. How deep should you push the chest of an adult victim when giving chest compressions?
- A. One half the depth of the chest
 - B. One third the depth of the chest
 - C. Only 1 inch
 - D. At least 2 inches**

The correct answer is D. Push straight down at least 2 inches. [*Heartsaver CPR AED Student Workbook*, page 11; *Heartsaver First Aid CPR AED Student Workbook*, page 86; CPR and AED > CPR and AED Use for Adults > Perform High-Quality CPR > Provide Compressions > Compression Technique]

5. When performing CPR, when should you switch positions and allow someone else to take over compressions and breaths?
- A. After each set of 30 compressions and 30 breaths
 - B. About every 2 minutes**
 - C. After each set of 100 compressions and 2 breaths
 - D. Every 5 minutes

The correct answer is B. Switch rescuers about every 2 minutes, or sooner if you get tired. [*Heartsaver CPR AED Student Workbook*, page 11; *Heartsaver First Aid CPR AED Student Workbook*, page 86; CPR and AED > CPR and AED Use for Adults > Perform High-Quality CPR > Provide Compressions > Switch Rescuers to Avoid Fatigue]

6. How should you give breaths with a mask?
- A. Tilt the head and lift the chin, and press the mask against the person's face to make an airtight seal**
 - B. Tilt the head, and cover the face completely with the mask
 - C. Tilt the chin, and press the mask against the person's nose
 - D. Tilt the head back far enough to open the person's mouth, and gently place the mask on the person's face

The correct answer is A. Tilt the head and lift the chin while pressing the mask against the person's face. It is important to make an airtight seal between the person's face and the mask while you lift the chin to keep the airway open. [*Heartsaver CPR AED Student Workbook*, page 15; *Heartsaver First Aid CPR AED Student Workbook*, page 90; CPR and AED > CPR and AED Use for Adults > Perform High-Quality CPR > Give Breaths > Use a Pocket Mask > Give Breaths With a Pocket Mask]

7. You are giving sets of 30 compressions and 2 breaths. Another person arrives with an AED. What should you do next?
- A. Finish whichever set of 30 compressions and 2 breaths you're working on
 - B. Immediately use the AED**
 - C. Make sure someone has phoned the emergency response number (or 9-1-1)
 - D. Put a blanket on the person receiving CPR

The correct answer is B. Use the AED as soon as it is available. [*Heartsaver CPR AED Student Workbook*, page 18; *Heartsaver First Aid CPR AED Student Workbook*, page 93; CPR and AED > CPR and AED Use for Adults > Use an AED > Steps for Using an AED for an Adult]

8. How far should you push down when giving chest compressions to a child who needs CPR?

- A. About 2 inches
- B. About 1 inch
- C. About 1½ inches
- D. About half an inch

The correct answer is A. Push straight down at least one third the depth of the chest, or about 2 inches. [*Heartsaver CPR AED Student Workbook*, page 29; *Heartsaver First Aid CPR AED Student Workbook*, page 104; CPR and AED > CPR and AED Use for Children > Perform High-Quality CPR > Provide Compressions > Compression Technique]

9. You are performing CPR on a child when another person arrives with the AED. You notice that the AED does not have child pads. What should you do?

- A. Use the adult pads, making sure they do not touch each other
- B. Decide not to use the AED because the pads are only for adults
- C. Stop CPR because it will not help anyway
- D. Make sure to place the AED pads over the clothing to reduce the shock

The correct answer is A. Use child pads if the child or infant is less than 8 years old. If child pads are not available, use adult pads. [*Heartsaver CPR AED Student Workbook*, page 36; *Heartsaver First Aid CPR AED Student Workbook*, page 111; CPR and AED > CPR and AED Use for Children > Use an AED > Attach the Pads]

10. What is the correct position for giving abdominal thrusts if a child is choking and is still responding?

- A. Put an arm around the choking child's waist
- B. Put 2 fingers above the choking child's belly button
- C. Stand in front of the choking child and put 2 fists between his shoulder blades
- D. Get behind the choking child and put a fist just above his belly button

The correct answer is D. Stand firmly or kneel behind the person (depending on your size and the size of the person choking). Wrap your arms around the person's waist so that your fists are in front. Make a fist with one hand. Put the thumb side of your fist slightly above the belly button and well below the breastbone. [*Heartsaver CPR AED Student Workbook*, page 57; CPR and AED > How to Help a Choking Adult, Child, or Infant > How to Help an Adult, Child, or Infant Who Has a Severe Airway Block > How to Help a Choking Adult or Child With a Severe Airway Block; *Heartsaver First Aid CPR AED Student Workbook*, page 25; Part 2: Medical Emergencies > Choking in an Adult, Child, or Infant > How to Help an Adult, Child, or Infant Who Has a Severe Airway Block > How to Help a Choking Adult or Child With a Severe Airway Block]

11. What should you do if someone is confused and needs first aid?

- A. Assume the person wouldn't want help and walk away
- B. Shout at the person until the person makes eye contact
- C. Assume the person would want help**
- D. Pretend not to see the person and walk away

The correct answer is C. If the person is confused or can't answer, assume the person wants help. [*Heartsaver First Aid Student Workbook*, page 10; *Heartsaver First Aid CPR AED Student Workbook*, page 8; Part 1: First Aid Basics > Duties, Roles, and Responsibilities of First Aid Rescuers > Asking to Give First Aid]

12. What should you do if someone with an injury or illness at work refuses care?

- A. Phone 9-1-1 and stay with the person until advanced help arrives**
- B. Take care of the person because he is a coworker
- C. Leave the person alone and go back to work
- D. Take care of the person anyway

The correct answer is A. If the person refuses care, phone 9-1-1 and stay with him until help arrives. [*Heartsaver First Aid Student Workbook*, page 10; *Heartsaver First Aid CPR AED Student Workbook*, page 8; Part 1: First Aid Basics > Duties, Roles, and Responsibilities of First Aid Rescuers > Asking to Give First Aid]

13. Why should you wear personal protective equipment?

- A. To protect yourself from bloodborne diseases**
- B. To impress people during treatment
- C. To look official
- D. To avoid getting your own clothes dirty

The correct answer is A. Your first aid kit includes personal protective equipment, such as eye protection and medical gloves. While you are giving first aid, these help keep you safe from blood and body fluids, such as saliva and urine. [*Heartsaver First Aid Student Workbook*, page 14; *Heartsaver First Aid CPR AED Student Workbook*, page 12; Part 1: First Aid Basics > Key Steps of First Aid > Take Universal Precautions > Personal Protective Equipment]

14. How long should you rub the surfaces of your hands together during handwashing?

- A. At least 5 seconds
- B. At least 20 seconds**
- C. At least 1 minute
- D. At least 5 minutes

The correct answer is B. Rub your hands together and scrub all surfaces of hands and fingers for at least 20 seconds. [*Heartsaver First Aid Student Workbook*, page 17; *Heartsaver First Aid CPR AED Student Workbook*, page 15; Part 1: First Aid Basics > Key Steps of First Aid > Take Universal Precautions > Actions for Washing Hands Well]

15. You are running on a track at a local school. You come across a woman who has fallen and is bleeding from a cut on her leg. Why is it important to properly remove your gloves after giving first aid?
- A. To keep the removed gloves as compact as possible for waste disposal
 - B. So contaminants on the gloves can be analyzed later
 - C. To keep from touching blood or body fluids of the person you are helping**
 - D. To prevent blood or body fluids on the gloves from touching the person you are helping

The correct answer is C. Because of the risk of infection, using protective gloves and taking them off correctly are important steps when it comes to your safety and the safety of others. Always dispose of protective gloves properly so that anyone else who comes in contact with the biohazard waste bag does not get exposed to blood or body fluids. [*Heartsaver First Aid Student Workbook*, page 16; *Heartsaver First Aid CPR AED Student Workbook*, page 14; Part 1: First Aid Basics > Key Steps of First Aid > Take Universal Precautions > Remove Protective Gloves Properly]

16. You are hiking on a trail and come across an adult woman who appears to have trouble breathing and swelling of the tongue and face. What should you look for that could help you determine her possible medical condition?
- A. Her cell phone
 - B. Her driver's license
 - C. Her identification card
 - D. Medical information jewelry**

The correct answer is D. Before you give first aid, you must assess the ill or injured person to find out what the problem is. Look for any medical information jewelry. This tells you if the person has a serious medical condition. [*Heartsaver First Aid Student Workbook*, page 17; *Heartsaver First Aid CPR AED Student Workbook*, page 15; Part 1: First Aid Basics > Key Steps of First Aid > Find the Problem]

17. A coworker is struck in the abdomen while on break. The coworker has a bruise and shows signs of shock. What should you suspect is wrong?
- A. External bleeding
 - B. Cardiac arrest
 - C. Internal bleeding**
 - D. A head injury

The correct answer is C. You should suspect internal bleeding if a person has an injury in the abdomen or chest (including bruises such as seat belt marks) or signs of shock without external bleeding. [*Heartsaver First Aid Student Workbook*, page 53; *Heartsaver First Aid CPR AED Student Workbook*, page 51; Part 3: Injury Emergencies > Internal Bleeding > Signs of Internal Bleeding]

18. Which is a sign of severe airway block?

- A. Cannot breathe or talk
- B. Can make sounds and talk
- C. Can cough loudly
- D. Can breathe, talk, or cough

The correct answer is A. A person has a severe airway block if he or she cannot breathe, talk, or make sounds. [*Heartsaver First Aid Student Workbook*, page 26; *Heartsaver First Aid CPR AED Student Workbook*, page 24; Part 2: Medical Emergencies > Choking in an Adult, Child, or Infant > Mild vs Severe Airway Block > Assess Choking and Take Action]

19. You and a friend are picking berries at a local farm. You notice a man who has been stung by a bee and is having difficulty breathing. Where should the epinephrine pen be injected into this person?

- A. At the site of the bee sting
- B. Into the thigh, halfway between the hip and knee
- C. Into either upper arm
- D. Into the chest, as close to the heart as possible

The correct answer is B. Press the tip of the injector hard against the side of the person's thigh, about halfway between the hip and the knee. [*Heartsaver First Aid Student Workbook*, page 33; *Heartsaver First Aid CPR AED Student Workbook*, page 31; Part 2: Medical Emergencies > Allergic Reactions > How to Use an Epinephrine Pen]

20. You are running on a track at a local school. You come across a woman who has fallen and is bleeding from a cut on her leg. Where should you apply direct pressure to this cut?

- A. Directly on the cut, with your fingers under the bandage
- B. On the dressings
- C. On the nearest pressure point of the leg
- D. On the side of the leg opposite the cut

The correct answer is B. Apply dressings from the first aid kit. Put direct pressure on the dressings over the bleeding area. Use the flat part of your fingers or the palm of your hand. [*Heartsaver First Aid Student Workbook*, page 43; *Heartsaver First Aid CPR AED Student Workbook*, page 41; Part 3: Injury Emergencies > External Bleeding > Control Bleeding by Direct Pressure and Bandaging > Actions to Control Bleeding]

21. How do you protect an amputated body part?

- A. Place it directly on ice in a sealed bag, and send it to the hospital
- B. Wrap it in gauze, place it in an airtight bag, and send it to the hospital
- C. Place it in a red biohazard bag
- D. Place it in a watertight plastic bag inside another container with ice or ice and water

The correct answer is D. Place it in a watertight plastic bag. Place the bag in another container with ice or ice and water. Label it with the injured person's name, the date, and the time. [*Heartsaver First Aid Student Workbook*, page 52; *Heartsaver First Aid CPR AED Student Workbook*, page 50; Part 3: Injury Emergencies > Wounds > Amputation > Actions to Protect an Amputated Part]

22. What is the next step when giving first aid to someone who has been bitten by a spider, after you've ensured scene safety and put on personal protective equipment?
- A. Look for and remove the fangs
 - B. Scrape the spider's fangs away by using something with a dull edge
 - C. Remove the victim's clothing, and apply ice directly to the skin
 - D. Wash the area with running water and soap**

The correct answer is D. Wash the bite or sting area with lots of running water and soap. [*Heartsaver First Aid Student Workbook*, page 66; *Heartsaver First Aid CPR AED Student Workbook*, page 64; Part 4: Environmental Emergencies > Bites and Stings > Poisonous Spider Bites and Scorpion Stings > Actions to Help a Person Who Is Bitten or Stung by a Poisonous Spider or Scorpion]

23. What should you spray on a person with heat exhaustion?
- A. A sports drink
 - B. A mixture of salt and water
 - C. Cool water**
 - D. Prune juice

The correct answer is C. Cool the person with a cool water spray. If a cool water spray is not available, place cool, damp cloths on the neck, armpits, and groin. [*Heartsaver First Aid Student Workbook*, page 69; *Heartsaver First Aid CPR AED Student Workbook*, page 67; Part 4: Environmental Emergencies > Heat-Related Emergencies > Heat Exhaustion > Actions to Help a Person Who Has Heat Exhaustion]

24. Which are the best methods you can use to get more information on first aid, CPR, or AED training?
- A. Borrow a coworker's Student Workbook and complete a self-study course
 - B. Go online to www.heart.org/cpr or call 1-877-AHA-4CPR (877-242-4277)**
 - C. Contact your supervisor and visit the nearest American Heart Association Center
 - D. Refer to local laws for first aid providers and call 1-877-CPR-4AED

The correct answer is B. Contact the American Heart Association if you want more information on first aid, CPR, or AED training. You can visit www.heart.org/cpr or call 1-877-AHA-4CPR (877-242-4277). [*Heartsaver First Aid Student Workbook*, page 77; *Heartsaver First Aid CPR AED Student Workbook*, page 75; Part 5: Preventing Illness and Injury > More Information and Training]

25. What should you do after you've finished taking care of an injured person at work?
- A. Write a report of the incident if your company requires it**
 - B. Phone 9-1-1
 - C. Post the report to the company bulletin board
 - D. Tell your coworkers about the injury

The correct answer is A. If you are in your workplace, give all information about an ill or injured person to your company's emergency response program supervisor. You may need to fill out a report for your company. [*Heartsaver First Aid Student Workbook*, page 20; *Heartsaver First Aid CPR AED Student Workbook*, page 18; Part 1: First Aid Basics > Key Steps of First Aid > Protect the Person's Privacy]



American Heart Association

**Heartsaver[®]
First Aid, Adult CPR AED,
Child CPR AED
Optional Exam B**

April 26, 2016

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Heartsaver®
First Aid, Adult CPR AED, Child CPR AED Optional Exam B
(25 questions)

Please do not mark on this exam. Record the best answer on the separate answer sheet.

1. What is the correct position for giving abdominal thrusts if a child is choking and is still responding?
 - A. Put an arm around the choking child's waist
 - B. Put 2 fingers above the choking child's belly button
 - C. Get behind the choking child and put a fist just above his belly button
 - D. Stand in front of the choking child and put 2 fists between his shoulder blades
2. What actions result in the best chance of survival if someone is not breathing (or is only gasping) and isn't responding?
 - A. Start CPR, and use an AED if one is available
 - B. Shout for help, and stay with the victim until someone with more advanced training arrives
 - C. Perform CPR only, and leave the AED for someone with more advanced training to use
 - D. Send someone to get the AED, to minimize the number of people involved
3. What should you spray on a person with heat exhaustion?
 - A. Prune juice
 - B. A sports drink
 - C. A mixture of salt and water
 - D. Cool water
4. You are running on a track at a local school. You come across a woman who has fallen and is bleeding from a cut on her leg. Why is it important to properly remove your gloves after giving first aid?
 - A. To keep the removed gloves as compact as possible for waste disposal
 - B. So contaminants on the gloves can be analyzed later
 - C. To prevent blood or body fluids on the gloves from touching the person you are helping
 - D. To keep from touching blood or body fluids of the person you are helping
5. Which is a sign of severe airway block?
 - A. Can cough loudly
 - B. Can make sounds and talk
 - C. Cannot breathe or talk
 - D. Can breathe, talk, or cough

6. What should you do after you've finished taking care of an injured person at work?
 - A. Tell your coworkers about the injury
 - B. Write a report of the incident if your company requires it
 - C. Phone 9-1-1
 - D. Post the report to the company bulletin board

7. You are performing CPR on a child when another person arrives with the AED. You notice that the AED does not have child pads. What should you do?
 - A. Make sure to place the AED pads over the clothing to reduce the shock
 - B. Use the adult pads, making sure they do not touch each other
 - C. Decide not to use the AED because the pads are only for adults
 - D. Stop CPR because it will not help anyway

8. You are giving sets of 30 compressions and 2 breaths. Another person arrives with an AED. What should you do next?
 - A. Put a blanket on the person receiving CPR
 - B. Finish whichever set of 30 compressions and 2 breaths you're working on
 - C. Immediately use the AED
 - D. Make sure someone has phoned the emergency response number (or 9-1-1)

9. Why should you wear personal protective equipment?
 - A. To avoid getting your own clothes dirty
 - B. To protect yourself from bloodborne diseases
 - C. To impress people during treatment
 - D. To look official

10. Which are the best methods you can use to get more information on first aid, CPR, or AED training?
 - A. Go online to www.heart.org/cpr or call 1-877-AHA-4CPR (877-242-4277)
 - B. Borrow a coworker's Student Workbook and complete a self-study course
 - C. Contact your supervisor and visit the nearest American Heart Association Center
 - D. Refer to local laws for first aid providers and call 1-877-CPR-4AED

11. When performing CPR, when should you switch positions and allow someone else to take over compressions and breaths?
 - A. Every 5 minutes
 - B. After each set of 30 compressions and 30 breaths
 - C. About every 2 minutes
 - D. After each set of 100 compressions and 2 breaths

12. How deep should you push the chest of an adult victim when giving chest compressions?
 - A. At least 2 inches
 - B. One half the depth of the chest
 - C. One third the depth of the chest
 - D. Only 1 inch

13. How far should you push down when giving chest compressions to a child who needs CPR?
- A. About 1 inch
 - B. About 1½ inches
 - C. About half an inch
 - D. About 2 inches
14. What should you do when you phone your emergency response number (or 9-1-1)?
- A. Tell the dispatcher to call you back
 - B. Quickly tell the dispatcher where the accident occurred
 - C. Answer all the dispatcher's questions
 - D. Give the dispatcher only the victim's information
15. You are hiking on a trail and come across an adult woman who appears to have trouble breathing and swelling of the tongue and face. What should you look for that could help you determine her possible medical condition?
- A. Her cell phone
 - B. Her driver's license
 - C. Medical information jewelry
 - D. Her identification card
16. How should you give breaths with a mask?
- A. Tilt the head and lift the chin, and press the mask against the person's face to make an airtight seal
 - B. Tilt the head back far enough to open the person's mouth, and gently place the mask on the person's face
 - C. Tilt the head, and cover the face completely with the mask
 - D. Tilt the chin, and press the mask against the person's nose
17. Why are the first few minutes of a heart attack the most important for giving CPR?
- A. Because this is when a person is most likely to get better and have no discomfort
 - B. Because many heart attack treatments will be most successful if they are given quickly
 - C. Because this is when you should find the nearest AED and use it before giving CPR
 - D. Because this is when you have time to consider what actions to take
18. You and a friend are picking berries at a local farm. You notice a man who has been stung by a bee and is having difficulty breathing. Where should the epinephrine pen be injected into this person?
- A. Into the chest, as close to the heart as possible
 - B. At the site of the bee sting
 - C. Into the thigh, halfway between the hip and knee
 - D. Into either upper arm

19. You are running on a track at a local school. You come across a woman who has fallen and is bleeding from a cut on her leg. Where should you apply direct pressure to this cut?
- A. On the dressings
 - B. Directly on the cut, with your fingers under the bandage
 - C. On the nearest pressure point of the leg
 - D. On the side of the leg opposite the cut
20. What should you do if someone with an injury or illness at work refuses care?
- A. Take care of the person because he is a coworker
 - B. Phone 9-1-1 and stay with the person until advanced help arrives
 - C. Leave the person alone and go back to work
 - D. Take care of the person anyway
21. A coworker is struck in the abdomen while on break. The coworker has a bruise and shows signs of shock. What should you suspect is wrong?
- A. A head injury
 - B. External bleeding
 - C. Cardiac arrest
 - D. Internal bleeding
22. How long should you rub the surfaces of your hands together during handwashing?
- A. At least 1 minute
 - B. At least 5 minutes
 - C. At least 5 seconds
 - D. At least 20 seconds
23. What is the next step when giving first aid to someone who has been bitten by a spider, after you've ensured scene safety and put on personal protective equipment?
- A. Wash the area with running water and soap
 - B. Look for and remove the fangs
 - C. Scrape the spider's fangs away by using something with a dull edge
 - D. Remove the victim's clothing, and apply ice directly to the skin
24. How do you protect an amputated body part?
- A. Place it directly on ice in a sealed bag, and send it to the hospital
 - B. Wrap it in gauze, place it in an airtight bag, and send it to the hospital
 - C. Place it in a watertight plastic bag inside another container with ice or ice and water
 - D. Place it in a red biohazard bag
25. What should you do if someone is confused and needs first aid?
- A. Assume the person wouldn't want help and walk away
 - B. Assume the person would want help
 - C. Shout at the person until the person makes eye contact
 - D. Pretend not to see the person and walk away

**Answer Key
Heartsaver®
First Aid, Adult CPR AED, Child CPR AED Optional Exam B**

Question	Answer			
1.	A	B	•	D
2.	•	B	C	D
3.	A	B	C	•
4.	A	B	C	•
5.	A	B	•	D
6.	A	•	C	D
7.	A	•	C	D
8.	A	B	•	D
9.	A	•	C	D
10.	•	B	C	D
11.	A	B	•	D
12.	•	B	C	D
13.	A	B	C	•
14.	A	B	•	D
15.	A	B	•	D
16.	•	B	C	D
17.	A	•	C	D
18.	A	B	•	D
19.	•	B	C	D
20.	A	•	C	D
21.	A	B	C	•
22.	A	B	C	•
23.	•	B	C	D
24.	A	B	•	D
25.	A	•	C	D

**Annotated Answer Key
Heartsaver®
First Aid, Adult CPR AED, Child CPR AED Optional Exam B**

Student Workbook 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. What is the correct position for giving abdominal thrusts if a child is choking and is still responding?
 - A. Put an arm around the choking child's waist
 - B. Put 2 fingers above the choking child's belly button
 - C. Get behind the choking child and put a fist just above his belly button**
 - D. Stand in front of the choking child and put 2 fists between his shoulder blades

The correct answer is C. Stand firmly or kneel behind the person (depending on your size and the size of the person choking). Wrap your arms around the person's waist so that your fists are in front. Make a fist with one hand. Put the thumb side of your fist slightly above the belly button and well below the breastbone. [*Heartsaver CPR AED Student Workbook*, page 57; CPR and AED > How to Help a Choking Adult, Child, or Infant > How to Help an Adult, Child, or Infant Who Has a Severe Airway Block > How to Help a Choking Adult or Child With a Severe Airway Block; *Heartsaver First Aid CPR AED Student Workbook*, page 25; Part 2: Medical Emergencies > Choking in an Adult, Child, or Infant > How to Help an Adult, Child, or Infant Who Has a Severe Airway Block > How to Help a Choking Adult or Child With a Severe Airway Block]

2. What actions result in the best chance of survival if someone is not breathing (or is only gasping) and isn't responding?
 - A. Start CPR, and use an AED if one is available**
 - B. Shout for help, and stay with the victim until someone with more advanced training arrives
 - C. Perform CPR only, and leave the AED for someone with more advanced training to use
 - D. Send someone to get the AED, to minimize the number of people involved

The correct answer is A. If the person is not breathing normally or is only gasping, he needs CPR. CPR combined with using an AED provides the best chance of saving a life. If possible, use an AED every time you provide CPR. [*Heartsaver CPR AED Student Workbook*, page 8; *Heartsaver First Aid CPR AED Student Workbook*, page 83; CPR and AED > CPR and AED Use for Adults > Assess and Phone 9-1-1 > Check for Normal Breathing; *Heartsaver CPR AED Student Workbook*, page 16; *Heartsaver First Aid CPR AED Student Workbook*, page 91; CPR and AED > CPR and AED Use for Adults > Use an AED]

3. What should you spray on a person with heat exhaustion?

- A. Prune juice
- B. A sports drink
- C. A mixture of salt and water
- D. Cool water**

The correct answer is D. Cool the person with a cool water spray. If a cool water spray is not available, place cool, damp cloths on the neck, armpits, and groin. [*Heartsaver First Aid Student Workbook*, page 69; *Heartsaver First Aid CPR AED Student Workbook*, page 67; Part 4: Environmental Emergencies > Heat-Related Emergencies > Heat Exhaustion > Actions to Help a Person Who Has Heat Exhaustion]

4. You are running on a track at a local school. You come across a woman who has fallen and is bleeding from a cut on her leg. Why is it important to properly remove your gloves after giving first aid?

- A. To keep the removed gloves as compact as possible for waste disposal
- B. So contaminants on the gloves can be analyzed later
- C. To prevent blood or body fluids on the gloves from touching the person you are helping
- D. To keep from touching blood or body fluids of the person you are helping**

The correct answer is D. Because of the risk of infection, using protective gloves and taking them off correctly are important steps when it comes to your safety and the safety of others. Always dispose of protective gloves properly so that anyone else who comes in contact with the biohazard waste bag does not get exposed to blood or body fluids. [*Heartsaver First Aid Student Workbook*, page 16; *Heartsaver First Aid CPR AED Student Workbook*, page 14; Part 1: First Aid Basics > Key Steps of First Aid > Take Universal Precautions > Remove Protective Gloves Properly]

5. Which is a sign of severe airway block?

- A. Can cough loudly
- B. Can make sounds and talk
- C. Cannot breathe or talk**
- D. Can breathe, talk, or cough

The correct answer is C. A person has a severe airway block if he or she cannot breathe, talk, or make sounds. [*Heartsaver First Aid Student Workbook*, page 26; *Heartsaver First Aid CPR AED Student Workbook*, page 24; Part 2: Medical Emergencies > Choking in an Adult, Child, or Infant > Mild vs Severe Airway Block > Assess Choking and Take Action]

6. What should you do after you've finished taking care of an injured person at work?
- A. Tell your coworkers about the injury
 - B. Write a report of the incident if your company requires it**
 - C. Phone 9-1-1
 - D. Post the report to the company bulletin board

The correct answer is B. If you are in your workplace, give all information about an ill or injured person to your company's emergency response program supervisor. You may need to fill out a report for your company. [*Heartsaver First Aid Student Workbook*, page 20; *Heartsaver First Aid CPR AED Student Workbook*, page 18; Part 1: First Aid Basics > Key Steps of First Aid > Protect the Person's Privacy]

7. You are performing CPR on a child when another person arrives with the AED. You notice that the AED does not have child pads. What should you do?
- A. Make sure to place the AED pads over the clothing to reduce the shock
 - B. Use the adult pads, making sure they do not touch each other**
 - C. Decide not to use the AED because the pads are only for adults
 - D. Stop CPR because it will not help anyway

The correct answer is B. Use child pads if the child or infant is less than 8 years old. If child pads are not available, use adult pads. [*Heartsaver CPR AED Student Workbook*, page 36; *Heartsaver First Aid CPR AED Student Workbook*, page 111; CPR and AED > CPR and AED Use for Children > Use an AED > Attach the Pads]

8. You are giving sets of 30 compressions and 2 breaths. Another person arrives with an AED. What should you do next?
- A. Put a blanket on the person receiving CPR
 - B. Finish whichever set of 30 compressions and 2 breaths you're working on
 - C. Immediately use the AED**
 - D. Make sure someone has phoned the emergency response number (or 9-1-1)

The correct answer is C. Use the AED as soon as it is available. [*Heartsaver CPR AED Student Workbook*, page 18; *Heartsaver First Aid CPR AED Student Workbook*, page 93; CPR and AED > CPR and AED Use for Adults > Use an AED > Steps for Using an AED for an Adult]

9. Why should you wear personal protective equipment?
- A. To avoid getting your own clothes dirty
 - B. To protect yourself from bloodborne diseases**
 - C. To impress people during treatment
 - D. To look official

The correct answer is B. Your first aid kit includes personal protective equipment, such as eye protection and medical gloves. While you are giving first aid, these help keep you safe from blood and body fluids, such as saliva and urine. [*Heartsaver First Aid Student Workbook*, page 14; *Heartsaver First Aid CPR AED Student Workbook*, page 12; Part 1: First Aid Basics > Key Steps of First Aid > Take Universal Precautions > Personal Protective Equipment]

10. Which are the best methods you can use to get more information on first aid, CPR, or AED training?

- A. Go online to www.heart.org/cpr or call 1-877-AHA-4CPR (877-242-4277)
- B. Borrow a coworker's Student Workbook and complete a self-study course
- C. Contact your supervisor and visit the nearest American Heart Association Center
- D. Refer to local laws for first aid providers and call 1-877-CPR-4AED

The correct answer is A. Contact the American Heart Association if you want more information on first aid, CPR, or AED training. You can visit www.heart.org/cpr or call 1-877-AHA-4CPR (877-242-4277). [*Heartsaver First Aid Student Workbook*, page 77; *Heartsaver First Aid CPR AED Student Workbook*, page 75; Part 5: Preventing Illness and Injury > More Information and Training]

11. When performing CPR, when should you switch positions and allow someone else to take over compressions and breaths?

- A. Every 5 minutes
- B. After each set of 30 compressions and 30 breaths
- C. About every 2 minutes
- D. After each set of 100 compressions and 2 breaths

The correct answer is C. Switch rescuers about every 2 minutes, or sooner if you get tired. [*Heartsaver CPR AED Student Workbook*, page 11; *Heartsaver First Aid CPR AED Student Workbook*, page 86; CPR and AED > CPR and AED Use for Adults > Perform High-Quality CPR > Provide Compressions > Switch Rescuers to Avoid Fatigue]

12. How deep should you push the chest of an adult victim when giving chest compressions?

- A. At least 2 inches
- B. One half the depth of the chest
- C. One third the depth of the chest
- D. Only 1 inch

The correct answer is A. Push straight down at least 2 inches. [*Heartsaver CPR AED Student Workbook*, page 11; *Heartsaver First Aid CPR AED Student Workbook*, page 86; CPR and AED > CPR and AED Use for Adults > Perform High-Quality CPR > Provide Compressions > Compression Technique]

13. How far should you push down when giving chest compressions to a child who needs CPR?

- A. About 1 inch
- B. About 1½ inches
- C. About half an inch
- D. About 2 inches

The correct answer is D. Push straight down at least one third the depth of the chest, or about 2 inches. [*Heartsaver CPR AED Student Workbook*, page 29; *Heartsaver First Aid CPR AED Student Workbook*, page 104; CPR and AED > CPR and AED Use for Children > Perform High-Quality CPR > Provide Compressions > Compression Technique]

14. What should you do when you phone your emergency response number (or 9-1-1)?

- A. Tell the dispatcher to call you back
- B. Quickly tell the dispatcher where the accident occurred
- C. Answer all the dispatcher's questions**
- D. Give the dispatcher only the victim's information

The correct answer is C. Stay on the phone until the 9-1-1 dispatcher tells you to hang up. Answering the dispatcher's questions will not delay the arrival of help. The dispatcher will ask you about the emergency—where you are and what has happened. Dispatchers can provide instructions that will help you, such as telling you how to provide CPR, use an AED, or give first aid. [*Heartsaver CPR AED Student Workbook*, page 8; *Heartsaver First Aid CPR AED Student Workbook*, page 83; CPR and AED > CPR and AED Use for Adults > Assess and Phone 9-1-1 > Follow the Dispatcher's Instructions]

15. You are hiking on a trail and come across an adult woman who appears to have trouble breathing and swelling of the tongue and face. What should you look for that could help you determine her possible medical condition?

- A. Her cell phone
- B. Her driver's license
- C. Medical information jewelry**
- D. Her identification card

The correct answer is C. Before you give first aid, you must assess the ill or injured person to find out what the problem is. Look for any medical information jewelry. This tells you if the person has a serious medical condition. [*Heartsaver First Aid Student Workbook*, page 17; *Heartsaver First Aid CPR AED Student Workbook*, page 15; Part 1: First Aid Basics > Key Steps of First Aid > Find the Problem]

16. How should you give breaths with a mask?

- A. Tilt the head and lift the chin, and press the mask against the person's face to make an airtight seal**
- B. Tilt the head back far enough to open the person's mouth, and gently place the mask on the person's face
- C. Tilt the head, and cover the face completely with the mask
- D. Tilt the chin, and press the mask against the person's nose

The correct answer is A. Tilt the head and lift the chin while pressing the mask against the person's face. It is important to make an airtight seal between the person's face and the mask while you lift the chin to keep the airway open. [*Heartsaver CPR AED Student Workbook*, page 15; *Heartsaver First Aid CPR AED Student Workbook*, page 90; CPR and AED > CPR and AED Use for Adults > Perform High-Quality CPR > Give Breaths > Use a Pocket Mask > Give Breaths With a Pocket Mask]

17. Why are the first few minutes of a heart attack the most important for giving CPR?
- A. Because this is when a person is most likely to get better and have no discomfort
 - B. Because many heart attack treatments will be most successful if they are given quickly**
 - C. Because this is when you should find the nearest AED and use it before giving CPR
 - D. Because this is when you have time to consider what actions to take

The correct answer is B. The longer a person with a heart attack goes without treatment, the greater the possible damage to the heart muscle is. Occasionally, the damaged heart muscle triggers an abnormal rhythm that can lead to sudden cardiac arrest. [*Heartsaver CPR AED Student Workbook*, page 3; Introduction > Heartsaver Terms and Concepts > Sudden Cardiac Arrest or Heart Attack?; *Heartsaver First Aid CPR AED Student Workbook*, page 33; Part 2: Medical Emergencies > Heart Attack > Difference Between Heart Attack and Cardiac Arrest]

18. You and a friend are picking berries at a local farm. You notice a man who has been stung by a bee and is having difficulty breathing. Where should the epinephrine pen be injected into this person?
- A. Into the chest, as close to the heart as possible
 - B. At the site of the bee sting
 - C. Into the thigh, halfway between the hip and knee**
 - D. Into either upper arm

The correct answer is C. Press the tip of the injector hard against the side of the person's thigh, about halfway between the hip and the knee. [*Heartsaver First Aid Student Workbook*, page 33; *Heartsaver First Aid CPR AED Student Workbook*, page 31; Part 2: Medical Emergencies > Allergic Reactions > How to Use an Epinephrine Pen]

19. You are running on a track at a local school. You come across a woman who has fallen and is bleeding from a cut on her leg. Where should you apply direct pressure to this cut?
- A. On the dressings**
 - B. Directly on the cut, with your fingers under the bandage
 - C. On the nearest pressure point of the leg
 - D. On the side of the leg opposite the cut

The correct answer is A. Apply dressings from the first aid kit. Put direct pressure on the dressings over the bleeding area. Use the flat part of your fingers or the palm of your hand. [*Heartsaver First Aid Student Workbook*, page 43; *Heartsaver First Aid CPR AED Student Workbook*, page 41; Part 3: Injury Emergencies > External Bleeding > Control Bleeding by Direct Pressure and Bandaging > Actions to Control Bleeding]

20. What should you do if someone with an injury or illness at work refuses care?

- A. Take care of the person because he is a coworker
- B. Phone 9-1-1 and stay with the person until advanced help arrives**
- C. Leave the person alone and go back to work
- D. Take care of the person anyway

The correct answer is B. If the person refuses care, phone 9-1-1 and stay with him until help arrives. [*Heartsaver First Aid Student Workbook*, page 10; *Heartsaver First Aid CPR AED Student Workbook*, page 8; Part 1: First Aid Basics > Duties, Roles, and Responsibilities of First Aid Rescuers > Asking to Give First Aid]

21. A coworker is struck in the abdomen while on break. The coworker has a bruise and shows signs of shock. What should you suspect is wrong?

- A. A head injury
- B. External bleeding
- C. Cardiac arrest
- D. Internal bleeding**

The correct answer is D. You should suspect internal bleeding if a person has an injury in the abdomen or chest (including bruises such as seat belt marks) or signs of shock without external bleeding. [*Heartsaver First Aid Student Workbook*, page 53; *Heartsaver First Aid CPR AED Student Workbook*, page 51; Part 3: Injury Emergencies > Internal Bleeding > Signs of Internal Bleeding]

22. How long should you rub the surfaces of your hands together during handwashing?

- A. At least 1 minute
- B. At least 5 minutes
- C. At least 5 seconds
- D. At least 20 seconds**

The correct answer is D. Rub your hands together and scrub all surfaces of hands and fingers for at least 20 seconds. [*Heartsaver First Aid Student Workbook*, page 17; *Heartsaver First Aid CPR AED Student Workbook*, page 15; Part 1: First Aid Basics > Key Steps of First Aid > Take Universal Precautions > Actions for Washing Hands Well]

23. What is the next step when giving first aid to someone who has been bitten by a spider, after you've ensured scene safety and put on personal protective equipment?

- A. Wash the area with running water and soap**
- B. Look for and remove the fangs
- C. Scrape the spider's fangs away by using something with a dull edge
- D. Remove the victim's clothing, and apply ice directly to the skin

The correct answer is A. Wash the bite or sting area with lots of running water and soap. [*Heartsaver First Aid Student Workbook*, page 66; *Heartsaver First Aid CPR AED Student Workbook*, page 64; Part 4: Environmental Emergencies > Bites and Stings > Poisonous Spider Bites and Scorpion Stings > Actions to Help a Person Who Is Bitten or Stung by a Poisonous Spider or Scorpion]

24. How do you protect an amputated body part?

- A. Place it directly on ice in a sealed bag, and send it to the hospital
- B. Wrap it in gauze, place it in an airtight bag, and send it to the hospital
- C. Place it in a watertight plastic bag inside another container with ice or ice and water**
- D. Place it in a red biohazard bag

The correct answer is C. Place it in a watertight plastic bag. Place the bag in another container with ice or ice and water. Label it with the injured person's name, the date, and the time. [*Heartsaver First Aid Student Workbook*, page 52; *Heartsaver First Aid CPR AED Student Workbook*, page 50; Part 3: Injury Emergencies > Wounds > Amputation > Actions to Protect an Amputated Part]

25. What should you do if someone is confused and needs first aid?

- A. Assume the person wouldn't want help and walk away
- B. Assume the person would want help**
- C. Shout at the person until the person makes eye contact
- D. Pretend not to see the person and walk away

The correct answer is B. If the person is confused or can't answer, assume the person wants help. [*Heartsaver First Aid Student Workbook*, page 10; *Heartsaver First Aid CPR AED Student Workbook*, page 8; Part 1: First Aid Basics > Duties, Roles, and Responsibilities of First Aid Rescuers > Asking to Give First Aid]

American Heart Association

**Heartsaver®
First Aid, Adult CPR AED,
Infant CPR
Optional Exams A and B**

April 26, 2016

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- Optional Exam B Annotated Answer Key

**Student Answer Sheet
Heartsaver®
First Aid, Adult CPR AED, Infant CPR Optional Exam**

Name: _____ Date: _____ Version: _____

Question	Answer			
1.	A	B	C	D
2.	A	B	C	D
3.	A	B	C	D
4.	A	B	C	D
5.	A	B	C	D
6.	A	B	C	D
7.	A	B	C	D
8.	A	B	C	D
9.	A	B	C	D
10.	A	B	C	D
11.	A	B	C	D
12.	A	B	C	D
13.	A	B	C	D
14.	A	B	C	D
15.	A	B	C	D
16.	A	B	C	D
17.	A	B	C	D
18.	A	B	C	D
19.	A	B	C	D
20.	A	B	C	D
21.	A	B	C	D
22.	A	B	C	D
23.	A	B	C	D
24.	A	B	C	D
25.	A	B	C	D



American Heart Association

**Heartsaver[®]
First Aid, Adult CPR AED,
Infant CPR
Optional Exam A**

April 26, 2016

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Heartsaver®
First Aid, Adult CPR AED, Infant CPR Optional Exam A
(25 questions)

Please do not mark on this exam. Record the best answer on the separate answer sheet.

1. Why are the first few minutes of a heart attack the most important for giving CPR?
 - A. Because many heart attack treatments will be most successful if they are given quickly
 - B. Because this is when you should find the nearest AED and use it before giving CPR
 - C. Because this is when you have time to consider what actions to take
 - D. Because this is when a person is most likely to get better and have no discomfort

2. What should you do when you phone your emergency response number (or 9-1-1)?
 - A. Answer all the dispatcher's questions
 - B. Quickly tell the dispatcher where the accident occurred
 - C. Tell the dispatcher to call you back
 - D. Give the dispatcher only the victim's information

3. What is a sign that an infant is not responding to the tap and shout?
 - A. The infant makes sounds
 - B. The infant cries
 - C. The infant does nothing
 - D. The infant blinks

4. How deep should you push the chest of an adult victim when giving chest compressions?
 - A. One half the depth of the chest
 - B. One third the depth of the chest
 - C. Only 1 inch
 - D. At least 2 inches

5. When performing CPR, when should you switch positions and allow someone else to take over compressions and breaths?
 - A. After each set of 30 compressions and 30 breaths
 - B. About every 2 minutes
 - C. After each set of 100 compressions and 2 breaths
 - D. Every 5 minutes

6. How should you give breaths with a mask?
 - A. Tilt the head and lift the chin, and press the mask against the person's face to make an airtight seal
 - B. Tilt the head, and cover the face completely with the mask
 - C. Tilt the chin, and press the mask against the person's nose
 - D. Tilt the head back far enough to open the person's mouth, and gently place the mask on the person's face

7. You are giving sets of 30 compressions and 2 breaths. Another person arrives with an AED. What should you do next?
 - A. Finish whichever set of 30 compressions and 2 breaths you're working on
 - B. Immediately use the AED
 - C. Make sure someone has phoned the emergency response number (or 9-1-1)
 - D. Put a blanket on the person receiving CPR

8. What should you do if you are alone after giving 5 sets of 30 compressions and 2 breaths when performing CPR on an uninjured infant?
 - A. Keep giving sets of 30 compressions and 2 breaths until the infant responds
 - B. Carry the infant with you to phone 9-1-1
 - C. Check for breathing
 - D. See if someone can help

9. What should you do if a choking adult stops responding?
 - A. Start CPR
 - B. Give 5 compressions and 5 back slaps
 - C. Give forceful breaths to push the object down
 - D. Continue stomach thrusts until the object is removed

10. You are feeding your infant in a high chair. You briefly walk away to get him something to drink. When you return, you notice that his eyes are wide and he has excessive drooling and a silent cry. What is the next best step if, after giving 5 back slaps and 5 chest thrusts, the infant's airway is still blocked?
 - A. Begin CPR, emphasizing chest compressions
 - B. Put a finger in the infant's mouth and attempt to remove the blockage
 - C. Turn the infant over and continue with 5 chest thrusts until he is responsive
 - D. Repeat back slaps and chest thrusts until the infant can breathe or stops responding

11. What should you do if someone is confused and needs first aid?
 - A. Assume the person wouldn't want help and walk away
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 - D. To avoid getting your own clothes dirty
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 - B. At least 20 seconds
 - C. At least 1 minute
 - D. At least 5 minutes
15. You are running on a track at a local school. You come across a woman who has fallen and is bleeding from a cut on her leg. Why is it important to properly remove your gloves after giving first aid?
- A. To keep the removed gloves as compact as possible for waste disposal
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 - D. Medical information jewelry
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 - B. Cardiac arrest
 - C. Internal bleeding
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 - C. Can cough loudly
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 - B. On the dressings
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- A. Place it directly on ice in a sealed bag, and send it to the hospital
 - B. Wrap it in gauze, place it in an airtight bag, and send it to the hospital
 - C. Place it in a red biohazard bag
 - D. Place it in a watertight plastic bag inside another container with ice or ice and water
22. What is the next step when giving first aid to someone who has been bitten by a spider, after you've ensured scene safety and put on personal protective equipment?
- A. Look for and remove the fangs
 - B. Scrape the spider's fangs away by using something with a dull edge
 - C. Remove the victim's clothing, and apply ice directly to the skin
 - D. Wash the area with running water and soap
23. What should you spray on a person with heat exhaustion?
- A. A sports drink
 - B. A mixture of salt and water
 - C. Cool water
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24. Which are the best methods you can use to get more information on first aid, CPR, or AED training?
- A. Borrow a coworker's Student Workbook and complete a self-study course
 - B. Go online to www.heart.org/cpr or call 1-877-AHA-4CPR (877-242-4277)
 - C. Contact your supervisor and visit the nearest American Heart Association Center
 - D. Refer to local laws for first aid providers and call 1-877-CPR-4AED

25. What should you do after you've finished taking care of an injured person at work?
- A. Write a report of the incident if your company requires it
 - B. Phone 9-1-1
 - C. Post the report to the company bulletin board
 - D. Tell your coworkers about the injury

**Answer Key
Heartsaver®
First Aid, Adult CPR AED, Infant CPR Optional Exam A**

Question	Answer			
1.	•	B	C	D
2.	•	B	C	D
3.	A	B	•	D
4.	A	B	C	•
5.	A	•	C	D
6.	•	B	C	D
7.	A	•	C	D
8.	A	•	C	D
9.	•	B	C	D
10.	A	B	C	•
11.	A	B	•	D
12.	•	B	C	D
13.	•	B	C	D
14.	A	•	C	D
15.	A	B	•	D
16.	A	B	C	•
17.	A	B	•	D
18.	•	B	C	D
19.	A	•	C	D
20.	A	•	C	D
21.	A	B	C	•
22.	A	B	C	•
23.	A	B	•	D
24.	A	•	C	D
25.	•	B	C	D

**Annotated Answer Key
Heartsaver®
First Aid, Adult CPR AED, Infant CPR Optional Exam A**

Student Workbook 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. Why are the first few minutes of a heart attack the most important for giving CPR?
 - A. Because many heart attack treatments will be most successful if they are given quickly
 - B. Because this is when you should find the nearest AED and use it before giving CPR
 - C. Because this is when you have time to consider what actions to take
 - D. Because this is when a person is most likely to get better and have no discomfort

The correct answer is A. The longer a person with a heart attack goes without treatment, the greater the possible damage to the heart muscle is. Occasionally, the damaged heart muscle triggers an abnormal rhythm that can lead to sudden cardiac arrest. [*Heartsaver CPR AED Student Workbook*, page 3; Introduction > Heartsaver Terms and Concepts > Sudden Cardiac Arrest or Heart Attack?; *Heartsaver First Aid CPR AED Student Workbook*, page 33; Part 2: Medical Emergencies > Heart Attack > Difference Between Heart Attack and Cardiac Arrest]

2. What should you do when you phone your emergency response number (or 9-1-1)?
 - A. Answer all the dispatcher's questions
 - B. Quickly tell the dispatcher where the accident occurred
 - C. Tell the dispatcher to call you back
 - D. Give the dispatcher only the victim's information

The correct answer is A. Stay on the phone until the 9-1-1 dispatcher tells you to hang up. Answering the dispatcher's questions will not delay the arrival of help. The dispatcher will ask you about the emergency—where you are and what has happened. Dispatchers can provide instructions that will help you, such as telling you how to provide CPR, use an AED, or give first aid. [*Heartsaver CPR AED Student Workbook*, page 8; *Heartsaver First Aid CPR AED Student Workbook*, page 83; CPR and AED > CPR and AED Use for Adults > Assess and Phone 9-1-1 > Follow the Dispatcher's Instructions]

3. What is a sign that an infant is not responding to the tap and shout?
 - A. The infant makes sounds
 - B. The infant cries
 - C. The infant does nothing
 - D. The infant blinks

The correct answer is C. The infant doesn't move, cry, blink, or otherwise react when you tap him. He is unresponsive. [*Heartsaver CPR AED Student Workbook*, page 42; *Heartsaver First Aid CPR AED Student Workbook*, page 117; CPR and AED > CPR for Infants > Assess and Phone 9-1-1 > Tap and Shout (Check for Responsiveness)]

4. How deep should you push the chest of an adult victim when giving chest compressions?
- A. One half the depth of the chest
 - B. One third the depth of the chest
 - C. Only 1 inch
 - D. At least 2 inches**

The correct answer is D. Push straight down at least 2 inches. [*Heartsaver CPR AED Student Workbook*, page 11; *Heartsaver First Aid CPR AED Student Workbook*, page 86; CPR and AED > CPR and AED Use for Adults > Perform High-Quality CPR > Provide Compressions > Compression Technique]

5. When performing CPR, when should you switch positions and allow someone else to take over compressions and breaths?
- A. After each set of 30 compressions and 30 breaths
 - B. About every 2 minutes**
 - C. After each set of 100 compressions and 2 breaths
 - D. Every 5 minutes

The correct answer is B. Switch rescuers about every 2 minutes, or sooner if you get tired. [*Heartsaver CPR AED Student Workbook*, page 11; *Heartsaver First Aid CPR AED Student Workbook*, page 86; CPR and AED > CPR and AED Use for Adults > Perform High-Quality CPR > Provide Compressions > Switch Rescuers to Avoid Fatigue]

6. How should you give breaths with a mask?
- A. Tilt the head and lift the chin, and press the mask against the person's face to make an airtight seal**
 - B. Tilt the head, and cover the face completely with the mask
 - C. Tilt the chin, and press the mask against the person's nose
 - D. Tilt the head back far enough to open the person's mouth, and gently place the mask on the person's face

The correct answer is A. Tilt the head and lift the chin while pressing the mask against the person's face. It is important to make an airtight seal between the person's face and the mask while you lift the chin to keep the airway open. [*Heartsaver CPR AED Student Workbook*, page 15; *Heartsaver First Aid CPR AED Student Workbook*, page 90; CPR and AED > CPR and AED Use for Adults > Perform High-Quality CPR > Give Breaths > Use a Pocket Mask > Give Breaths With a Pocket Mask]

7. You are giving sets of 30 compressions and 2 breaths. Another person arrives with an AED. What should you do next?
- A. Finish whichever set of 30 compressions and 2 breaths you're working on
 - B. Immediately use the AED**
 - C. Make sure someone has phoned the emergency response number (or 9-1-1)
 - D. Put a blanket on the person receiving CPR

The correct answer is B. Use the AED as soon as it is available. [*Heartsaver CPR AED Student Workbook*, page 18; *Heartsaver First Aid CPR AED Student Workbook*, page 93; CPR and AED > CPR and AED Use for Adults > Use an AED > Steps for Using an AED for an Adult]

8. What should you do if you are alone after giving 5 sets of 30 compressions and 2 breaths when performing CPR on an uninjured infant?
- A. Keep giving sets of 30 compressions and 2 breaths until the infant responds
 - B. Carry the infant with you to phone 9-1-1**
 - C. Check for breathing
 - D. See if someone can help

The correct answer is B. If the infant isn't injured and you're alone, after 5 sets of 30 compressions and 2 breaths, you may carry the infant with you to phone 9-1-1 and get an AED. [*Heartsaver CPR AED Student Workbook*, page 45; *Heartsaver First Aid CPR AED Student Workbook*, page 120; CPR and AED > CPR for Infants > Assess and Phone 9-1-1 > Begin CPR, Phone 9-1-1, and Get an AED]

9. What should you do if a choking adult stops responding?
- A. Start CPR**
 - B. Give 5 compressions and 5 back slaps
 - C. Give forceful breaths to push the object down
 - D. Continue stomach thrusts until the object is removed

The correct answer is A. If you can't remove the object blocking the airway, the person will become unresponsive. Always give CPR to anyone who is unresponsive and not breathing normally or only gasping. [*Heartsaver CPR AED Student Workbook*, page 59; CPR and AED > How to Help a Choking Adult, Child, or Infant > How to Help a Choking Adult, Child, or Infant Who Becomes Unresponsive; *Heartsaver First Aid CPR AED Student Workbook*, page 27; Part 2: Medical Emergencies > Choking in an Adult, Child, or Infant > Help a Choking Adult, Child, or Infant Who Becomes Unresponsive]

10. You are feeding your infant in a high chair. You briefly walk away to get him something to drink. When you return, you notice that his eyes are wide and he has excessive drooling and a silent cry. What is the next best step if, after giving 5 back slaps and 5 chest thrusts, the infant's airway is still blocked?
- A. Begin CPR, emphasizing chest compressions
 - B. Put a finger in the infant's mouth and attempt to remove the blockage
 - C. Turn the infant over and continue with 5 chest thrusts until he is responsive
 - D. Repeat back slaps and chest thrusts until the infant can breathe or stops responding**

The correct answer is D. Repeat giving 5 back slaps and 5 chest thrusts until the infant can breathe, cough, or cry, or until he becomes unresponsive. [*Heartsaver CPR AED Student Workbook*, page 59; CPR and AED > How to Help a Choking Adult, Child, or Infant > How to Help an Adult, Child, or Infant Who Has a Severe Airway Block > How to Help a Choking Infant With a Severe Airway Block; *Heartsaver First Aid CPR AED Student Workbook*, page 27; Part 2: Medical Emergencies > Choking in an Adult, Child, or Infant > How to Help an Adult, Child, or Infant Who Has a Severe Airway Block > How to Help a Choking Infant With a Severe Airway Block]

11. What should you do if someone is confused and needs first aid?

- A. Assume the person wouldn't want help and walk away
- B. Shout at the person until the person makes eye contact
- C. Assume the person would want help**
- D. Pretend not to see the person and walk away

The correct answer is C. If the person is confused or can't answer, assume the person wants help. [*Heartsaver First Aid Student Workbook*, page 10; *Heartsaver First Aid CPR AED Student Workbook*, page 8; Part 1: First Aid Basics > Duties, Roles, and Responsibilities of First Aid Rescuers > Asking to Give First Aid]

12. What should you do if someone with an injury or illness at work refuses care?

- A. Phone 9-1-1 and stay with the person until advanced help arrives**
- B. Take care of the person because he is a coworker
- C. Leave the person alone and go back to work
- D. Take care of the person anyway

The correct answer is A. If the person refuses care, phone 9-1-1 and stay with him until help arrives. [*Heartsaver First Aid Student Workbook*, page 10; *Heartsaver First Aid CPR AED Student Workbook*, page 8; Part 1: First Aid Basics > Duties, Roles, and Responsibilities of First Aid Rescuers > Asking to Give First Aid]

13. Why should you wear personal protective equipment?

- A. To protect yourself from bloodborne diseases**
- B. To impress people during treatment
- C. To look official
- D. To avoid getting your own clothes dirty

The correct answer is A. Your first aid kit includes personal protective equipment, such as eye protection and medical gloves. While you are giving first aid, these help keep you safe from blood and body fluids, such as saliva and urine. [*Heartsaver First Aid Student Workbook*, page 14; *Heartsaver First Aid CPR AED Student Workbook*, page 12; Part 1: First Aid Basics > Key Steps of First Aid > Take Universal Precautions > Personal Protective Equipment]

14. How long should you rub the surfaces of your hands together during handwashing?

- A. At least 5 seconds
- B. At least 20 seconds**
- C. At least 1 minute
- D. At least 5 minutes

The correct answer is B. Rub your hands together and scrub all surfaces of hands and fingers for at least 20 seconds. [*Heartsaver First Aid Student Workbook*, page 17; *Heartsaver First Aid CPR AED Student Workbook*, page 15; Part 1: First Aid Basics > Key Steps of First Aid > Take Universal Precautions > Actions for Washing Hands Well]

15. You are running on a track at a local school. You come across a woman who has fallen and is bleeding from a cut on her leg. Why is it important to properly remove your gloves after giving first aid?
- A. To keep the removed gloves as compact as possible for waste disposal
 - B. So contaminants on the gloves can be analyzed later
 - C. To keep from touching blood or body fluids of the person you are helping**
 - D. To prevent blood or body fluids on the gloves from touching the person you are helping

The correct answer is C. Because of the risk of infection, using protective gloves and taking them off correctly are important steps when it comes to your safety and the safety of others. Always dispose of protective gloves properly so that anyone else who comes in contact with the biohazard waste bag does not get exposed to blood or body fluids. [*Heartsaver First Aid Student Workbook*, page 16; *Heartsaver First Aid Student Workbook*, page 14; Part 1: First Aid Basics > Key Steps of First Aid > Take Universal Precautions > Remove Protective Gloves Properly]

16. You are hiking on a trail and come across an adult woman who appears to have trouble breathing and swelling of the tongue and face. What should you look for that could help you determine her possible medical condition?
- A. Her cell phone
 - B. Her driver's license
 - C. Her identification card
 - D. Medical information jewelry**

The correct answer is D. Before you give first aid, you must assess the ill or injured person to find out what the problem is. Look for any medical information jewelry. This tells you if the person has a serious medical condition. [*Heartsaver First Aid Student Workbook*, page 17; *Heartsaver First Aid CPR AED Student Workbook*, page 15; Part 1: First Aid Basics > Key Steps of First Aid > Find the Problem]

17. A coworker is struck in the abdomen while on break. The coworker has a bruise and shows signs of shock. What should you suspect is wrong?
- A. External bleeding
 - B. Cardiac arrest
 - C. Internal bleeding**
 - D. A head injury

The correct answer is C. You should suspect internal bleeding if a person has an injury in the abdomen or chest (including bruises such as seat belt marks) or signs of shock without external bleeding. [*Heartsaver First Aid Student Workbook*, page 53; *Heartsaver First Aid CPR AED Student Workbook*, page 51; Part 3: Injury Emergencies > Internal Bleeding > Signs of Internal Bleeding]

18. Which is a sign of severe airway block?

- A. Cannot breathe or talk
- B. Can make sounds and talk
- C. Can cough loudly
- D. Can breathe, talk, or cough

The correct answer is A. A person has a severe airway block if he or she cannot breathe, talk, or make sounds. [*Heartsaver First Aid Student Workbook*, page 26; *Heartsaver First Aid CPR AED Student Workbook*, page 24; Part 2: Medical Emergencies > Choking in an Adult, Child, or Infant > Mild vs Severe Airway Block > Assess Choking and Take Action]

19. You and a friend are picking berries at a local farm. You notice a man who has been stung by a bee and is having difficulty breathing. Where should the epinephrine pen be injected into this person?

- A. At the site of the bee sting
- B. Into the thigh, halfway between the hip and knee
- C. Into either upper arm
- D. Into the chest, as close to the heart as possible

The correct answer is B. Press the tip of the injector hard against the side of the person's thigh, about halfway between the hip and the knee. [*Heartsaver First Aid Student Workbook*, page 33; *Heartsaver First Aid CPR AED Student Workbook*, page 31; Part 2: Medical Emergencies > Allergic Reactions > How to Use an Epinephrine Pen]

20. You are running on a track at a local school. You come across a woman who has fallen and is bleeding from a cut on her leg. Where should you apply direct pressure to this cut?

- A. Directly on the cut, with your fingers under the bandage
- B. On the dressings
- C. On the nearest pressure point of the leg
- D. On the side of the leg opposite the cut

The correct answer is B. Apply dressings from the first aid kit. Put direct pressure on the dressings over the bleeding area. Use the flat part of your fingers or the palm of your hand. [*Heartsaver First Aid Student Workbook*, page 43; *Heartsaver First Aid CPR AED Student Workbook*, page 41; Part 3: Injury Emergencies > External Bleeding > Control Bleeding by Direct Pressure and Bandaging > Actions to Control Bleeding]

21. How do you protect an amputated body part?

- A. Place it directly on ice in a sealed bag, and send it to the hospital
- B. Wrap it in gauze, place it in an airtight bag, and send it to the hospital
- C. Place it in a red biohazard bag
- D. Place it in a watertight plastic bag inside another container with ice or ice and water

The correct answer is D. Place it in a watertight plastic bag. Place the bag in another container with ice or ice and water. Label it with the injured person's name, the date, and the time. [*Heartsaver First Aid Student Workbook*, page 52; *Heartsaver First Aid CPR AED Student Workbook*, page 50; Part 3: Injury Emergencies > Wounds > Amputation > Actions to Protect an Amputated Part]

22. What is the next step when giving first aid to someone who has been bitten by a spider, after you've ensured scene safety and put on personal protective equipment?
- A. Look for and remove the fangs
 - B. Scrape the spider's fangs away by using something with a dull edge
 - C. Remove the victim's clothing, and apply ice directly to the skin
 - D. Wash the area with running water and soap**

The correct answer is D. Wash the bite or sting area with lots of running water and soap. [*Heartsaver First Aid Student Workbook*, page 66; *Heartsaver First Aid CPR AED Student Workbook*, page 64; Part 4: Environmental Emergencies > Bites and Stings > Poisonous Spider Bites and Scorpion Stings > Actions to Help a Person Who Is Bitten or Stung by a Poisonous Spider or Scorpion]

23. What should you spray on a person with heat exhaustion?
- A. A sports drink
 - B. A mixture of salt and water
 - C. Cool water**
 - D. Prune juice

The correct answer is C. Cool the person with a cool water spray. If a cool water spray is not available, place cool, damp cloths on the neck, armpits, and groin. [*Heartsaver First Aid Student Workbook*, page 69; *Heartsaver First Aid CPR AED Student Workbook*, page 67; Part 4: Environmental Emergencies > Heat-Related Emergencies > Heat Exhaustion > Actions to Help a Person Who Has Heat Exhaustion]

24. Which are the best methods you can use to get more information on first aid, CPR, or AED training?
- A. Borrow a coworker's Student Workbook and complete a self-study course
 - B. Go online to www.heart.org/cpr or call 1-877-AHA-4CPR (877-242-4277)**
 - C. Contact your supervisor and visit the nearest American Heart Association Center
 - D. Refer to local laws for first aid providers and call 1-877-CPR-4AED

The correct answer is B. Contact the American Heart Association if you want more information on first aid, CPR, or AED training. You can visit www.heart.org/cpr or call 1-877-AHA-4CPR (877-242-4277). [*Heartsaver First Aid Student Workbook*, page 77; *Heartsaver First Aid CPR AED Student Workbook*, page 75; Part 5: Preventing Illness and Injury > More Information and Training]

25. What should you do after you've finished taking care of an injured person at work?
- A. Write a report of the incident if your company requires it**
 - B. Phone 9-1-1
 - C. Post the report to the company bulletin board
 - D. Tell your coworkers about the injury

The correct answer is A. If you are in your workplace, give all information about an ill or injured person to your company's emergency response program supervisor. You may need to fill out a report for your company. [*Heartsaver First Aid Student Workbook*, page 20; *Heartsaver First Aid CPR AED Student Workbook*, page 18; Part 1: First Aid Basics > Key Steps of First Aid > Protect the Person's Privacy]



American Heart Association

**Heartsaver[®]
First Aid, Adult CPR AED,
Infant CPR
Optional Exam B**

April 26, 2016

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Heartsaver®
First Aid, Adult CPR AED, Infant CPR Optional Exam B
(25 questions)

Please do not mark on this exam. Record the best answer on the separate answer sheet.

1. You are feeding your infant in a high chair. You briefly walk away to get him something to drink. When you return, you notice that his eyes are wide and he has excessive drooling and a silent cry. What is the next best step if, after giving 5 back slaps and 5 chest thrusts, the infant's airway is still blocked?
 - A. Begin CPR, emphasizing chest compressions
 - B. Repeat back slaps and chest thrusts until the infant can breathe or stops responding
 - C. Turn the infant over and continue with 5 chest thrusts until he is responsive
 - D. Put a finger in the infant's mouth and attempt to remove the blockage

2. How should you give breaths with a mask?
 - A. Tilt the head back far enough to open the person's mouth, and gently place the mask on the person's face
 - B. Tilt the head, and cover the face completely with the mask
 - C. Tilt the chin, and press the mask against the person's nose
 - D. Tilt the head and lift the chin, and press the mask against the person's face to make an airtight seal

3. What is the next step when giving first aid to someone who has been bitten by a spider, after you've ensured scene safety and put on personal protective equipment?
 - A. Look for and remove the fangs
 - B. Scrape the spider's fangs away by using something with a dull edge
 - C. Wash the area with running water and soap
 - D. Remove the victim's clothing, and apply ice directly to the skin

4. Which is a sign of severe airway block?
 - A. Can breathe, talk, or cough
 - B. Cannot breathe or talk
 - C. Can make sounds and talk
 - D. Can cough loudly

5. How do you protect an amputated body part?
 - A. Place it directly on ice in a sealed bag, and send it to the hospital
 - B. Place it in a watertight plastic bag inside another container with ice or ice and water
 - C. Place it in a red biohazard bag
 - D. Wrap it in gauze, place it in an airtight bag, and send it to the hospital

6. Why should you wear personal protective equipment?
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 - B. To impress people during treatment
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 - D. To protect yourself from bloodborne diseases

7. How deep should you push the chest of an adult victim when giving chest compressions?
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 - B. One third the depth of the chest
 - C. At least 2 inches
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- A. About every 2 minutes
 - B. After each set of 30 compressions and 30 breaths
 - C. After each set of 100 compressions and 2 breaths
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 - B. Keep giving sets of 30 compressions and 2 breaths until the infant responds
 - C. Carry the infant with you to phone 9-1-1
 - D. Check for breathing
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 - C. Cardiac arrest
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- A. At least 5 minutes
 - B. At least 5 seconds
 - C. At least 20 seconds
 - D. At least 1 minute
20. What should you do when you phone your emergency response number (or 9-1-1)?
- A. Give the dispatcher only the victim's information
 - B. Answer all the dispatcher's questions
 - C. Quickly tell the dispatcher where the accident occurred
 - D. Tell the dispatcher to call you back
21. Why are the first few minutes of a heart attack the most important for giving CPR?
- A. Because this is when you have time to consider what actions to take
 - B. Because this is when you should find the nearest AED and use it before giving CPR
 - C. Because many heart attack treatments will be most successful if they are given quickly
 - D. Because this is when a person is most likely to get better and have no discomfort
22. You are giving sets of 30 compressions and 2 breaths. Another person arrives with an AED. What should you do next?
- A. Immediately use the AED
 - B. Finish whichever set of 30 compressions and 2 breaths you're working on
 - C. Make sure someone has phoned the emergency response number (or 9-1-1)
 - D. Put a blanket on the person receiving CPR
23. What should you do if someone with an injury or illness at work refuses care?
- A. Take care of the person anyway
 - B. Take care of the person because he is a coworker
 - C. Leave the person alone and go back to work
 - D. Phone 9-1-1 and stay with the person until advanced help arrives
24. You are running on a track at a local school. You come across a woman who has fallen and is bleeding from a cut on her leg. Why is it important to properly remove your gloves after giving first aid?
- A. To keep the removed gloves as compact as possible for waste disposal
 - B. To keep from touching blood or body fluids of the person you are helping
 - C. So contaminants on the gloves can be analyzed later
 - D. To prevent blood or body fluids on the gloves from touching the person you are helping
25. What should you do if someone is confused and needs first aid?
- A. Assume the person wouldn't want help and walk away
 - B. Shout at the person until the person makes eye contact
 - C. Pretend not to see the person and walk away
 - D. Assume the person would want help

**Answer Key
Heartsaver[®]
First Aid, Adult CPR AED, Infant CPR Optional Exam B**

Question	Answer			
1.	A	•	C	D
2.	A	B	C	•
3.	A	B	•	D
4.	A	•	C	D
5.	A	•	C	D
6.	A	B	C	•
7.	A	B	•	D
8.	•	B	C	D
9.	A	B	C	•
10.	A	•	C	D
11.	A	•	C	D
12.	A	•	C	D
13.	A	B	•	D
14.	A	B	C	•
15.	•	B	C	D
16.	A	B	•	D
17.	A	B	•	D
18.	A	B	C	•
19.	A	B	•	D
20.	A	•	C	D
21.	A	B	•	D
22.	•	B	C	D
23.	A	B	C	•
24.	A	•	C	D
25.	A	B	C	•

**Annotated Answer Key
Heartsaver®
First Aid, Adult CPR AED, Infant CPR Optional Exam B**

Student Workbook 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. You are feeding your infant in a high chair. You briefly walk away to get him something to drink. When you return, you notice that his eyes are wide and he has excessive drooling and a silent cry. What is the next best step if, after giving 5 back slaps and 5 chest thrusts, the infant's airway is still blocked?
 - A. Begin CPR, emphasizing chest compressions
 - B. Repeat back slaps and chest thrusts until the infant can breathe or stops responding**
 - C. Turn the infant over and continue with 5 chest thrusts until he is responsive
 - D. Put a finger in the infant's mouth and attempt to remove the blockage

The correct answer is B. Repeat giving 5 back slaps and 5 chest thrusts until the infant can breathe, cough, or cry, or until he becomes unresponsive. [*Heartsaver CPR AED Student Workbook*, page 59; CPR and AED > How to Help a Choking Adult, Child, or Infant > How to Help an Adult, Child, or Infant Who Has a Severe Airway Block > How to Help a Choking Infant With a Severe Airway Block; *Heartsaver First Aid CPR AED Student Workbook*, page 27; Part 2: Medical Emergencies > Choking in an Adult, Child, or Infant > How to Help an Adult, Child, or Infant Who Has a Severe Airway Block > How to Help a Choking Infant With a Severe Airway Block]

2. How should you give breaths with a mask?
 - A. Tilt the head back far enough to open the person's mouth, and gently place the mask on the person's face
 - B. Tilt the head, and cover the face completely with the mask
 - C. Tilt the chin, and press the mask against the person's nose
 - D. Tilt the head and lift the chin, and press the mask against the person's face to make an airtight seal**

The correct answer is D. Tilt the head and lift the chin while pressing the mask against the person's face. It is important to make an airtight seal between the person's face and the mask while you lift the chin to keep the airway open. [*Heartsaver CPR AED Student Workbook*, page 15; *Heartsaver First Aid CPR AED Student Workbook*, page 90; CPR and AED > CPR and AED Use for Adults > Perform High-Quality CPR > Give Breaths > Use a Pocket Mask > Give Breaths With a Pocket Mask]

3. What is the next step when giving first aid to someone who has been bitten by a spider, after you've ensured scene safety and put on personal protective equipment?
- A. Look for and remove the fangs
 - B. Scrape the spider's fangs away by using something with a dull edge
 - C. Wash the area with running water and soap**
 - D. Remove the victim's clothing, and apply ice directly to the skin

The correct answer is C. Wash the bite or sting area with lots of running water and soap. [*Heartsaver First Aid Student Workbook*, page 66; *Heartsaver First Aid CPR AED Student Workbook*, page 64; Part 4: Environmental Emergencies > Bites and Stings > Poisonous Spider Bites and Scorpion Stings > Actions to Help a Person Who Is Bitten or Stung by a Poisonous Spider or Scorpion]

4. Which is a sign of severe airway block?
- A. Can breathe, talk, or cough
 - B. Cannot breathe or talk**
 - C. Can make sounds and talk
 - D. Can cough loudly

The correct answer is B. A person has a severe airway block if he or she cannot breathe, talk, or make sounds. [*Heartsaver First Aid Student Workbook*, page 26; *Heartsaver First Aid CPR AED Student Workbook*, page 24; Part 2: Medical Emergencies > Choking in an Adult, Child, or Infant > Mild vs Severe Airway Block > Assess Choking and Take Action]

5. How do you protect an amputated body part?
- A. Place it directly on ice in a sealed bag, and send it to the hospital
 - B. Place it in a watertight plastic bag inside another container with ice or ice and water**
 - C. Place it in a red biohazard bag
 - D. Wrap it in gauze, place it in an airtight bag, and send it to the hospital

The correct answer is B. Place it in a watertight plastic bag. Place the bag in another container with ice or ice and water. Label it with the injured person's name, the date, and the time. [*Heartsaver First Aid Student Workbook*, page 52; *Heartsaver First Aid CPR AED Student Workbook*, page 50; Part 3: Injury Emergencies > Wounds > Amputation > Actions to Protect an Amputated Part]

6. Why should you wear personal protective equipment?
- A. To avoid getting your own clothes dirty
 - B. To impress people during treatment
 - C. To look official
 - D. To protect yourself from bloodborne diseases**

The correct answer is D. Your first aid kit includes personal protective equipment, such as eye protection and medical gloves. While you are giving first aid, these help keep you safe from blood and body fluids, such as saliva and urine. [*Heartsaver First Aid Student Workbook*, page 14; *Heartsaver First Aid CPR AED Student Workbook*, page 12; Part 1: First Aid Basics > Key Steps of First Aid > Take Universal Precautions > Personal Protective Equipment]

7. How deep should you push the chest of an adult victim when giving chest compressions?

- A. One half the depth of the chest
- B. One third the depth of the chest
- C. At least 2 inches**
- D. Only 1 inch

The correct answer is C. Push straight down at least 2 inches. . [*Heartsaver CPR AED Student Workbook*, page 11; *Heartsaver First Aid CPR AED Student Workbook*, page 86; CPR and AED > CPR and AED Use for Adults > Perform High-Quality CPR > Provide Compressions > Compression Technique]

8. You and a friend are picking berries at a local farm. You notice a man who has been stung by a bee and is having difficulty breathing. Where should the epinephrine pen be injected into this person?

- A. Into the thigh, halfway between the hip and knee**
- B. At the site of the bee sting
- C. Into either upper arm
- D. Into the chest, as close to the heart as possible

The correct answer is A. Press the tip of the injector hard against the side of the person's thigh, about halfway between the hip and the knee. [*Heartsaver First Aid Student Workbook*, page 33; *Heartsaver First Aid CPR AED Student Workbook*, page 31; Part 2: Medical Emergencies > Allergic Reactions > How to Use an Epinephrine Pen]

9. What should you spray on a person with heat exhaustion?

- A. A mixture of salt and water
- B. A sports drink
- C. Prune juice
- D. Cool water**

The correct answer is D. Cool the person with a cool water spray. If a cool water spray is not available, place cool, damp cloths on the neck, armpits, and groin. [*Heartsaver First Aid Student Workbook*, page 69; *Heartsaver First Aid CPR AED Student Workbook*, page 67; Part 4: Environmental Emergencies > Heat-Related Emergencies > Heat Exhaustion > Actions to Help a Person Who Has Heat Exhaustion]

10. What should you do after you've finished taking care of an injured person at work?

- A. Phone 9-1-1
- B. Write a report of the incident if your company requires it**
- C. Post the report to the company bulletin board
- D. Tell your coworkers about the injury

The correct answer is B. If you are in your workplace, give all information about an ill or injured person to your company's emergency response program supervisor. You may need to fill out a report for your company. [*Heartsaver First Aid Student Workbook*, page 20; *Heartsaver First Aid CPR AED Student Workbook*, page 18; Part 1: First Aid Basics > Key Steps of First Aid > Protect the Person's Privacy]

11. What is a sign that an infant is not responding to the tap and shout?

- A. The infant makes sounds
- B. The infant does nothing**
- C. The infant cries
- D. The infant blinks

The correct answer is B. The infant doesn't move, cry, blink, or otherwise react when you tap him. He is unresponsive. [*Heartsaver CPR AED Student Workbook*, page 42; *Heartsaver First Aid CPR AED Student Workbook*, page 117; CPR and AED > CPR for Infants > Assess and Phone 9-1-1 > Tap and Shout (Check for Responsiveness)]

12. You are hiking on a trail and come across an adult woman who appears to have trouble breathing and swelling of the tongue and face. What should you look for that could help you determine her possible medical condition?

- A. Her cell phone
- B. Medical information jewelry**
- C. Her identification card
- D. Her driver's license

The correct answer is B. Before you give first aid, you must assess the ill or injured person to find out what the problem is. Look for any medical information jewelry. This tells you if the person has a serious medical condition. [*Heartsaver First Aid Student Workbook*, page 17; *Heartsaver First Aid CPR AED Student Workbook*, page 15; Part 1: First Aid Basics > Key Steps of First Aid > Find the Problem]

13. You are running on a track at a local school. You come across a woman who has fallen and is bleeding from a cut on her leg. Where should you apply direct pressure to this cut?

- A. On the side of the leg opposite the cut
- B. Directly on the cut, with your fingers under the bandage
- C. On the dressings**
- D. On the nearest pressure point of the leg

The correct answer is C. Apply dressings from the first aid kit. Put direct pressure on the dressings over the bleeding area. Use the flat part of your fingers or the palm of your hand. [*Heartsaver First Aid Student Workbook*, page 43; *Heartsaver First Aid CPR AED Student Workbook*, page 41; Part 3: Injury Emergencies > External Bleeding > Control Bleeding by Direct Pressure and Bandaging > Actions to Control Bleeding]

14. What should you do if a choking adult stops responding?

- A. Continue stomach thrusts until the object is removed
- B. Give 5 compressions and 5 back slaps
- C. Give forceful breaths to push the object down
- D. Start CPR**

The correct answer is D. If you can't remove the object blocking the airway, the person will become unresponsive. Always give CPR to anyone who is unresponsive and not breathing normally or only gasping. [*Heartsaver CPR AED Student Workbook*, page 59; CPR and AED > How to Help a Choking Adult, Child, or Infant > How to Help a Choking Adult, Child, or Infant Who Becomes Unresponsive; *Heartsaver First Aid CPR AED Student Workbook*, page 27; Part 2: Medical Emergencies > Choking in an Adult, Child, or Infant > Help a Choking Adult, Child, or Infant Who Becomes Unresponsive]

15. When performing CPR, when should you switch positions and allow someone else to take over compressions and breaths?

- A. About every 2 minutes**
- B. After each set of 30 compressions and 30 breaths
- C. After each set of 100 compressions and 2 breaths
- D. Every 5 minutes

The correct answer is A. Switch rescuers about every 2 minutes, or sooner if you get tired. [*Heartsaver CPR AED Student Workbook*, page 11; *Heartsaver First Aid CPR AED Student Workbook*, page 86; CPR and AED > CPR and AED Use for Adults > Perform High-Quality CPR > Provide Compressions > Switch Rescuers to Avoid Fatigue]

16. What should you do if you are alone after giving 5 sets of 30 compressions and 2 breaths when performing CPR on an uninjured infant?

- A. See if someone can help
- B. Keep giving sets of 30 compressions and 2 breaths until the infant responds
- C. Carry the infant with you to phone 9-1-1**
- D. Check for breathing

The correct answer is C. If the infant isn't injured and you're alone, after 5 sets of 30 compressions and 2 breaths, you may carry the infant with you to phone 9-1-1 and get an AED. [*Heartsaver CPR AED Student Workbook*, page 45; *Heartsaver First Aid CPR AED Student Workbook*, page 120; CPR and AED > CPR for Infants > Assess and Phone 9-1-1 > Begin CPR, Phone 9-1-1, and Get an AED]

17. Which are the best methods you can use to get more information on first aid, CPR, or AED training?

- A. Refer to local laws for first aid providers and call 1-877-CPR-4AED
- B. Borrow a coworker's Student Workbook and complete a self-study course
- C. Go online to www.heart.org/cpr or call 1-877-AHA-4CPR (877-242-4277)**
- D. Contact your supervisor and visit the nearest American Heart Association Center

The correct answer is C. Contact the American Heart Association if you want more information on first aid, CPR, or AED training. You can visit www.heart.org/cpr or call 1-877-AHA-4CPR (877-242-4277). [*Heartsaver First Aid Student Workbook*, page 77; *Heartsaver First Aid CPR AED Student Workbook*, page 75; Part 5: Preventing Illness and Injury > More Information and Training]

18. A coworker is struck in the abdomen while on break. The coworker has a bruise and shows signs of shock. What should you suspect is wrong?

- A. A head injury
- B. External bleeding
- C. Cardiac arrest
- D. Internal bleeding**

The correct answer is D. You should suspect internal bleeding if a person has an injury in the abdomen or chest (including bruises such as seat belt marks) or signs of shock without external bleeding. [*Heartsaver First Aid Student Workbook*, page 53; *Heartsaver First Aid CPR AED Student Workbook*, page 51; Part 3: Injury Emergencies > Internal Bleeding > Signs of Internal Bleeding]

19. How long should you rub the surfaces of your hands together during handwashing?

- A. At least 5 minutes
- B. At least 5 seconds
- C. At least 20 seconds**
- D. At least 1 minute

The correct answer is C. Rub your hands together and scrub all surfaces of hands and fingers for at least 20 seconds. [*Heartsaver First Aid Student Workbook*, page 17; *Heartsaver First Aid CPR AED Student Workbook*, page 15; Part 1: First Aid Basics > Key Steps of First Aid > Take Universal Precautions > Actions for Washing Hands Well]

20. What should you do when you phone your emergency response number (or 9-1-1)?

- A. Give the dispatcher only the victim's information
- B. Answer all the dispatcher's questions**
- C. Quickly tell the dispatcher where the accident occurred
- D. Tell the dispatcher to call you back

The correct answer is B. Stay on the phone until the 9-1-1 dispatcher tells you to hang up. Answering the dispatcher's questions will not delay the arrival of help. The dispatcher will ask you about the emergency—where you are and what has happened. Dispatchers can provide instructions that will help you, such as telling you how to provide CPR, use an AED, or give first aid. [*Heartsaver CPR AED Student Workbook*, page 8; *Heartsaver First Aid CPR AED Student Workbook*, page 83; CPR and AED > CPR and AED Use for Adults > Assess and Phone 9-1-1 > Follow the Dispatcher's Instructions]

21. Why are the first few minutes of a heart attack the most important for giving CPR?
- A. Because this is when you have time to consider what actions to take
 - B. Because this is when you should find the nearest AED and use it before giving CPR
 - C. Because many heart attack treatments will be most successful if they are given quickly**
 - D. Because this is when a person is most likely to get better and have no discomfort

The correct answer is C. The longer a person with a heart attack goes without treatment, the greater the possible damage to the heart muscle is. Occasionally, the damaged heart muscle triggers an abnormal rhythm that can lead to sudden cardiac arrest. [*Heartsaver CPR AED Student Workbook*, page 3; Introduction > Heartsaver Terms and Concepts > Sudden Cardiac Arrest or Heart Attack?; *Heartsaver First Aid CPR AED Student Workbook*, page 33; Part 2: Medical Emergencies > Heart Attack > Difference Between Heart Attack and Cardiac Arrest]

22. You are giving sets of 30 compressions and 2 breaths. Another person arrives with an AED. What should you do next?
- A. Immediately use the AED**
 - B. Finish whichever set of 30 compressions and 2 breaths you're working on
 - C. Make sure someone has phoned the emergency response number (or 9-1-1)
 - D. Put a blanket on the person receiving CPR

The correct answer is A. Use the AED as soon as it is available. [*Heartsaver CPR AED Student Workbook*, page 18; *Heartsaver First Aid CPR AED Student Workbook*, page 93; CPR and AED > CPR and AED Use for Adults > Use an AED > Steps for Using an AED for an Adult]

23. What should you do if someone with an injury or illness at work refuses care?
- A. Take care of the person anyway
 - B. Take care of the person because he is a coworker
 - C. Leave the person alone and go back to work
 - D. Phone 9-1-1 and stay with the person until advanced help arrives**

The correct answer is D. If the person refuses care, phone 9-1-1 and stay with him until help arrives. [*Heartsaver First Aid Student Workbook*, page 10; *Heartsaver First Aid CPR AED Student Workbook*, page 8; Part 1: First Aid Basics > Duties, Roles, and Responsibilities of First Aid Rescuers > Asking to Give First Aid]

24. You are running on a track at a local school. You come across a woman who has fallen and is bleeding from a cut on her leg. Why is it important to properly remove your gloves after giving first aid?
- A. To keep the removed gloves as compact as possible for waste disposal
 - B. To keep from touching blood or body fluids of the person you are helping**
 - C. So contaminants on the gloves can be analyzed later
 - D. To prevent blood or body fluids on the gloves from touching the person you are helping

The correct answer is B. Because of the risk of infection, using protective gloves and taking them off correctly are important steps when it comes to your safety and the safety of others. Always dispose of protective gloves properly so that anyone else who comes in contact with the biohazard waste bag does not get exposed to blood or body fluids. [*Heartsaver First Aid Student Workbook*, page 16; *Heartsaver First Aid Student Workbook*, page 14; Part 1: First Aid Basics > Key Steps of First Aid > Take Universal Precautions > Remove Protective Gloves Properly]

25. What should you do if someone is confused and needs first aid?
- A. Assume the person wouldn't want help and walk away
 - B. Shout at the person until the person makes eye contact
 - C. Pretend not to see the person and walk away
 - D. Assume the person would want help**

The correct answer is D. If the person is confused or can't answer, assume the person wants help. [*Heartsaver First Aid Student Workbook*, page 10; *Heartsaver First Aid CPR AED Student Workbook*, page 8; Part 1: First Aid Basics > Duties, Roles, and Responsibilities of First Aid Rescuers > Asking to Give First Aid]

American Heart Association

**Heartsaver®
First Aid, Adult CPR AED,
Child CPR AED, Infant CPR
Optional Exams A and B**

April 26, 2016

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- Optional Exam A
- Optional Exam A Answer Key
- Optional Exam A Annotated Answer Key
- Optional Exam B
- Optional Exam B Answer Key
- Optional Exam B Annotated Answer Key

**Student Answer Sheet
Heartsaver®
First Aid, Adult CPR AED, Child CPR AED, Infant CPR Optional Exam**

Name: _____ Date: _____ Version: _____

Question	Answer			
1.	A	B	C	D
2.	A	B	C	D
3.	A	B	C	D
4.	A	B	C	D
5.	A	B	C	D
6.	A	B	C	D
7.	A	B	C	D
8.	A	B	C	D
9.	A	B	C	D
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11.	A	B	C	D
12.	A	B	C	D
13.	A	B	C	D
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16.	A	B	C	D
17.	A	B	C	D
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22.	A	B	C	D
23.	A	B	C	D
24.	A	B	C	D
25.	A	B	C	D

26.	A	B	C	D
27.	A	B	C	D
28.	A	B	C	D
29.	A	B	C	D
30.	A	B	C	D



American Heart Association

**Heartsaver®
First Aid, Adult CPR AED,
Child CPR AED, Infant CPR
Optional Exam A**

April 26, 2016

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Heartsaver®
First Aid, Adult CPR AED, Child CPR AED, Infant CPR Optional Exam A
(30 questions)

Please do not mark on this exam. Record the best answer on the separate answer sheet.

1. What are the correct rate and depth for providing compressions during high-quality adult CPR to improve survival?
 - A. Rate of 80 to 100 compressions per minute and depth of at least 2 inches
 - B. Rate of no more than 60 compressions per minute and depth of at least 1 inch
 - C. Rate of 100 to 120 compressions per minute and depth of at least 2 inches
 - D. Rate of 100 to 120 compressions per minute and depth of at least 1 inch
2. You are having lunch with a friend at a restaurant. You both eat the same dessert, and within a few minutes you notice your friend's face is flushed. He says his throat feels tight and feels like it's closing. What step in the adult Chain of Survival is described in this scenario?
 - A. Coordinated aftercare
 - B. Early CPR
 - C. Rapid AED use
 - D. Recognizing the emergency
3. What should you do when you phone your emergency response number (or 9-1-1)?
 - A. Answer all the dispatcher's questions
 - B. Quickly tell the dispatcher where the accident occurred
 - C. Tell the dispatcher to call you back
 - D. Give the dispatcher only the victim's information
4. What actions result in the best chance of survival if someone is not breathing (or is only gasping) and isn't responding?
 - A. Shout for help, and stay with the victim until someone with more advanced training arrives
 - B. Perform CPR only, and leave the AED for someone with more advanced training to use
 - C. Start CPR, and use an AED if one is available
 - D. Send someone to get the AED, to minimize the number of people involved
5. What is a sign that an infant is not responding to the tap and shout?
 - A. The infant makes sounds
 - B. The infant cries
 - C. The infant does nothing
 - D. The infant blinks

6. How deep should you push the chest of an adult victim when giving chest compressions?
 - A. One half the depth of the chest
 - B. One third the depth of the chest
 - C. Only 1 inch
 - D. At least 2 inches

7. When performing CPR, when should you switch positions and allow someone else to take over compressions and breaths?
 - A. After each set of 30 compressions and 30 breaths
 - B. About every 2 minutes
 - C. After each set of 100 compressions and 2 breaths
 - D. Every 5 minutes

8. How should you give breaths with a mask?
 - A. Tilt the head and lift the chin, and press the mask against the person's face to make an airtight seal
 - B. Tilt the head, and cover the face completely with the mask
 - C. Tilt the chin, and press the mask against the person's nose
 - D. Tilt the head back far enough to open the person's mouth, and gently place the mask on the person's face

9. You are giving sets of 30 compressions and 2 breaths. Another person arrives with an AED. What should you do next?
 - A. Finish whichever set of 30 compressions and 2 breaths you're working on
 - B. Immediately use the AED
 - C. Make sure someone has phoned the emergency response number (or 9-1-1)
 - D. Put a blanket on the person receiving CPR

10. How far should you push down when giving chest compressions to a child who needs CPR?
 - A. About 2 inches
 - B. About 1 inch
 - C. About 1½ inches
 - D. About half an inch

11. You are performing CPR on a child when another person arrives with the AED. You notice that the AED does not have child pads. What should you do?
 - A. Use the adult pads, making sure they do not touch each other
 - B. Decide not to use the AED because the pads are only for adults
 - C. Stop CPR because it will not help anyway
 - D. Make sure to place the AED pads over the clothing to reduce the shock

12. What should you do if you are alone after giving 5 sets of 30 compressions and 2 breaths when performing CPR on an uninjured infant?
- A. Keep giving sets of 30 compressions and 2 breaths until the infant responds
 - B. Carry the infant with you to phone 9-1-1
 - C. Check for breathing
 - D. See if someone can help
13. How do you perform chest compressions on an infant?
- A. Use 2 fingers to push straight down very hard until you cannot compress the chest any deeper
 - B. Use 2 fingers to push straight down as far as possible without breaking any of the infant's ribs
 - C. Use 2 fingers to push straight down very softly so as not to injure the infant in any way
 - D. Use 2 fingers to push straight down at least one third the depth of the chest, or about 1½ inches, at a rate of 100 to 120 compressions per minute
14. What is the correct position for giving abdominal thrusts if a child is choking and is still responding?
- A. Put an arm around the choking child's waist
 - B. Put 2 fingers above the choking child's belly button
 - C. Stand in front of the choking child and put 2 fists between his shoulder blades
 - D. Get behind the choking child and put a fist just above his belly button
15. You are feeding your infant in a high chair. You briefly walk away to get him something to drink. When you return, you notice that his eyes are wide and he has excessive drooling and a silent cry. What is the next best step if, after giving 5 back slaps and 5 chest thrusts, the infant's airway is still blocked?
- A. Begin CPR, emphasizing chest compressions
 - B. Put a finger in the infant's mouth and attempt to remove the blockage
 - C. Turn the infant over and continue with 5 chest thrusts until he is responsive
 - D. Repeat back slaps and chest thrusts until the infant can breathe or stops responding
16. What should you do if someone is confused and needs first aid?
- A. Assume the person wouldn't want help and walk away
 - B. Shout at the person until the person makes eye contact
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 - C. Leave the person alone and go back to work
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 - C. To look official
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 - C. To keep from touching blood or body fluids of the person you are helping
 - D. To prevent blood or body fluids on the gloves from touching the person you are helping
21. You are hiking on a trail and come across an adult woman who appears to have trouble breathing and swelling of the tongue and face. What should you look for that could help you determine her possible medical condition?
- A. Her cell phone
 - B. Her driver's license
 - C. Her identification card
 - D. Medical information jewelry
22. A coworker is struck in the abdomen while on break. The coworker has a bruise and shows signs of shock. What should you suspect is wrong?
- A. External bleeding
 - B. Cardiac arrest
 - C. Internal bleeding
 - D. A head injury
23. Which is a sign of severe airway block?
- A. Cannot breathe or talk
 - B. Can make sounds and talk
 - C. Can cough loudly
 - D. Can breathe, talk, or cough

24. You and a friend are picking berries at a local farm. You notice a man who has been stung by a bee and is having difficulty breathing. Where should the epinephrine pen be injected into this person?
- A. At the site of the bee sting
 - B. Into the thigh, halfway between the hip and knee
 - C. Into either upper arm
 - D. Into the chest, as close to the heart as possible
25. You are running on a track at a local school. You come across a woman who has fallen and is bleeding from a cut on her leg. Where should you apply direct pressure to this cut?
- A. Directly on the cut, with your fingers under the bandage
 - B. On the dressings
 - C. On the nearest pressure point of the leg
 - D. On the side of the leg opposite the cut
26. How do you protect an amputated body part?
- A. Place it directly on ice in a sealed bag, and send it to the hospital
 - B. Wrap it in gauze, place it in an airtight bag, and send it to the hospital
 - C. Place it in a red biohazard bag
 - D. Place it in a watertight plastic bag inside another container with ice or ice and water
27. What is the next step when giving first aid to someone who has been bitten by a spider, after you've ensured scene safety and put on personal protective equipment?
- A. Look for and remove the fangs
 - B. Scrape the spider's fangs away by using something with a dull edge
 - C. Remove the victim's clothing, and apply ice directly to the skin
 - D. Wash the area with running water and soap
28. What should you spray on a person with heat exhaustion?
- A. A sports drink
 - B. A mixture of salt and water
 - C. Cool water
 - D. Prune juice
29. Which are the best methods you can use to get more information on first aid, CPR, or AED training?
- A. Borrow a coworker's Student Workbook and complete a self-study course
 - B. Go online to www.heart.org/cpr or call 1-877-AHA-4CPR (877-242-4277)
 - C. Contact your supervisor and visit the nearest American Heart Association Center
 - D. Refer to local laws for first aid providers and call 1-877-CPR-4AED
30. What should you do after you've finished taking care of an injured person at work?
- A. Write a report of the incident if your company requires it
 - B. Phone 9-1-1
 - C. Post the report to the company bulletin board
 - D. Tell your coworkers about the injury

**Answer Key
Heartsaver®
First Aid, Adult CPR AED, Child CPR AED, Infant CPR Optional Exam A**

Question	Answer			
1.	A	B	•	D
2.	A	B	C	•
3.	•	B	C	D
4.	A	B	•	D
5.	A	B	•	D
6.	A	B	C	•
7.	A	•	C	D
8.	•	B	C	D
9.	A	•	C	D
10.	•	B	C	D
11.	•	B	C	D
12.	A	•	C	D
13.	A	B	C	•
14.	A	B	C	•
15.	A	B	C	•
16.	A	B	•	D
17.	•	B	C	D
18.	•	B	C	D
19.	A	•	C	D
20.	A	B	•	D
21.	A	B	C	•
22.	A	B	•	D
23.	•	B	C	D
24.	A	•	C	D
25.	A	•	C	D

26.	A	B	C	•
27.	A	B	C	•
28.	A	B	•	D
29.	A	•	C	D
30.	•	B	C	D

**Annotated Answer Key
Heartsaver®
First Aid, Adult CPR AED, Child CPR AED, Infant CPR Optional Exam A**

Student Workbook 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. What are the correct rate and depth for providing compressions during high-quality adult CPR to improve survival?
 - A. Rate of 80 to 100 compressions per minute and depth of at least 2 inches
 - B. Rate of no more than 60 compressions per minute and depth of at least 1 inch
 - C. Rate of 100 to 120 compressions per minute and depth of at least 2 inches**
 - D. Rate of 100 to 120 compressions per minute and depth of at least 1 inch

The correct answer is C. Push at a rate of 100 to 120 compressions per minute. Push straight down at least 2 inches. [*Heartsaver CPR AED Student Workbook*, page 11; *Heartsaver First Aid CPR AED Student Workbook*, page 86; CPR and AED > CPR and AED Use for Adults > Perform High-Quality CPR > Provide Compressions > Compression Technique]

2. You are having lunch with a friend at a restaurant. You both eat the same dessert, and within a few minutes you notice your friend's face is flushed. He says his throat feels tight and feels like it's closing. What step in the adult Chain of Survival is described in this scenario?
 - A. Coordinated aftercare
 - B. Early CPR
 - C. Rapid AED use
 - D. Recognizing the emergency**

The correct answer is D. Immediately recognize the emergency and phone 9-1-1. [*Heartsaver CPR AED Student Workbook*, page 5; *Heartsaver First Aid CPR AED Student Workbook*, page 80; CPR and AED > CPR and AED Use for Adults > Adult Chain of Survival]

3. What should you do when you phone your emergency response number (or 9-1-1)?
 - A. Answer all the dispatcher's questions**
 - B. Quickly tell the dispatcher where the accident occurred
 - C. Tell the dispatcher to call you back
 - D. Give the dispatcher only the victim's information

The correct answer is A. Stay on the phone until the 9-1-1 dispatcher tells you to hang up. Answering the dispatcher's questions will not delay the arrival of help. The dispatcher will ask you about the emergency—where you are and what has happened. Dispatchers can provide instructions that will help you, such as telling you how to provide CPR, use an AED, or give first aid. [*Heartsaver CPR AED Student Workbook*, page 8; *Heartsaver First Aid CPR AED Student Workbook*, page 83; CPR and AED > CPR and AED Use for Adults > Assess and Phone 9-1-1 > Follow the Dispatcher's Instructions]

4. What actions result in the best chance of survival if someone is not breathing (or is only gasping) and isn't responding?
- A. Shout for help, and stay with the victim until someone with more advanced training arrives
 - B. Perform CPR only, and leave the AED for someone with more advanced training to use
 - C. Start CPR, and use an AED if one is available**
 - D. Send someone to get the AED, to minimize the number of people involved

The correct answer is C. If the person is not breathing normally or is only gasping, he needs CPR. CPR combined with using an AED provides the best chance of saving a life. If possible, use an AED every time you provide CPR. [*Heartsaver CPR AED Student Workbook*, page 8; *Heartsaver First Aid CPR AED Student Workbook*, page 83; CPR and AED > CPR and AED Use for Adults > Assess and Phone 9-1-1 > Check for Normal Breathing; *Heartsaver CPR AED Student Workbook*, page 16; *Heartsaver First Aid CPR AED Student Workbook*, page 91; CPR and AED > CPR and AED Use for Adults > Use an AED]

5. What is a sign that an infant is not responding to the tap and shout?
- A. The infant makes sounds
 - B. The infant cries
 - C. The infant does nothing**
 - D. The infant blinks

The correct answer is C. The infant doesn't move, cry, blink, or otherwise react when you tap him. He is unresponsive. [*Heartsaver CPR AED Student Workbook*, page 42; *Heartsaver First Aid CPR AED Student Workbook*, page 117; CPR and AED > CPR for Infants > Assess and Phone 9-1-1 > Tap and Shout (Check for Responsiveness)]

6. How deep should you push the chest of an adult victim when giving chest compressions?
- A. One half the depth of the chest
 - B. One third the depth of the chest
 - C. Only 1 inch
 - D. At least 2 inches**

The correct answer is D. Push straight down at least 2 inches. [*Heartsaver CPR AED Student Workbook*, page 11; *Heartsaver First Aid CPR AED Student Workbook*, page 86; CPR and AED > CPR and AED Use for Adults > Perform High-Quality CPR > Provide Compressions > Compression Technique]

7. When performing CPR, when should you switch positions and allow someone else to take over compressions and breaths?
- A. After each set of 30 compressions and 30 breaths
 - B. About every 2 minutes**
 - C. After each set of 100 compressions and 2 breaths
 - D. Every 5 minutes

The correct answer is B. Switch rescuers about every 2 minutes, or sooner if you get tired. [*Heartsaver CPR AED Student Workbook*, page 11; *Heartsaver First Aid CPR AED Student Workbook*, page 86; CPR and AED > CPR and AED Use for Adults > Perform High-Quality CPR > Provide Compressions > Switch Rescuers to Avoid Fatigue]

8. How should you give breaths with a mask?

- A. Tilt the head and lift the chin, and press the mask against the person's face to make an airtight seal
- B. Tilt the head, and cover the face completely with the mask
- C. Tilt the chin, and press the mask against the person's nose
- D. Tilt the head back far enough to open the person's mouth, and gently place the mask on the person's face

The correct answer is A. Tilt the head and lift the chin while pressing the mask against the person's face. It is important to make an airtight seal between the person's face and the mask while you lift the chin to keep the airway open. [*Heartsaver CPR AED Student Workbook*, page 15; *Heartsaver First Aid CPR AED Student Workbook*, page 90; CPR and AED > CPR and AED Use for Adults > Perform High-Quality CPR > Give Breaths > Use a Pocket Mask > Give Breaths With a Pocket Mask]

9. You are giving sets of 30 compressions and 2 breaths. Another person arrives with an AED. What should you do next?

- A. Finish whichever set of 30 compressions and 2 breaths you're working on
- B. Immediately use the AED
- C. Make sure someone has phoned the emergency response number (or 9-1-1)
- D. Put a blanket on the person receiving CPR

The correct answer is B. Use the AED as soon as it is available. [*Heartsaver CPR AED Student Workbook*, page 18; *Heartsaver First Aid CPR AED Student Workbook*, page 93; CPR and AED > CPR and AED Use for Adults > Use an AED > Steps for Using an AED for an Adult]

10. How far should you push down when giving chest compressions to a child who needs CPR?

- A. About 2 inches
- B. About 1 inch
- C. About 1½ inches
- D. About half an inch

The correct answer is A. Push straight down at least one third the depth of the chest, or about 2 inches. [*Heartsaver CPR AED Student Workbook*, page 29; *Heartsaver First Aid CPR AED Student Workbook*, page 104; CPR and AED > CPR and AED Use for Children > Perform High-Quality CPR > Provide Compressions > Compression Technique]

11. You are performing CPR on a child when another person arrives with the AED. You notice that the AED does not have child pads. What should you do?

- A. Use the adult pads, making sure they do not touch each other
- B. Decide not to use the AED because the pads are only for adults
- C. Stop CPR because it will not help anyway
- D. Make sure to place the AED pads over the clothing to reduce the shock

The correct answer is A. Use child pads if the child or infant is less than 8 years old. If child pads are not available, use adult pads. [*Heartsaver CPR AED Student Workbook*, page 36; *Heartsaver First Aid CPR AED Student Workbook*, page 111; CPR and AED > CPR and AED Use for Children > Use an AED > Attach the Pads]

12. What should you do if you are alone after giving 5 sets of 30 compressions and 2 breaths when performing CPR on an uninjured infant?
- A. Keep giving sets of 30 compressions and 2 breaths until the infant responds
 - B. Carry the infant with you to phone 9-1-1**
 - C. Check for breathing
 - D. See if someone can help

The correct answer is B. If the infant isn't injured and you're alone, after 5 sets of 30 compressions and 2 breaths, you may carry the infant with you to phone 9-1-1 and get an AED. [*Heartsaver CPR AED Student Workbook*, page 45; *Heartsaver First Aid CPR AED Student Workbook*, page 120; CPR and AED > CPR for Infants > Assess and Phone 9-1-1 > Begin CPR, Phone 9-1-1, and Get an AED]

13. How do you perform chest compressions on an infant?
- A. Use 2 fingers to push straight down very hard until you cannot compress the chest any deeper
 - B. Use 2 fingers to push straight down as far as possible without breaking any of the infant's ribs
 - C. Use 2 fingers to push straight down very softly so as not to injure the infant in any way
 - D. Use 2 fingers to push straight down at least one third the depth of the chest, or about 1½ inches, at a rate of 100 to 120 compressions per minute**

The correct answer is D. Use 2 fingers to push straight down at least one third the depth of chest, or about 1½ inches. Push at a rate of 100 to 120 compressions per minute. [*Heartsaver CPR AED Student Workbook*, page 49; *Heartsaver First Aid CPR AED Student Workbook*, page 124; CPR and AED > CPR for Infants > Perform High-Quality CPR > Provide Compressions > Compression Technique]

14. What is the correct position for giving abdominal thrusts if a child is choking and is still responding?
- A. Put an arm around the choking child's waist
 - B. Put 2 fingers above the choking child's belly button
 - C. Stand in front of the choking child and put 2 fists between his shoulder blades
 - D. Get behind the choking child and put a fist just above his belly button**

The correct answer is D. Stand firmly or kneel behind the person (depending on your size and the size of the person choking). Wrap your arms around the person's waist so that your fists are in front. Make a fist with one hand. Put the thumb side of your fist slightly above the belly button and well below the breastbone. [*Heartsaver CPR AED Student Workbook*, page 57; CPR and AED > How to Help a Choking Adult, Child, or Infant > How to Help an Adult, Child, or Infant Who Has a Severe Airway Block > How to Help a Choking Adult or Child With a Severe Airway Block; *Heartsaver First Aid CPR AED Student Workbook*, page 25; Part 2: Medical Emergencies > Choking in an Adult, Child, or Infant > How to Help an Adult, Child, or Infant Who Has a Severe Airway Block > How to Help a Choking Adult or Child With a Severe Airway Block]

15. You are feeding your infant in a high chair. You briefly walk away to get him something to drink. When you return, you notice that his eyes are wide and he has excessive drooling and a silent cry. What is the next best step if, after giving 5 back slaps and 5 chest thrusts, the infant's airway is still blocked?
- A. Begin CPR, emphasizing chest compressions
 - B. Put a finger in the infant's mouth and attempt to remove the blockage
 - C. Turn the infant over and continue with 5 chest thrusts until he is responsive
 - D. Repeat back slaps and chest thrusts until the infant can breathe or stops responding**

The correct answer is D. Repeat giving 5 back slaps and 5 chest thrusts until the infant can breathe, cough, or cry, or until he becomes unresponsive. [*Heartsaver CPR AED Student Workbook*, page 59; CPR and AED > How to Help a Choking Adult, Child, or Infant > How to Help an Adult, Child, or Infant Who Has a Severe Airway Block > How to Help a Choking Infant With a Severe Airway Block; *Heartsaver First Aid CPR AED Student Workbook*, page 27; Part 2: Medical Emergencies > Choking in an Adult, Child, or Infant > How to Help an Adult, Child, or Infant Who Has a Severe Airway Block > How to Help a Choking Infant With a Severe Airway Block]

16. What should you do if someone is confused and needs first aid?
- A. Assume the person wouldn't want help and walk away
 - B. Shout at the person until the person makes eye contact
 - C. Assume the person would want help**
 - D. Pretend not to see the person and walk away

The correct answer is C. If the person is confused or can't answer, assume the person wants help. [*Heartsaver First Aid Student Workbook*, page 10; *Heartsaver First Aid CPR AED Student Workbook*, page 8; Part 1: First Aid Basics > Duties, Roles, and Responsibilities of First Aid Rescuers > Asking to Give First Aid]

17. What should you do if someone with an injury or illness at work refuses care?
- A. Phone 9-1-1 and stay with the person until advanced help arrives**
 - B. Take care of the person because he is a coworker
 - C. Leave the person alone and go back to work
 - D. Take care of the person anyway

The correct answer is A. If the person refuses care, phone 9-1-1 and stay with him until help arrives. [*Heartsaver First Aid Student Workbook*, page 10; *Heartsaver First Aid CPR AED Student Workbook*, page 8; Part 1: First Aid Basics > Duties, Roles, and Responsibilities of First Aid Rescuers > Asking to Give First Aid]

18. Why should you wear personal protective equipment?

- A. To protect yourself from bloodborne diseases
- B. To impress people during treatment
- C. To look official
- D. To avoid getting your own clothes dirty

The correct answer is A. Your first aid kit includes personal protective equipment, such as eye protection and medical gloves. While you are giving first aid, these help keep you safe from blood and body fluids, such as saliva and urine. [*Heartsaver First Aid Student Workbook*, page 14; *Heartsaver First Aid CPR AED Student Workbook*, page 12; Part 1: First Aid Basics > Key Steps of First Aid > Take Universal Precautions > Personal Protective Equipment]

19. How long should you rub the surfaces of your hands together during handwashing?

- A. At least 5 seconds
- B. At least 20 seconds
- C. At least 1 minute
- D. At least 5 minutes

The correct answer is B. Rub your hands together and scrub all surfaces of hands and fingers for at least 20 seconds. [*Heartsaver First Aid Student Workbook*, page 17; *Heartsaver First Aid CPR AED Student Workbook*, page 15; Part 1: First Aid Basics > Key Steps of First Aid > Take Universal Precautions > Actions for Washing Hands Well]

20. You are running on a track at a local school. You come across a woman who has fallen and is bleeding from a cut on her leg. Why is it important to properly remove your gloves after giving first aid?

- A. To keep the removed gloves as compact as possible for waste disposal
- B. So contaminants on the gloves can be analyzed later
- C. To keep from touching blood or body fluids of the person you are helping
- D. To prevent blood or body fluids on the gloves from touching the person you are helping

The correct answer is C. Because of the risk of infection, using protective gloves and taking them off correctly are important steps when it comes to your safety and the safety of others. Always dispose of protective gloves properly so that anyone else who comes in contact with the biohazard waste bag does not get exposed to blood or body fluids. [*Heartsaver First Aid Student Workbook*, page 16; *Heartsaver First Aid CPR AED Student Workbook*, page 14; Part 1: First Aid Basics > Key Steps of First Aid > Take Universal Precautions > Remove Protective Gloves Properly]

21. You are hiking on a trail and come across an adult woman who appears to have trouble breathing and swelling of the tongue and face. What should you look for that could help you determine her possible medical condition?
- A. Her cell phone
 - B. Her driver's license
 - C. Her identification card
 - D. Medical information jewelry**

The correct answer is D. Before you give first aid, you must assess the ill or injured person to find out what the problem is. Look for any medical information jewelry. This tells you if the person has a serious medical condition. [*Heartsaver First Aid Student Workbook*, page 17; *Heartsaver First Aid CPR AED Student Workbook*, page 15; Part 1: First Aid Basics > Key Steps of First Aid > Find the Problem]

22. A coworker is struck in the abdomen while on break. The coworker has a bruise and shows signs of shock. What should you suspect is wrong?
- A. External bleeding
 - B. Cardiac arrest
 - C. Internal bleeding**
 - D. A head injury

The correct answer is C. You should suspect internal bleeding if a person has an injury in the abdomen or chest (including bruises such as seat belt marks) or signs of shock without external bleeding. [*Heartsaver First Aid Student Workbook*, page 53; *Heartsaver First Aid CPR AED Student Workbook*, page 51; Part 3: Injury Emergencies > Internal Bleeding > Signs of Internal Bleeding]

23. Which is a sign of severe airway block?
- A. Cannot breathe or talk**
 - B. Can make sounds and talk
 - C. Can cough loudly
 - D. Can breathe, talk, or cough

The correct answer is A. A person has a severe airway block if he or she cannot breathe, talk, or make sounds. [*Heartsaver First Aid Student Workbook*, page 26; *Heartsaver First Aid CPR AED Student Workbook*, page 24; Part 2: Medical Emergencies > Choking in an Adult, Child, or Infant > Mild vs Severe Airway Block > Assess Choking and Take Action]

24. You and a friend are picking berries at a local farm. You notice a man who has been stung by a bee and is having difficulty breathing. Where should the epinephrine pen be injected into this person?
- A. At the site of the bee sting
 - B. Into the thigh, halfway between the hip and knee**
 - C. Into either upper arm
 - D. Into the chest, as close to the heart as possible

The correct answer is B. Press the tip of the injector hard against the side of the person's thigh, about halfway between the hip and the knee. [*Heartsaver First Aid Student Workbook*, page 33; *Heartsaver First Aid CPR AED Student Workbook*, page 31; Part 2: Medical Emergencies > Allergic Reactions > How to Use an Epinephrine Pen]

25. You are running on a track at a local school. You come across a woman who has fallen and is bleeding from a cut on her leg. Where should you apply direct pressure to this cut?
- A. Directly on the cut, with your fingers under the bandage
 - B. On the dressings**
 - C. On the nearest pressure point of the leg
 - D. On the side of the leg opposite the cut

The correct answer is B. Apply dressings from the first aid kit. Put direct pressure on the dressings over the bleeding area. Use the flat part of your fingers or the palm of your hand. [*Heartsaver First Aid Student Workbook*, page 43; *Heartsaver First Aid CPR AED Student Workbook*, page 41; Part 3: Injury Emergencies > External Bleeding > Control Bleeding by Direct Pressure and Bandaging > Actions to Control Bleeding]

26. How do you protect an amputated body part?

- A. Place it directly on ice in a sealed bag, and send it to the hospital
- B. Wrap it in gauze, place it in an airtight bag, and send it to the hospital
- C. Place it in a red biohazard bag
- D. Place it in a watertight plastic bag inside another container with ice or ice and water**

The correct answer is D. Place it in a watertight plastic bag. Place the bag in another container with ice or ice and water. Label it with the injured person's name, the date, and the time. [*Heartsaver First Aid Student Workbook*, page 52; *Heartsaver First Aid CPR AED Student Workbook*, page 50; Part 3: Injury Emergencies > Wounds > Amputation > Actions to Protect an Amputated Part]

27. What is the next step when giving first aid to someone who has been bitten by a spider, after you've ensured scene safety and put on personal protective equipment?
- A. Look for and remove the fangs
 - B. Scrape the spider's fangs away by using something with a dull edge
 - C. Remove the victim's clothing, and apply ice directly to the skin
 - D. Wash the area with running water and soap**

The correct answer is D. Wash the bite or sting area with lots of running water and soap. [*Heartsaver First Aid Student Workbook*, page 66; *Heartsaver First Aid CPR AED Student Workbook*, page 64; Part 4: Environmental Emergencies > Bites and Stings > Poisonous Spider Bites and Scorpion Stings > Actions to Help a Person Who Is Bitten or Stung by a Poisonous Spider or Scorpion]

28. What should you spray on a person with heat exhaustion?

- A. A sports drink
- B. A mixture of salt and water
- C. Cool water**
- D. Prune juice

The correct answer is C. Cool the person with a cool water spray. If a cool water spray is not available, place cool, damp cloths on the neck, armpits, and groin. [*Heartsaver First Aid Student Workbook*, page 69; *Heartsaver First Aid CPR AED Student Workbook*, page 67; Part 4: Environmental Emergencies > Heat-Related Emergencies > Heat Exhaustion > Actions to Help a Person Who Has Heat Exhaustion]

29. Which are the best methods you can use to get more information on first aid, CPR, or AED training?

- A. Borrow a coworker's Student Workbook and complete a self-study course
- B. Go online to www.heart.org/cpr or call 1-877-AHA-4CPR (877-242-4277)
- C. Contact your supervisor and visit the nearest American Heart Association Center
- D. Refer to local laws for first aid providers and call 1-877-CPR-4AED

The correct answer is B. Contact the American Heart Association if you want more information on first aid, CPR, or AED training. You can visit www.heart.org/cpr or call 1-877-AHA-4CPR (877-242-4277). [*Heartsaver First Aid Student Workbook*, page 77; *Heartsaver First Aid CPR AED Student Workbook*, page 75; Part 5: Preventing Illness and Injury > More Information and Training]

30. What should you do after you've finished taking care of an injured person at work?

- A. Write a report of the incident if your company requires it
- B. Phone 9-1-1
- C. Post the report to the company bulletin board
- D. Tell your coworkers about the injury

The correct answer is A. If you are in your workplace, give all information about an ill or injured person to your company's emergency response program supervisor. You may need to fill out a report for your company. [*Heartsaver First Aid Student Workbook*, page 20; *Heartsaver First Aid CPR AED Student Workbook*, page 18; Part 1: First Aid Basics > Key Steps of First Aid > Protect the Person's Privacy]



American Heart Association

Heartsaver[®]
First Aid, Adult CPR AED,
Child CPR AED, Infant CPR
Optional Exam B

April 26, 2016

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Heartsaver®
First Aid, Adult CPR AED, Child CPR AED, Infant CPR Optional Exam B
(30 questions)

Please do not mark on this exam. Record the best answer on the separate answer sheet.

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 - A. About 1 inch
 - B. About 2 inches
 - C. About 1½ inches
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2. You are running on a track at a local school. You come across a woman who has fallen and is bleeding from a cut on her leg. Why is it important to properly remove your gloves after giving first aid?
 - A. To keep the removed gloves as compact as possible for waste disposal
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 - D. Phone 9-1-1 and stay with the person until advanced help arrives
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 - C. Send someone to get the AED, to minimize the number of people involved
 - D. Start CPR, and use an AED if one is available

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 - B. Begin CPR, emphasizing chest compressions
 - C. Put a finger in the infant's mouth and attempt to remove the blockage
 - D. Turn the infant over and continue with 5 chest thrusts until he is responsive

11. What is a sign that an infant is not responding to the tap and shout?
 - A. The infant makes sounds
 - B. The infant cries
 - C. The infant blinks
 - D. The infant does nothing

12. What is the next step when giving first aid to someone who has been bitten by a spider, after you've ensured scene safety and put on personal protective equipment?
 - A. Wash the area with running water and soap
 - B. Look for and remove the fangs
 - C. Scrape the spider's fangs away by using something with a dull edge
 - D. Remove the victim's clothing, and apply ice directly to the skin

13. What should you do if you are alone after giving 5 sets of 30 compressions and 2 breaths when performing CPR on an uninjured infant?
 - A. Keep giving sets of 30 compressions and 2 breaths until the infant responds
 - B. Check for breathing
 - C. Carry the infant with you to phone 9-1-1
 - D. See if someone can help

14. What should you do after you've finished taking care of an injured person at work?
 - A. Tell your coworkers about the injury
 - B. Phone 9-1-1
 - C. Post the report to the company bulletin board
 - D. Write a report of the incident if your company requires it

15. How do you perform chest compressions on an infant?
 - A. Use 2 fingers to push straight down at least one third the depth of the chest, or about 1½ inches, at a rate of 100 to 120 compressions per minute
 - B. Use 2 fingers to push straight down very hard until you cannot compress the chest any deeper
 - C. Use 2 fingers to push straight down as far as possible without breaking any of the infant's ribs
 - D. Use 2 fingers to push straight down very softly so as not to injure the infant in any way

16. A coworker is struck in the abdomen while on break. The coworker has a bruise and shows signs of shock. What should you suspect is wrong?
 - A. External bleeding
 - B. Cardiac arrest
 - C. A head injury
 - D. Internal bleeding

17. Which are the best methods you can use to get more information on first aid, CPR, or AED training?
 - A. Refer to local laws for first aid providers and call 1-877-CPR-4AED
 - B. Borrow a coworker's Student Workbook and complete a self-study course
 - C. Go online to www.heart.org/cpr or call 1-877-AHA-4CPR (877-242-4277)
 - D. Contact your supervisor and visit the nearest American Heart Association Center

18. Which is a sign of severe airway block?
- A. Can cough loudly
 - B. Can make sounds and talk
 - C. Cannot breathe or talk
 - D. Can breathe, talk, or cough
19. When performing CPR, when should you switch positions and allow someone else to take over compressions and breaths?
- A. About every 2 minutes
 - B. After each set of 30 compressions and 30 breaths
 - C. After each set of 100 compressions and 2 breaths
 - D. Every 5 minutes
20. What should you do if someone is confused and needs first aid?
- A. Assume the person wouldn't want help and walk away
 - B. Assume the person would want help
 - C. Shout at the person until the person makes eye contact
 - D. Pretend not to see the person and walk away
21. What is the correct position for giving abdominal thrusts if a child is choking and is still responding?
- A. Put an arm around the choking child's waist
 - B. Put 2 fingers above the choking child's belly button
 - C. Get behind the choking child and put a fist just above his belly button
 - D. Stand in front of the choking child and put 2 fists between his shoulder blades
22. What are the correct rate and depth for providing compressions during high-quality adult CPR to improve survival?
- A. Rate of no more than 60 compressions per minute and depth of at least 1 inch
 - B. Rate of 80 to 100 compressions per minute and depth of at least 2 inches
 - C. Rate of 100 to 120 compressions per minute and depth of at least 1 inch
 - D. Rate of 100 to 120 compressions per minute and depth of at least 2 inches
23. You are performing CPR on a child when another person arrives with the AED. You notice that the AED does not have child pads. What should you do?
- A. Make sure to place the AED pads over the clothing to reduce the shock
 - B. Use the adult pads, making sure they do not touch each other
 - C. Decide not to use the AED because the pads are only for adults
 - D. Stop CPR because it will not help anyway
24. How do you protect an amputated body part?
- A. Place it directly on ice in a sealed bag, and send it to the hospital
 - B. Wrap it in gauze, place it in an airtight bag, and send it to the hospital
 - C. Place it in a watertight plastic bag inside another container with ice or ice and water
 - D. Place it in a red biohazard bag

25. How deep should you push the chest of an adult victim when giving chest compressions?
- A. One half the depth of the chest
 - B. At least 2 inches
 - C. Only 1 inch
 - D. One third the depth of the chest
26. You are giving sets of 30 compressions and 2 breaths. Another person arrives with an AED. What should you do next?
- A. Put a blanket on the person receiving CPR
 - B. Finish whichever set of 30 compressions and 2 breaths you're working on
 - C. Immediately use the AED
 - D. Make sure someone has phoned the emergency response number (or 9-1-1)
27. How long should you rub the surfaces of your hands together during handwashing?
- A. At least 5 seconds
 - B. At least 20 seconds
 - C. At least 1 minute
 - D. At least 5 minutes
28. You are hiking on a trail and come across an adult woman who appears to have trouble breathing and swelling of the tongue and face. What should you look for that could help you determine her possible medical condition?
- A. Medical information jewelry
 - B. Her cell phone
 - C. Her driver's license
 - D. Her identification card
29. What should you do when you phone your emergency response number (or 9-1-1)?
- A. Quickly tell the dispatcher where the accident occurred
 - B. Answer all the dispatcher's questions
 - C. Tell the dispatcher to call you back
 - D. Give the dispatcher only the victim's information
30. How should you give breaths with a mask?
- A. Tilt the head, and cover the face completely with the mask
 - B. Tilt the head and lift the chin, and press the mask against the person's face to make an airtight seal
 - C. Tilt the chin, and press the mask against the person's nose
 - D. Tilt the head back far enough to open the person's mouth, and gently place the mask on the person's face

**Answer Key
Heartsaver®
First Aid, Adult CPR AED, Child CPR AED, Infant CPR Optional Exam B**

Question	Answer			
1.	A	•	C	D
2.	A	•	C	D
3.	A	B	C	•
4.	•	B	C	D
5.	A	B	C	•
6.	A	B	•	D
7.	A	B	•	D
8.	•	B	C	D
9.	A	•	C	D
10.	•	B	C	D
11.	A	B	C	•
12.	•	B	C	D
13.	A	B	•	D
14.	A	B	C	•
15.	•	B	C	D
16.	A	B	C	•
17.	A	B	•	D
18.	A	B	•	D
19.	•	B	C	D
20.	A	•	C	D
21.	A	B	•	D
22.	A	B	C	•
23.	A	•	C	D
24.	A	B	•	D
25.	A	•	C	D

26.	A	B	•	D
27.	A	•	C	D
28.	•	B	C	D
29.	A	•	C	D
30.	A	•	C	D

**Annotated Answer Key
Heartsaver®
First Aid, Adult CPR AED, Child CPR AED, Infant CPR Optional Exam B**

Student Workbook 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. How far should you push down when giving chest compressions to a child who needs CPR?
 - A. About 1 inch
 - B. About 2 inches**
 - C. About 1½ inches
 - D. About half an inch

The correct answer is B. Push straight down at least one third the depth of the chest, or about 2 inches. [*Heartsaver CPR AED Student Workbook*, page 29; *Heartsaver First Aid CPR AED Student Workbook*, page 104; CPR and AED > CPR and AED Use for Children > Perform High-Quality CPR > Provide Compressions > Compression Technique]

2. You are running on a track at a local school. You come across a woman who has fallen and is bleeding from a cut on her leg. Why is it important to properly remove your gloves after giving first aid?
 - A. To keep the removed gloves as compact as possible for waste disposal
 - B. To keep from touching blood or body fluids of the person you are helping**
 - C. So contaminants on the gloves can be analyzed later
 - D. To prevent blood or body fluids on the gloves from touching the person you are helping

The correct answer is B. Because of the risk of infection, using protective gloves and taking them off correctly are important steps when it comes to your safety and the safety of others. Always dispose of protective gloves properly so that anyone else who comes in contact with the biohazard waste bag does not get exposed to blood or body fluids. [*Heartsaver First Aid Student Workbook*, page 16; *Heartsaver First Aid CPR AED Student Workbook*, page 14; Part 1: First Aid Basics > Key Steps of First Aid > Take Universal Precautions > Remove Protective Gloves Properly]

3. What should you do if someone with an injury or illness at work refuses care?
 - A. Take care of the person anyway
 - B. Take care of the person because he is a coworker
 - C. Leave the person alone and go back to work
 - D. Phone 9-1-1 and stay with the person until advanced help arrives**

The correct answer is D. If the person refuses care, phone 9-1-1 and stay with him until help arrives. [*Heartsaver First Aid Student Workbook*, page 10; *Heartsaver First Aid CPR AED Student Workbook*, page 8; Part 1: First Aid Basics > Duties, Roles, and Responsibilities of First Aid Rescuers > Asking to Give First Aid]

4. You are having lunch with a friend at a restaurant. You both eat the same dessert, and within a few minutes you notice your friend's face is flushed. He says his throat feels tight and feels like it's closing. What step in the adult Chain of Survival is described in this scenario?

A. Recognizing the emergency
B. Coordinated aftercare
C. Early CPR
D. Rapid AED use

The correct answer is A. Immediately recognize the emergency and phone 9-1-1. [*Heartsaver CPR AED Student Workbook*, page 5; *Heartsaver First Aid CPR AED Student Workbook*, page 80; CPR and AED > CPR and AED Use for Adults > Adult Chain of Survival]

5. What actions result in the best chance of survival if someone is not breathing (or is only gasping) and isn't responding?

A. Shout for help, and stay with the victim until someone with more advanced training arrives
B. Perform CPR only, and leave the AED for someone with more advanced training to use
C. Send someone to get the AED, to minimize the number of people involved
D. Start CPR, and use an AED if one is available

The correct answer is D. If the person is not breathing normally or is only gasping, he needs CPR. CPR combined with using an AED provides the best chance of saving a life. If possible, use an AED every time you provide CPR. [*Heartsaver CPR AED Student Workbook*, page 8; *Heartsaver First Aid CPR AED Student Workbook*, page 83; CPR and AED > CPR and AED Use for Adults > Assess and Phone 9-1-1 > Check for Normal Breathing; *Heartsaver CPR AED Student Workbook*, page 16; *Heartsaver First Aid CPR AED Student Workbook*, page 91; CPR and AED > CPR and AED Use for Adults > Use an AED]

6. You and a friend are picking berries at a local farm. You notice a man who has been stung by a bee and is having difficulty breathing. Where should the epinephrine pen be injected into this person?

A. Into the chest, as close to the heart as possible
B. At the site of the bee sting
C. Into the thigh, halfway between the hip and knee
D. Into either upper arm

The correct answer is C. Press the tip of the injector hard against the side of the person's thigh, about halfway between the hip and the knee. [*Heartsaver First Aid Student Workbook*, page 33; *Heartsaver First Aid CPR AED Student Workbook*, page 31; Part 2: Medical Emergencies > Allergic Reactions > How to Use an Epinephrine Pen]

7. Why should you wear personal protective equipment?
- A. To look official
 - B. To impress people during treatment
 - C. To protect yourself from bloodborne diseases**
 - D. To avoid getting your own clothes dirty

The correct answer is C. Your first aid kit includes personal protective equipment, such as eye protection and medical gloves. While you are giving first aid, these help keep you safe from blood and body fluids, such as saliva and urine. [*Heartsaver First Aid Student Workbook*, page 14; *Heartsaver First Aid CPR AED Student Workbook*, page 12; Part 1: First Aid Basics > Key Steps of First Aid > Take Universal Precautions > Personal Protective Equipment]

8. You are running on a track at a local school. You come across a woman who has fallen and is bleeding from a cut on her leg. Where should you apply direct pressure to this cut?
- A. On the dressings**
 - B. Directly on the cut, with your fingers under the bandage
 - C. On the nearest pressure point of the leg
 - D. On the side of the leg opposite the cut

The correct answer is A. Apply dressings from the first aid kit. Put direct pressure on the dressings over the bleeding area. Use the flat part of your fingers or the palm of your hand. [*Heartsaver First Aid Student Workbook*, page 43; *Heartsaver First Aid CPR AED Student Workbook*, page 41; Part 3: Injury Emergencies > External Bleeding > Control Bleeding by Direct Pressure and Bandaging > Actions to Control Bleeding]

9. What should you spray on a person with heat exhaustion?
- A. A sports drink
 - B. Cool water**
 - C. A mixture of salt and water
 - D. Prune juice

The correct answer is B. Cool the person with a cool water spray. If a cool water spray is not available, place cool, damp cloths on the neck, armpits, and groin. [*Heartsaver First Aid Student Workbook*, page 69; *Heartsaver First Aid CPR AED Student Workbook*, page 67; Part 4: Environmental Emergencies > Heat-Related Emergencies > Heat Exhaustion > Actions to Help a Person Who Has Heat Exhaustion]

10. You are feeding your infant in a high chair. You briefly walk away to get him something to drink. When you return, you notice that his eyes are wide and he has excessive drooling and a silent cry. What is the next best step if, after giving 5 back slaps and 5 chest thrusts, the infant's airway is still blocked?

- A. Repeat back slaps and chest thrusts until the infant can breathe or stops responding
- B. Begin CPR, emphasizing chest compressions
- C. Put a finger in the infant's mouth and attempt to remove the blockage
- D. Turn the infant over and continue with 5 chest thrusts until he is responsive

The correct answer is A. Repeat giving 5 back slaps and 5 chest thrusts until the infant can breathe, cough, or cry, or until he becomes unresponsive. [*Heartsaver CPR AED Student Workbook*, page 59; CPR and AED > How to Help a Choking Adult, Child, or Infant > How to Help an Adult, Child, or Infant Who Has a Severe Airway Block > How to Help a Choking Infant With a Severe Airway Block; *Heartsaver First Aid CPR AED Student Workbook*, page 27; Part 2: Medical Emergencies > Choking in an Adult, Child, or Infant > How to Help an Adult, Child, or Infant Who Has a Severe Airway Block > How to Help a Choking Infant With a Severe Airway Block]

11. What is a sign that an infant is not responding to the tap and shout?

- A. The infant makes sounds
- B. The infant cries
- C. The infant blinks
- D. The infant does nothing

The correct answer is D. The infant doesn't move, cry, blink, or otherwise react when you tap him. He is unresponsive. [*Heartsaver CPR AED Student Workbook*, page 42; *Heartsaver First Aid CPR AED Student Workbook*, page 117; CPR and AED > CPR for Infants > Assess and Phone 9-1-1 > Tap and Shout (Check for Responsiveness)]

12. What is the next step when giving first aid to someone who has been bitten by a spider, after you've ensured scene safety and put on personal protective equipment?

- A. Wash the area with running water and soap
- B. Look for and remove the fangs
- C. Scrape the spider's fangs away by using something with a dull edge
- D. Remove the victim's clothing, and apply ice directly to the skin

The correct answer is A. Wash the bite or sting area with lots of running water and soap. [*Heartsaver First Aid Student Workbook*, page 66; *Heartsaver First Aid CPR AED Student Workbook*, page 64; Part 4: Environmental Emergencies > Bites and Stings > Poisonous Spider Bites and Scorpion Stings > Actions to Help a Person Who Is Bitten or Stung by a Poisonous Spider or Scorpion]

13. What should you do if you are alone after giving 5 sets of 30 compressions and 2 breaths when performing CPR on an uninjured infant?
- A. Keep giving sets of 30 compressions and 2 breaths until the infant responds
 - B. Check for breathing
 - C. Carry the infant with you to phone 9-1-1**
 - D. See if someone can help

The correct answer is C. If the infant isn't injured and you're alone, after 5 sets of 30 compressions and 2 breaths, you may carry the infant with you to phone 9-1-1 and get an AED. [*Heartsaver CPR AED Student Workbook*, page 45; *Heartsaver First Aid CPR AED Student Workbook*, page 120; CPR and AED > CPR for Infants > Assess and Phone 9-1-1 > Begin CPR, Phone 9-1-1, and Get an AED]

14. What should you do after you've finished taking care of an injured person at work?
- A. Tell your coworkers about the injury
 - B. Phone 9-1-1
 - C. Post the report to the company bulletin board
 - D. Write a report of the incident if your company requires it**

The correct answer is D. If you are in your workplace, give all information about an ill or injured person to your company's emergency response program supervisor. You may need to fill out a report for your company. [*Heartsaver First Aid Student Workbook*, page 20; *Heartsaver First Aid CPR AED Student Workbook*, page 18; Part 1: First Aid Basics > Key Steps of First Aid > Protect the Person's Privacy]

15. How do you perform chest compressions on an infant?
- A. Use 2 fingers to push straight down at least one third the depth of the chest, or about 1½ inches, at a rate of 100 to 120 compressions per minute**
 - B. Use 2 fingers to push straight down very hard until you cannot compress the chest any deeper
 - C. Use 2 fingers to push straight down as far as possible without breaking any of the infant's ribs
 - D. Use 2 fingers to push straight down very softly so as not to injure the infant in any way

The correct answer is A. Use 2 fingers to push straight down at least one third the depth of chest, or about 1½ inches. Push at a rate of 100 to 120 compressions per minute. [*Heartsaver CPR AED Student Workbook*, page 49; *Heartsaver First Aid CPR AED Student Workbook*, page 124; CPR and AED > CPR for Infants > Perform High-Quality CPR > Provide Compressions > Compression Technique]

16. A coworker is struck in the abdomen while on break. The coworker has a bruise and shows signs of shock. What should you suspect is wrong?
- A. External bleeding
 - B. Cardiac arrest
 - C. A head injury
 - D. Internal bleeding**

The correct answer is D. You should suspect internal bleeding if a person has an injury in the abdomen or chest (including bruises such as seat belt marks) or signs of shock without external bleeding. [*Heartsaver First Aid Student Workbook*, page 53; *Heartsaver First Aid CPR AED Student Workbook*, page 51; Part 3: Injury Emergencies > Internal Bleeding > Signs of Internal Bleeding]

17. Which are the best methods you can use to get more information on first aid, CPR, or AED training?

- A. Refer to local laws for first aid providers and call 1-877-CPR-4AED
- B. Borrow a coworker's Student Workbook and complete a self-study course
- C. Go online to www.heart.org/cpr or call 1-877-AHA-4CPR (877-242-4277)**
- D. Contact your supervisor and visit the nearest American Heart Association Center

The correct answer is C. Contact the American Heart Association if you want more information on first aid, CPR, or AED training. You can visit www.heart.org/cpr or call 1-877-AHA-4CPR (877-242-4277). [*Heartsaver First Aid Student Workbook*, page 77; *Heartsaver First Aid CPR AED Student Workbook*, page 75; Part 5: Preventing Illness and Injury > More Information and Training]

18. Which is a sign of severe airway block?

- A. Can cough loudly
- B. Can make sounds and talk
- C. Cannot breathe or talk**
- D. Can breathe, talk, or cough

The correct answer is C. A person has a severe airway block if he or she cannot breathe, talk, or make sounds. [*Heartsaver First Aid Student Workbook*, page 26; *Heartsaver First Aid CPR AED Student Workbook*, page 24; Part 2: Medical Emergencies > Choking in an Adult, Child, or Infant > Mild vs Severe Airway Block > Assess Choking and Take Action]

19. When performing CPR, when should you switch positions and allow someone else to take over compressions and breaths?

- A. About every 2 minutes**
- B. After each set of 30 compressions and 30 breaths
- C. After each set of 100 compressions and 2 breaths
- D. Every 5 minutes

The correct answer is A. Switch rescuers about every 2 minutes, or sooner if you get tired. [*Heartsaver CPR AED Student Workbook*, page 11; *Heartsaver First Aid CPR AED Student Workbook*, page 86; CPR and AED > CPR and AED Use for Adults > Perform High-Quality CPR > Provide Compressions > Switch Rescuers to Avoid Fatigue]

20. What should you do if someone is confused and needs first aid?

- A. Assume the person wouldn't want help and walk away
- B. Assume the person would want help**
- C. Shout at the person until the person makes eye contact
- D. Pretend not to see the person and walk away

The correct answer is B. If the person is confused or can't answer, assume the person wants help. [*Heartsaver First Aid Student Workbook*, page 10; *Heartsaver First Aid CPR AED Student Workbook*, page 8; Part 1: First Aid Basics > Duties, Roles, and Responsibilities of First Aid Rescuers > Asking to Give First Aid]

21. What is the correct position for giving abdominal thrusts if a child is choking and is still responding?
- A. Put an arm around the choking child's waist
 - B. Put 2 fingers above the choking child's belly button
 - C. Get behind the choking child and put a fist just above his belly button**
 - D. Stand in front of the choking child and put 2 fists between his shoulder blades

The correct answer is C. Stand firmly or kneel behind the person (depending on your size and the size of the person choking). Wrap your arms around the person's waist so that your fists are in front. Make a fist with one hand. Put the thumb side of your fist slightly above the belly button and well below the breastbone. [*Heartsaver CPR AED Student Workbook*, page 57; CPR and AED > How to Help a Choking Adult, Child, or Infant > How to Help an Adult, Child, or Infant Who Has a Severe Airway Block > How to Help a Choking Adult or Child With a Severe Airway Block; *Heartsaver First Aid CPR AED Student Workbook*, page 25; Part 2: Medical Emergencies > Choking in an Adult, Child, or Infant > How to Help an Adult, Child, or Infant Who Has a Severe Airway Block > How to Help a Choking Adult or Child With a Severe Airway Block]

22. What are the correct rate and depth for providing compressions during high-quality adult CPR to improve survival?
- A. Rate of no more than 60 compressions per minute and depth of at least 1 inch
 - B. Rate of 80 to 100 compressions per minute and depth of at least 2 inches
 - C. Rate of 100 to 120 compressions per minute and depth of at least 1 inch
 - D. Rate of 100 to 120 compressions per minute and depth of at least 2 inches**

The correct answer is D. Push at a rate of 100 to 120 compressions per minute. Push straight down at least 2 inches. [*Heartsaver CPR AED Student Workbook*, page 11; *Heartsaver First Aid CPR AED Student Workbook*, page 86; CPR and AED > CPR and AED Use for Adults > Perform High-Quality CPR > Provide Compressions > Compression Technique]

23. You are performing CPR on a child when another person arrives with the AED. You notice that the AED does not have child pads. What should you do?
- A. Make sure to place the AED pads over the clothing to reduce the shock
 - B. Use the adult pads, making sure they do not touch each other**
 - C. Decide not to use the AED because the pads are only for adults
 - D. Stop CPR because it will not help anyway

The correct answer is B. Use child pads if the child or infant is less than 8 years old. If child pads are not available, use adult pads. [*Heartsaver CPR AED Student Workbook*, page 36; *Heartsaver First Aid CPR AED Student Workbook*, page 111; CPR and AED > CPR and AED Use for Children > Use an AED > Attach the Pads]

24. How do you protect an amputated body part?

- A. Place it directly on ice in a sealed bag, and send it to the hospital
- B. Wrap it in gauze, place it in an airtight bag, and send it to the hospital
- C. Place it in a watertight plastic bag inside another container with ice or ice and water**
- D. Place it in a red biohazard bag

The correct answer is C. Place it in a watertight plastic bag. Place the bag in another container with ice or ice and water. Label it with the injured person's name, the date, and the time. [*Heartsaver First Aid Student Workbook*, page 52; *Heartsaver First Aid CPR AED Student Workbook*, page 50; Part 3: Injury Emergencies > Wounds > Amputation > Actions to Protect an Amputated Part]

25. How deep should you push the chest of an adult victim when giving chest compressions?

- A. One half the depth of the chest
- B. At least 2 inches**
- C. Only 1 inch
- D. One third the depth of the chest

The correct answer is B. Push straight down at least 2 inches. [*Heartsaver CPR AED Student Workbook*, page 11; *Heartsaver First Aid CPR AED Student Workbook*, page 86; CPR and AED > CPR and AED Use for Adults > Perform High-Quality CPR > Provide Compressions > Compression Technique]

26. You are giving sets of 30 compressions and 2 breaths. Another person arrives with an AED. What should you do next?

- A. Put a blanket on the person receiving CPR
- B. Finish whichever set of 30 compressions and 2 breaths you're working on
- C. Immediately use the AED**
- D. Make sure someone has phoned the emergency response number (or 9-1-1)

The correct answer is C. Use the AED as soon as it is available. [*Heartsaver CPR AED Student Workbook*, page 18; *Heartsaver First Aid CPR AED Student Workbook*, page 93; CPR and AED > CPR and AED Use for Adults > Use an AED > Steps for Using an AED for an Adult]

27. How long should you rub the surfaces of your hands together during handwashing?

- A. At least 5 seconds
- B. At least 20 seconds**
- C. At least 1 minute
- D. At least 5 minutes

The correct answer is B. Rub your hands together and scrub all surfaces of hands and fingers for at least 20 seconds. [*Heartsaver First Aid Student Workbook*, page 17; *Heartsaver First Aid CPR AED Student Workbook*, page 15; Part 1: First Aid Basics > Key Steps of First Aid > Take Universal Precautions > Actions for Washing Hands Well]

28. You are hiking on a trail and come across an adult woman who appears to have trouble breathing and swelling of the tongue and face. What should you look for that could help you determine her possible medical condition?

- A. Medical information jewelry
- B. Her cell phone
- C. Her driver's license
- D. Her identification card

The correct answer is A. Before you give first aid, you must assess the ill or injured person to find out what the problem is. Look for any medical information jewelry. This tells you if the person has a serious medical condition. [*Heartsaver First Aid Student Workbook*, page 17; *Heartsaver First Aid CPR AED Student Workbook*, page 15; Part 1: First Aid Basics > Key Steps of First Aid > Find the Problem]

29. What should you do when you phone your emergency response number (or 9-1-1)?

- A. Quickly tell the dispatcher where the accident occurred
- B. Answer all the dispatcher's questions
- C. Tell the dispatcher to call you back
- D. Give the dispatcher only the victim's information

The correct answer is B. Stay on the phone until the 9-1-1 dispatcher tells you to hang up. Answering the dispatcher's questions will not delay the arrival of help. The dispatcher will ask you about the emergency—where you are and what has happened. Dispatchers can provide instructions that will help you, such as telling you how to provide CPR, use an AED, or give first aid. [*Heartsaver CPR AED Student Workbook*, page 8; *Heartsaver First Aid CPR AED Student Workbook*, page 83; CPR and AED > CPR and AED Use for Adults > Assess and Phone 9-1-1 > Follow the Dispatcher's Instructions]

30. How should you give breaths with a mask?

- A. Tilt the head, and cover the face completely with the mask
- B. Tilt the head and lift the chin, and press the mask against the person's face to make an airtight seal
- C. Tilt the chin, and press the mask against the person's nose
- D. Tilt the head back far enough to open the person's mouth, and gently place the mask on the person's face

The correct answer is B. Tilt the head and lift the chin while pressing the mask against the person's face. It is important to make an airtight seal between the person's face and the mask while you lift the chin to keep the airway open. [*Heartsaver CPR AED Student Workbook*, page 15; *Heartsaver First Aid CPR AED Student Workbook*, page 90; CPR and AED > CPR and AED Use for Adults > Perform High-Quality CPR > Give Breaths > Use a Pocket Mask > Give Breaths With a Pocket Mask]

American Heart Association

**Heartsaver®
Adult CPR AED
Optional Exams A and B**

April 26, 2016

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- Optional Exam B Annotated Answer Key

**Student Answer Sheet
Heartsaver®
Adult CPR AED Optional Exam**

Name: _____ Date: _____ Version: _____

Question	Answer			
1.	A	B	C	D
2.	A	B	C	D
3.	A	B	C	D
4.	A	B	C	D
5.	A	B	C	D
6.	A	B	C	D
7.	A	B	C	D
8.	A	B	C	D
9.	A	B	C	D
10.	A	B	C	D



American Heart Association

**Heartsaver[®]
Adult CPR AED
Optional Exam A**

April 26, 2016

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Heartsaver®
Adult CPR AED Optional Exam A
(10 questions)

Please do not mark on this exam. Record the best answer on the separate answer sheet.

1. What are the correct rate and depth for providing compressions during high-quality adult CPR to improve survival?
 - A. Rate of 80 to 100 compressions per minute and depth of at least 2 inches
 - B. Rate of no more than 60 compressions per minute and depth of at least 1 inch
 - C. Rate of 100 to 120 compressions per minute and depth of at least 2 inches
 - D. Rate of 100 to 120 compressions per minute and depth of at least 1 inch

2. You are having lunch with a friend at a restaurant. You both eat the same dessert, and within a few minutes you notice your friend's face is flushed. He says his throat feels tight and feels like it's closing. What step in the adult Chain of Survival is described in this scenario?
 - A. Coordinated aftercare
 - B. Early CPR
 - C. Rapid AED use
 - D. Recognizing the emergency

3. What should you do when you phone your emergency response number (or 9-1-1)?
 - A. Answer all the dispatcher's questions
 - B. Quickly tell the dispatcher where the accident occurred
 - C. Tell the dispatcher to call you back
 - D. Give the dispatcher only the victim's information

4. What actions result in the best chance of survival if someone is not breathing (or is only gasping) and isn't responding?
 - A. Shout for help, and stay with the victim until someone with more advanced training arrives
 - B. Perform CPR only, and leave the AED for someone with more advanced training to use
 - C. Start CPR, and use an AED if one is available
 - D. Send someone to get the AED, to minimize the number of people involved

5. You come across an adult lying on the ground. You tap and shout, but he is unresponsive. What should you do next?
 - A. Continue tapping and shouting until the person becomes responsive
 - B. Shout for help. Phone or have someone else phone the emergency response number (or 9-1-1) and get an AED if one is available
 - C. Check for breathing for at least 10 seconds
 - D. Slap the person on the back to see if an object is lodged in the throat

6. How deep should you push the chest of an adult victim when giving chest compressions?
 - A. One half the depth of the chest
 - B. One third the depth of the chest
 - C. Only 1 inch
 - D. At least 2 inches

7. When performing CPR, when should you switch positions and allow someone else to take over compressions and breaths?
 - A. After each set of 30 compressions and 30 breaths
 - B. About every 2 minutes
 - C. After each set of 100 compressions and 2 breaths
 - D. Every 5 minutes

8. How should you give breaths with a mask?
 - A. Tilt the head and lift the chin, and press the mask against the person's face to make an airtight seal
 - B. Tilt the head, and cover the face completely with the mask
 - C. Tilt the chin, and press the mask against the person's nose
 - D. Tilt the head back far enough to open the person's mouth, and gently place the mask on the person's face

9. You are giving sets of 30 compressions and 2 breaths. Another person arrives with an AED. What should you do next?
 - A. Finish whichever set of 30 compressions and 2 breaths you're working on
 - B. Immediately use the AED
 - C. Make sure someone has phoned the emergency response number (or 9-1-1)
 - D. Put a blanket on the person receiving CPR

10. What should you do if a choking adult stops responding?
 - A. Start CPR
 - B. Give 5 compressions and 5 back slaps
 - C. Give forceful breaths to push the object down
 - D. Continue stomach thrusts until the object is removed

**Answer Key
Heartsaver®
Adult CPR AED Optional Exam A**

Question	Answer			
1.	A	B	•	D
2.	A	B	C	•
3.	•	B	C	D
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**Annotated Answer Key
Heartsaver®
Adult CPR AED Optional Exam A**

Student Workbook 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. What are the correct rate and depth for providing compressions during high-quality adult CPR to improve survival?
 - A. Rate of 80 to 100 compressions per minute and depth of at least 2 inches
 - B. Rate of no more than 60 compressions per minute and depth of at least 1 inch
 - C. Rate of 100 to 120 compressions per minute and depth of at least 2 inches**
 - D. Rate of 100 to 120 compressions per minute and depth of at least 1 inch

The correct answer is C. Push at a rate of 100 to 120 compressions per minute. Push straight down at least 2 inches. [*Heartsaver CPR AED Student Workbook*, page 11; *Heartsaver First Aid CPR AED Student Workbook*, page 86; CPR and AED > CPR and AED Use for Adults > Perform High-Quality CPR > Provide Compressions > Compression Technique]

2. You are having lunch with a friend at a restaurant. You both eat the same dessert, and within a few minutes you notice your friend's face is flushed. He says his throat feels tight and feels like it's closing. What step in the adult Chain of Survival is described in this scenario?
 - A. Coordinated aftercare
 - B. Early CPR
 - C. Rapid AED use
 - D. Recognizing the emergency**

The correct answer is D. Immediately recognize the emergency and phone 9-1-1. [*Heartsaver CPR AED Student Workbook*, page 5; *Heartsaver First Aid CPR AED Student Workbook*, page 80; CPR and AED > CPR and AED Use for Adults > Adult Chain of Survival]

3. What should you do when you phone your emergency response number (or 9-1-1)?
 - A. Answer all the dispatcher's questions**
 - B. Quickly tell the dispatcher where the accident occurred
 - C. Tell the dispatcher to call you back
 - D. Give the dispatcher only the victim's information

The correct answer is A. Stay on the phone until the 9-1-1 dispatcher tells you to hang up. Answering the dispatcher's questions will not delay the arrival of help. The dispatcher will ask you about the emergency—where you are and what has happened. Dispatchers can provide instructions that will help you, such as telling you how to provide CPR, use an AED, or give first aid. [*Heartsaver CPR AED Student Workbook*, page 8; *Heartsaver First Aid CPR AED Student Workbook*, page 83; CPR and AED > CPR and AED Use for Adults > Assess and Phone 9-1-1 > Follow the Dispatcher's Instructions]

4. What actions result in the best chance of survival if someone is not breathing (or is only gasping) and isn't responding?
- A. Shout for help, and stay with the victim until someone with more advanced training arrives
 - B. Perform CPR only, and leave the AED for someone with more advanced training to use
 - C. Start CPR, and use an AED if one is available**
 - D. Send someone to get the AED, to minimize the number of people involved

The correct answer is C. If the person is not breathing normally or is only gasping, he needs CPR. CPR combined with using an AED provides the best chance of saving a life. If possible, use an AED every time you provide CPR. [*Heartsaver CPR AED Student Workbook*, page 8; *Heartsaver First Aid CPR AED Student Workbook*, page 83; CPR and AED > CPR and AED Use for Adults > Assess and Phone 9-1-1 > Check for Normal Breathing; *Heartsaver CPR AED Student Workbook*, page 16; *Heartsaver First Aid CPR AED Student Workbook*, page 91; CPR and AED > CPR and AED Use for Adults > Use an AED]

5. You come across an adult lying on the ground. You tap and shout, but he is unresponsive. What should you do next?
- A. Continue tapping and shouting until the person becomes responsive
 - B. Shout for help. Phone or have someone else phone the emergency response number (or 9-1-1) and get an AED if one is available**
 - C. Check for breathing for at least 10 seconds
 - D. Slap the person on the back to see if an object is lodged in the throat

The correct answer is B. If the person is unresponsive, phone or have someone else phone the emergency response number (or 9-1-1) and get an AED. [*Heartsaver CPR AED Student Workbook*, page 7; *Heartsaver First Aid CPR AED Student Workbook*, page 82; CPR and AED > CPR and AED Use for Adults > Assess and Phone 9-1-1 > Phone 9-1-1 and Get an AED]

6. How deep should you push the chest of an adult victim when giving chest compressions?
- A. One half the depth of the chest
 - B. One third the depth of the chest
 - C. Only 1 inch
 - D. At least 2 inches**

The correct answer is D. Push straight down at least 2 inches. [*Heartsaver CPR AED Student Workbook*, page 11; *Heartsaver First Aid CPR AED Student Workbook*, page 86; CPR and AED > CPR and AED Use for Adults > Perform High-Quality CPR > Provide Compressions > Compression Technique]

7. When performing CPR, when should you switch positions and allow someone else to take over compressions and breaths?
- A. After each set of 30 compressions and 30 breaths
 - B. About every 2 minutes**
 - C. After each set of 100 compressions and 2 breaths
 - D. Every 5 minutes

The correct answer is B. Switch rescuers about every 2 minutes, or sooner if you get tired. [*Heartsaver CPR AED Student Workbook*, page 11; *Heartsaver First Aid CPR AED Student Workbook*, page 86; CPR and AED > CPR and AED Use for Adults > Perform High-Quality CPR > Provide Compressions > Switch Rescuers to Avoid Fatigue]

8. How should you give breaths with a mask?
- A. Tilt the head and lift the chin, and press the mask against the person's face to make an airtight seal**
 - B. Tilt the head, and cover the face completely with the mask
 - C. Tilt the chin, and press the mask against the person's nose
 - D. Tilt the head back far enough to open the person's mouth, and gently place the mask on the person's face

The correct answer is A. Tilt the head and lift the chin while pressing the mask against the person's face. It is important to make an airtight seal between the person's face and the mask while you lift the chin to keep the airway open. [*Heartsaver CPR AED Student Workbook*, page 15; *Heartsaver First Aid CPR AED Student Workbook*, page 90; CPR and AED > CPR and AED Use for Adults > Perform High-Quality CPR > Give Breaths > Use a Pocket Mask > Give Breaths With a Pocket Mask]

9. You are giving sets of 30 compressions and 2 breaths. Another person arrives with an AED. What should you do next?
- A. Finish whichever set of 30 compressions and 2 breaths you're working on
 - B. Immediately use the AED**
 - C. Make sure someone has phoned the emergency response number (or 9-1-1)
 - D. Put a blanket on the person receiving CPR

The correct answer is B. Use the AED as soon as it is available. [*Heartsaver CPR AED Student Workbook*, page 18; *Heartsaver First Aid CPR AED Student Workbook*, page 93; CPR and AED > CPR and AED Use for Adults > Use an AED > Steps for Using an AED for an Adult]

10. What should you do if a choking adult stops responding?

- A. Start CPR
- B. Give 5 compressions and 5 back slaps
- C. Give forceful breaths to push the object down
- D. Continue stomach thrusts until the object is removed

The correct answer is A. If you can't remove the object blocking the airway, the person will become unresponsive. Always give CPR to anyone who is unresponsive and not breathing normally or only gasping. [*Heartsaver CPR AED Student Workbook*, page 59; CPR and AED > How to Help a Choking Adult, Child, or Infant > How to Help a Choking Adult, Child, or Infant Who Becomes Unresponsive; *Heartsaver First Aid CPR AED Student Workbook*, page 27; Part 2: Medical Emergencies > Choking in an Adult, Child, or Infant > Help a Choking Adult, Child, or Infant Who Becomes Unresponsive]



American Heart Association

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Adult CPR AED
Optional Exam B**

April 26, 2016

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Adult CPR AED Optional Exam B
(10 questions)

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1. What should you do if a choking adult stops responding?
 - A. Continue stomach thrusts until the object is removed
 - B. Start CPR
 - C. Give 5 compressions and 5 back slaps
 - D. Give forceful breaths to push the object down

2. How should you give breaths with a mask?
 - A. Tilt the head, and cover the face completely with the mask
 - B. Tilt the chin, and press the mask against the person's nose
 - C. Tilt the head back far enough to open the person's mouth, and gently place the mask on the person's face
 - D. Tilt the head and lift the chin, and press the mask against the person's face to make an airtight seal

3. You are having lunch with a friend at a restaurant. You both eat the same dessert, and within a few minutes you notice your friend's face is flushed. He says his throat feels tight and feels like it's closing. What step in the adult Chain of Survival is described in this scenario?
 - A. Coordinated aftercare
 - B. Early CPR
 - C. Recognizing the emergency
 - D. Rapid AED use

4. What are the correct rate and depth for providing compressions during high-quality adult CPR to improve survival?
 - A. Rate of no more than 60 compressions per minute and depth of at least 1 inch
 - B. Rate of 80 to 100 compressions per minute and depth of at least 2 inches
 - C. Rate of 100 to 120 compressions per minute and depth of at least 1 inch
 - D. Rate of 100 to 120 compressions per minute and depth of at least 2 inches

5. What should you do when you phone your emergency response number (or 9-1-1)?
 - A. Quickly tell the dispatcher where the accident occurred
 - B. Answer all the dispatcher's questions
 - C. Tell the dispatcher to call you back
 - D. Give the dispatcher only the victim's information

6. You are giving sets of 30 compressions and 2 breaths. Another person arrives with an AED. What should you do next?
 - A. Immediately use the AED
 - B. Finish whichever set of 30 compressions and 2 breaths you're working on
 - C. Make sure someone has phoned the emergency response number (or 9-1-1)
 - D. Put a blanket on the person receiving CPR

7. How deep should you push the chest of an adult victim when giving chest compressions?
 - A. At least 2 inches
 - B. One half the depth of the chest
 - C. One third the depth of the chest
 - D. Only 1 inch

8. What actions result in the best chance of survival if someone is not breathing (or is only gasping) and isn't responding?
 - A. Shout for help, and stay with the victim until someone with more advanced training arrives
 - B. Start CPR, and use an AED if one is available
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 - D. Send someone to get the AED, to minimize the number of people involved

9. You come across an adult lying on the ground. You tap and shout, but he is unresponsive. What should you do next?
 - A. Continue tapping and shouting until the person becomes responsive
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 - C. Check for breathing for at least 10 seconds
 - D. Shout for help. Phone or have someone else phone the emergency response number (or 9-1-1) and get an AED if one is available

10. When performing CPR, when should you switch positions and allow someone else to take over compressions and breaths?
 - A. About every 2 minutes
 - B. After each set of 30 compressions and 30 breaths
 - C. After each set of 100 compressions and 2 breaths
 - D. Every 5 minutes

**Answer Key
Heartsaver®
Adult CPR AED Optional Exam B**

Question	Answer			
1.	A	•	C	D
2.	A	B	C	•
3.	A	B	•	D
4.	A	B	C	•
5.	A	•	C	D
6.	•	B	C	D
7.	•	B	C	D
8.	A	•	C	D
9.	A	B	C	•
10.	•	B	C	D

**Annotated Answer Key
Heartsaver®
Adult CPR AED Optional Exam B**

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1. What should you do if a choking adult stops responding?
 - A. Continue stomach thrusts until the object is removed
 - B. Start CPR**
 - C. Give 5 compressions and 5 back slaps
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The correct answer is B. If you can't remove the object blocking the airway, the person will become unresponsive. Always give CPR to anyone who is unresponsive and not breathing normally or only gasping. [*Heartsaver CPR AED Student Workbook*, page 59; CPR and AED > How to Help a Choking Adult, Child, or Infant > How to Help a Choking Adult, Child, or Infant Who Becomes Unresponsive; *Heartsaver First Aid CPR AED Student Workbook*, page 27; Part 2: Medical Emergencies > Choking in an Adult, Child, or Infant > Help a Choking Adult, Child, or Infant Who Becomes Unresponsive]

2. How should you give breaths with a mask?
 - A. Tilt the head, and cover the face completely with the mask
 - B. Tilt the chin, and press the mask against the person's nose
 - C. Tilt the head back far enough to open the person's mouth, and gently place the mask on the person's face
 - D. Tilt the head and lift the chin, and press the mask against the person's face to make an airtight seal**

The correct answer is D. Tilt the head and lift the chin while pressing the mask against the person's face. It is important to make an airtight seal between the person's face and the mask while you lift the chin to keep the airway open. [*Heartsaver CPR AED Student Workbook*, page 15; *Heartsaver First Aid CPR AED Student Workbook*, page 90; CPR and AED > CPR and AED Use for Adults > Perform High-Quality CPR > Give Breaths > Use a Pocket Mask > Give Breaths With a Pocket Mask]

3. You are having lunch with a friend at a restaurant. You both eat the same dessert, and within a few minutes you notice your friend's face is flushed. He says his throat feels tight and feels like it's closing. What step in the adult Chain of Survival is described in this scenario?
 - A. Coordinated aftercare
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 - D. Rapid AED use

The correct answer is C. Immediately recognize the emergency and phone 9-1-1. [*Heartsaver CPR AED Student Workbook*, page 5; *Heartsaver First Aid CPR AED Student Workbook*, page 80; CPR and AED > CPR and AED Use for Adults > Adult Chain of Survival]

4. What are the correct rate and depth for providing compressions during high-quality adult CPR to improve survival?
- A. Rate of no more than 60 compressions per minute and depth of at least 1 inch
 - B. Rate of 80 to 100 compressions per minute and depth of at least 2 inches
 - C. Rate of 100 to 120 compressions per minute and depth of at least 1 inch
 - D. Rate of 100 to 120 compressions per minute and depth of at least 2 inches**

The correct answer is D. Push at a rate of 100 to 120 compressions per minute. Push straight down at least 2 inches. [*Heartsaver CPR AED Student Workbook*, page 11; *Heartsaver First Aid CPR AED Student Workbook*, page 86; CPR and AED > CPR and AED Use for Adults > Perform High-Quality CPR > Provide Compressions > Compression Technique]

5. What should you do when you phone your emergency response number (or 9-1-1)?
- A. Quickly tell the dispatcher where the accident occurred
 - B. Answer all the dispatcher's questions**
 - C. Tell the dispatcher to call you back
 - D. Give the dispatcher only the victim's information

The correct answer is B. Stay on the phone until the 9-1-1 dispatcher tells you to hang up. Answering the dispatcher's questions will not delay the arrival of help. The dispatcher will ask you about the emergency—where you are and what has happened. Dispatchers can provide instructions that will help you, such as telling you how to provide CPR, use an AED, or give first aid. [*Heartsaver CPR AED Student Workbook*, page 8; *Heartsaver First Aid CPR AED Student Workbook*, page 83; CPR and AED > CPR and AED Use for Adults > Assess and Phone 9-1-1 > Follow the Dispatcher's Instructions]

6. You are giving sets of 30 compressions and 2 breaths. Another person arrives with an AED. What should you do next?
- A. Immediately use the AED**
 - B. Finish whichever set of 30 compressions and 2 breaths you're working on
 - C. Make sure someone has phoned the emergency response number (or 9-1-1)
 - D. Put a blanket on the person receiving CPR

The correct answer is A. Use the AED as soon as it is available. [*Heartsaver CPR AED Student Workbook*, page 18; *Heartsaver First Aid CPR AED Student Workbook*, page 93; CPR and AED > CPR and AED Use for Adults > Use an AED > Steps for Using an AED for an Adult]

7. How deep should you push the chest of an adult victim when giving chest compressions?
- A. At least 2 inches**
 - B. One half the depth of the chest
 - C. One third the depth of the chest
 - D. Only 1 inch

The correct answer is A. Push straight down at least 2 inches. [*Heartsaver CPR AED Student Workbook*, page 11; *Heartsaver First Aid CPR AED Student Workbook*, page 86; CPR and AED > CPR and AED Use for Adults > Perform High-Quality CPR > Provide Compressions > Compression Technique]

8. What actions result in the best chance of survival if someone is not breathing (or is only gasping) and isn't responding?
- A. Shout for help, and stay with the victim until someone with more advanced training arrives
 - B. Start CPR, and use an AED if one is available**
 - C. Perform CPR only, and leave the AED for someone with more advanced training to use
 - D. Send someone to get the AED, to minimize the number of people involved

The correct answer is B. If the person is not breathing normally or is only gasping, he needs CPR. CPR combined with using an AED provides the best chance of saving a life. If possible, use an AED every time you provide CPR. [*Heartsaver CPR AED Student Workbook*, page 8; *Heartsaver First Aid CPR AED Student Workbook*, page 83; CPR and AED > CPR and AED Use for Adults > Assess and Phone 9-1-1 > Check for Normal Breathing; *Heartsaver CPR AED Student Workbook*, page 16; *Heartsaver First Aid CPR AED Student Workbook*, page 91; CPR and AED > CPR and AED Use for Adults > Use an AED]

9. You come across an adult lying on the ground. You tap and shout, but he is unresponsive. What should you do next?
- A. Continue tapping and shouting until the person becomes responsive
 - B. Slap the person on the back to see if an object is lodged in the throat
 - C. Check for breathing for at least 10 seconds
 - D. Shout for help. Phone or have someone else phone the emergency response number (or 9-1-1) and get an AED if one is available**

The correct answer is D. If the person is unresponsive, phone or have someone else phone the emergency response number (or 9-1-1) and get an AED. [*Heartsaver CPR AED Student Workbook*, page 7; *Heartsaver First Aid CPR AED Student Workbook*, page 82; CPR and AED > CPR and AED Use for Adults > Assess and Phone 9-1-1 > Phone 9-1-1 and Get an AED]

10. When performing CPR, when should you switch positions and allow someone else to take over compressions and breaths?
- A. About every 2 minutes**
 - B. After each set of 30 compressions and 30 breaths
 - C. After each set of 100 compressions and 2 breaths
 - D. Every 5 minutes

The correct answer is A. Switch rescuers about every 2 minutes, or sooner if you get tired. [*Heartsaver CPR AED Student Workbook*, page 11; *Heartsaver First Aid CPR AED Student Workbook*, page 86; CPR and AED > CPR and AED Use for Adults > Perform High-Quality CPR > Provide Compressions > Switch Rescuers to Avoid Fatigue]

American Heart Association

**Heartsaver®
Adult CPR AED, Child CPR AED
Optional Exams A and B**

April 26, 2016

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8.	A	B	C	D
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10.	A	B	C	D



American Heart Association

**Heartsaver®
Adult CPR AED, Child CPR AED
Optional Exam A**

April 26, 2016

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Heartsaver®
Adult CPR AED, Child CPR AED Optional Exam A
(10 questions)

Please do not mark on this exam. Record the best answer on the separate answer sheet.

1. Why are the first few minutes of a heart attack the most important for giving CPR?
 - A. Because many heart attack treatments will be most successful if they are given quickly
 - B. Because this is when you should find the nearest AED and use it before giving CPR
 - C. Because this is when you have time to consider what actions to take
 - D. Because this is when a person is most likely to get better and have no discomfort

2. What should you do when you phone your emergency response number (or 9-1-1)?
 - A. Answer all the dispatcher's questions
 - B. Quickly tell the dispatcher where the accident occurred
 - C. Tell the dispatcher to call you back
 - D. Give the dispatcher only the victim's information

3. What actions result in the best chance of survival if someone is not breathing (or is only gasping) and isn't responding?
 - A. Shout for help, and stay with the victim until someone with more advanced training arrives
 - B. Perform CPR only, and leave the AED for someone with more advanced training to use
 - C. Start CPR, and use an AED if one is available
 - D. Send someone to get the AED, to minimize the number of people involved

4. How deep should you push the chest of an adult victim when giving chest compressions?
 - A. One half the depth of the chest
 - B. One third the depth of the chest
 - C. Only 1 inch
 - D. At least 2 inches

5. When performing CPR, when should you switch positions and allow someone else to take over compressions and breaths?
 - A. After each set of 30 compressions and 30 breaths
 - B. About every 2 minutes
 - C. After each set of 100 compressions and 2 breaths
 - D. Every 5 minutes

6. How should you give breaths with a mask?
 - A. Tilt the head and lift the chin, and press the mask against the person's face to make an airtight seal
 - B. Tilt the head, and cover the face completely with the mask
 - C. Tilt the chin, and press the mask against the person's nose
 - D. Tilt the head back far enough to open the person's mouth, and gently place the mask on the person's face

7. You are giving sets of 30 compressions and 2 breaths. Another person arrives with an AED. What should you do next?
 - A. Finish whichever set of 30 compressions and 2 breaths you're working on
 - B. Immediately use the AED
 - C. Make sure someone has phoned the emergency response number (or 9-1-1)
 - D. Put a blanket on the person receiving CPR

8. How far should you push down when giving chest compressions to a child who needs CPR?
 - A. About 2 inches
 - B. About 1 inch
 - C. About 1½ inches
 - D. About half an inch

9. You are performing CPR on a child when another person arrives with the AED. You notice that the AED does not have child pads. What should you do?
 - A. Use the adult pads, making sure they do not touch each other
 - B. Decide not to use the AED because the pads are only for adults
 - C. Stop CPR because it will not help anyway
 - D. Make sure to place the AED pads over the clothing to reduce the shock

10. What is the correct position for giving abdominal thrusts if a child is choking and is still responding?
 - A. Put an arm around the choking child's waist
 - B. Put 2 fingers above the choking child's belly button
 - C. Stand in front of the choking child and put 2 fists between his shoulder blades
 - D. Get behind the choking child and put a fist just above his belly button

**Answer Key
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Question	Answer			
1.	•	B	C	D
2.	•	B	C	D
3.	A	B	•	D
4.	A	B	C	•
5.	A	•	C	D
6.	•	B	C	D
7.	A	•	C	D
8.	•	B	C	D
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10.	A	B	C	•

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Adult CPR AED, Child CPR AED Optional Exam A**

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1. Why are the first few minutes of a heart attack the most important for giving CPR?
 - A. Because many heart attack treatments will be most successful if they are given quickly
 - B. Because this is when you should find the nearest AED and use it before giving CPR
 - C. Because this is when you have time to consider what actions to take
 - D. Because this is when a person is most likely to get better and have no discomfort

The correct answer is A. The longer a person with a heart attack goes without treatment, the greater the possible damage to the heart muscle is. Occasionally, the damaged heart muscle triggers an abnormal rhythm that can lead to sudden cardiac arrest. [*Heartsaver CPR AED Student Workbook*, page 3; Introduction > Heartsaver Terms and Concepts > Sudden Cardiac Arrest or Heart Attack?; *Heartsaver First Aid CPR AED Student Workbook*, page 33; Part 2: Medical Emergencies > Heart Attack > Difference Between Heart Attack and Cardiac Arrest]

2. What should you do when you phone your emergency response number (or 9-1-1)?
 - A. Answer all the dispatcher's questions
 - B. Quickly tell the dispatcher where the accident occurred
 - C. Tell the dispatcher to call you back
 - D. Give the dispatcher only the victim's information

The correct answer is A. Stay on the phone until the 9-1-1 dispatcher tells you to hang up. Answering the dispatcher's questions will not delay the arrival of help. The dispatcher will ask you about the emergency—where you are and what has happened. Dispatchers can provide instructions that will help you, such as telling you how to provide CPR, use an AED, or give first aid. [*Heartsaver CPR AED Student Workbook*, page 8; *Heartsaver First Aid CPR AED Student Workbook*, page 83; CPR and AED > CPR and AED Use for Adults > Assess and Phone 9-1-1 > Follow the Dispatcher's Instructions]

3. What actions result in the best chance of survival if someone is not breathing (or is only gasping) and isn't responding?
 - A. Shout for help, and stay with the victim until someone with more advanced training arrives
 - B. Perform CPR only, and leave the AED for someone with more advanced training to use
 - C. Start CPR, and use an AED if one is available
 - D. Send someone to get the AED, to minimize the number of people involved

The correct answer is C. If the person is not breathing normally or is only gasping, he needs CPR. CPR combined with using an AED provides the best chance of saving a life. If possible, use an AED every time you provide CPR. [*Heartsaver CPR AED Student Workbook*, page 8; *Heartsaver First Aid CPR AED Student Workbook*, page 83; CPR and AED > CPR and AED Use for Adults > Assess and Phone 9-1-1 > Check for Normal Breathing; *Heartsaver CPR AED Student Workbook*, page 16; *Heartsaver First Aid CPR AED Student Workbook*, page 91; CPR and AED > CPR and AED Use for Adults > Use an AED]

4. How deep should you push the chest of an adult victim when giving chest compressions?
- A. One half the depth of the chest
 - B. One third the depth of the chest
 - C. Only 1 inch
 - D. At least 2 inches**

The correct answer is D. Push straight down at least 2 inches. [*Heartsaver CPR AED Student Workbook*, page 11; *Heartsaver First Aid CPR AED Student Workbook*, page 86; CPR and AED > CPR and AED Use for Adults > Perform High-Quality CPR > Provide Compressions > Compression Technique]

5. When performing CPR, when should you switch positions and allow someone else to take over compressions and breaths?
- A. After each set of 30 compressions and 30 breaths
 - B. About every 2 minutes**
 - C. After each set of 100 compressions and 2 breaths
 - D. Every 5 minutes

The correct answer is B. Switch rescuers about every 2 minutes, or sooner if you get tired. [*Heartsaver CPR AED Student Workbook*, page 11; *Heartsaver First Aid CPR AED Student Workbook*, page 86; CPR and AED > CPR and AED Use for Adults > Perform High-Quality CPR > Provide Compressions > Switch Rescuers to Avoid Fatigue]

6. How should you give breaths with a mask?
- A. Tilt the head and lift the chin, and press the mask against the person's face to make an airtight seal**
 - B. Tilt the head, and cover the face completely with the mask
 - C. Tilt the chin, and press the mask against the person's nose
 - D. Tilt the head back far enough to open the person's mouth, and gently place the mask on the person's face

The correct answer is A. Tilt the head and lift the chin while pressing the mask against the person's face. It is important to make an airtight seal between the person's face and the mask while you lift the chin to keep the airway open. [*Heartsaver CPR AED Student Workbook*, page 15; *Heartsaver First Aid CPR AED Student Workbook*, page 90; CPR and AED > CPR and AED Use for Adults > Perform High-Quality CPR > Give Breaths > Use a Pocket Mask > Give Breaths With a Pocket Mask]

7. You are giving sets of 30 compressions and 2 breaths. Another person arrives with an AED. What should you do next?
- A. Finish whichever set of 30 compressions and 2 breaths you're working on
 - B. Immediately use the AED**
 - C. Make sure someone has phoned the emergency response number (or 9-1-1)
 - D. Put a blanket on the person receiving CPR

The correct answer is B. Use the AED as soon as it is available. [*Heartsaver CPR AED Student Workbook*, page 18; *Heartsaver First Aid CPR AED Student Workbook*, page 93; CPR and AED > CPR and AED Use for Adults > Use an AED > Steps for Using an AED for an Adult]

8. How far should you push down when giving chest compressions to a child who needs CPR?

- A. About 2 inches
- B. About 1 inch
- C. About 1½ inches
- D. About half an inch

The correct answer is A. Push straight down at least one third the depth of the chest, or about 2 inches. [*Heartsaver CPR AED Student Workbook*, page 29; *Heartsaver First Aid CPR AED Student Workbook*, page 104; CPR and AED > CPR and AED Use for Children > Perform High-Quality CPR > Provide Compressions > Compression Technique]

9. You are performing CPR on a child when another person arrives with the AED. You notice that the AED does not have child pads. What should you do?

- A. Use the adult pads, making sure they do not touch each other
- B. Decide not to use the AED because the pads are only for adults
- C. Stop CPR because it will not help anyway
- D. Make sure to place the AED pads over the clothing to reduce the shock

The correct answer is A. Use child pads if the child or infant is less than 8 years old. If child pads are not available, use adult pads. [*Heartsaver CPR AED Student Workbook*, page 36; *Heartsaver First Aid CPR AED Student Workbook*, page 111; CPR and AED > CPR and AED Use for Children > Use an AED > Attach the Pads]

10. What is the correct position for giving abdominal thrusts if a child is choking and is still responding?

- A. Put an arm around the choking child's waist
- B. Put 2 fingers above the choking child's belly button
- C. Stand in front of the choking child and put 2 fists between his shoulder blades
- D. Get behind the choking child and put a fist just above his belly button

The correct answer is D. Stand firmly or kneel behind the person (depending on your size and the size of the person choking). Wrap your arms around the person's waist so that your fists are in front. Make a fist with one hand. Put the thumb side of your fist slightly above the belly button and well below the breastbone. [*Heartsaver CPR AED Student Workbook*, page 57; CPR and AED > How to Help a Choking Adult, Child, or Infant > How to Help an Adult, Child, or Infant Who Has a Severe Airway Block > How to Help a Choking Adult or Child With a Severe Airway Block; *Heartsaver First Aid CPR AED Student Workbook*, page 25; Part 2: Medical Emergencies > Choking in an Adult, Child, or Infant > How to Help an Adult, Child, or Infant Who Has a Severe Airway Block > How to Help a Choking Adult or Child With a Severe Airway Block]



American Heart Association

Heartsaver[®]
Adult CPR AED, Child CPR AED
Optional Exam B

April 26, 2016

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Heartsaver®
Adult CPR AED, Child CPR AED Optional Exam B
(10 questions)

Please do not mark on this exam. Record the best answer on the separate answer sheet.

1. What actions result in the best chance of survival if someone is not breathing (or is only gasping) and isn't responding?
 - A. Send someone to get the AED, to minimize the number of people involved
 - B. Shout for help, and stay with the victim until someone with more advanced training arrives
 - C. Perform CPR only, and leave the AED for someone with more advanced training to use
 - D. Start CPR, and use an AED if one is available

2. When performing CPR, when should you switch positions and allow someone else to take over compressions and breaths?
 - A. After each set of 30 compressions and 30 breaths
 - B. After each set of 100 compressions and 2 breaths
 - C. About every 2 minutes
 - D. Every 5 minutes

3. You are giving sets of 30 compressions and 2 breaths. Another person arrives with an AED. What should you do next?
 - A. Immediately use the AED
 - B. Finish whichever set of 30 compressions and 2 breaths you're working on
 - C. Make sure someone has phoned the emergency response number (or 9-1-1)
 - D. Put a blanket on the person receiving CPR

4. How far should you push down when giving chest compressions to a child who needs CPR?
 - A. About half an inch
 - B. About 2 inches
 - C. About 1 inch
 - D. About 1½ inches

5. How should you give breaths with a mask?
 - A. Tilt the head, and cover the face completely with the mask
 - B. Tilt the head and lift the chin, and press the mask against the person's face to make an airtight seal
 - C. Tilt the chin, and press the mask against the person's nose
 - D. Tilt the head back far enough to open the person's mouth, and gently place the mask on the person's face

6. What should you do when you phone your emergency response number (or 9-1-1)?
 - A. Give the dispatcher only the victim's information
 - B. Quickly tell the dispatcher where the accident occurred
 - C. Tell the dispatcher to call you back
 - D. Answer all the dispatcher's questions

7. You are performing CPR on a child when another person arrives with the AED. You notice that the AED does not have child pads. What should you do?
 - A. Stop CPR because it will not help anyway
 - B. Make sure to place the AED pads over the clothing to reduce the shock
 - C. Use the adult pads, making sure they do not touch each other
 - D. Decide not to use the AED because the pads are only for adults

8. Why are the first few minutes of a heart attack the most important for giving CPR?
 - A. Because this is when a person is most likely to get better and have no discomfort
 - B. Because many heart attack treatments will be most successful if they are given quickly
 - C. Because this is when you should find the nearest AED and use it before giving CPR
 - D. Because this is when you have time to consider what actions to take

9. What is the correct position for giving abdominal thrusts if a child is choking and is still responding?
 - A. Get behind the choking child and put a fist just above his belly button
 - B. Put an arm around the choking child's waist
 - C. Put 2 fingers above the choking child's belly button
 - D. Stand in front of the choking child and put 2 fists between his shoulder blades

10. How deep should you push the chest of an adult victim when giving chest compressions?
 - A. Only 1 inch
 - B. At least 2 inches
 - C. One half the depth of the chest
 - D. One third the depth of the chest

**Answer Key
Heartsaver®
Adult CPR AED, Child CPR AED Optional Exam B**

Question	Answer			
1.	A	B	C	•
2.	A	B	•	D
3.	•	B	C	D
4.	A	•	C	D
5.	A	•	C	D
6.	A	B	C	•
7.	A	B	•	D
8.	A	•	C	D
9.	•	B	C	D
10.	A	•	C	D

**Annotated Answer Key
Heartsaver®
Adult CPR AED, Child CPR AED Optional Exam B**

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1. What actions result in the best chance of survival if someone is not breathing (or is only gasping) and isn't responding?
 - A. Send someone to get the AED, to minimize the number of people involved
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 - C. Perform CPR only, and leave the AED for someone with more advanced training to use
 - D. Start CPR, and use an AED if one is available**

The correct answer is D. If the person is not breathing normally or is only gasping, he needs CPR. CPR combined with using an AED provides the best chance of saving a life. If possible, use an AED every time you provide CPR. [*Heartsaver CPR AED Student Workbook, page 8; Heartsaver First Aid CPR AED Student Workbook, page 83; CPR and AED > CPR and AED Use for Adults > Assess and Phone 9-1-1 > Check for Normal Breathing; Heartsaver CPR AED Student Workbook, page 16; Heartsaver First Aid CPR AED Student Workbook, page 91; CPR and AED > CPR and AED Use for Adults > Use an AED*]

2. When performing CPR, when should you switch positions and allow someone else to take over compressions and breaths?
 - A. After each set of 30 compressions and 30 breaths
 - B. After each set of 100 compressions and 2 breaths
 - C. About every 2 minutes**
 - D. Every 5 minutes

The correct answer is C. Switch rescuers about every 2 minutes, or sooner if you get tired. [*Heartsaver CPR AED Student Workbook, page 11; Heartsaver First Aid CPR AED Student Workbook, page 86; CPR and AED > CPR and AED Use for Adults > Perform High-Quality CPR > Provide Compressions > Switch Rescuers to Avoid Fatigue*]

3. You are giving sets of 30 compressions and 2 breaths. Another person arrives with an AED. What should you do next?
 - A. Immediately use the AED**
 - B. Finish whichever set of 30 compressions and 2 breaths you're working on
 - C. Make sure someone has phoned the emergency response number (or 9-1-1)
 - D. Put a blanket on the person receiving CPR

The correct answer is A. Use the AED as soon as it is available [*Heartsaver CPR AED Student Workbook, page 18; Heartsaver First Aid CPR AED Student Workbook, page 93; CPR and AED > CPR and AED Use for Adults > Use an AED > Steps for Using an AED for an Adult*]

4. How far should you push down when giving chest compressions to a child who needs CPR?
- A. About half an inch
 - B. About 2 inches**
 - C. About 1 inch
 - D. About 1½ inches

The correct answer is B. Push straight down at least one third the depth of the chest, or about 2 inches. [*Heartsaver CPR AED Student Workbook*, page 29; *Heartsaver First Aid CPR AED Student Workbook*, page 104; CPR and AED > CPR and AED Use for Children > Perform High-Quality CPR > Provide Compressions > Compression Technique]

5. How should you give breaths with a mask?
- A. Tilt the head, and cover the face completely with the mask
 - B. Tilt the head and lift the chin, and press the mask against the person's face to make an airtight seal**
 - C. Tilt the chin, and press the mask against the person's nose
 - D. Tilt the head back far enough to open the person's mouth, and gently place the mask on the person's face

The correct answer is B. Tilt the head and lift the chin while pressing the mask against the person's face. It is important to make an airtight seal between the person's face and the mask while you lift the chin to keep the airway open. [*Heartsaver CPR AED Student Workbook*, page 15; *Heartsaver First Aid CPR AED Student Workbook*, page 90; CPR and AED > CPR and AED Use for Adults > Perform High-Quality CPR > Give Breaths > Use a Pocket Mask > Give Breaths With a Pocket Mask]

6. What should you do when you phone your emergency response number (or 9-1-1)?
- A. Give the dispatcher only the victim's information
 - B. Quickly tell the dispatcher where the accident occurred
 - C. Tell the dispatcher to call you back
 - D. Answer all the dispatcher's questions**

The correct answer is D. Stay on the phone until the 9-1-1 dispatcher tells you to hang up. Answering the dispatcher's questions will not delay the arrival of help. The dispatcher will ask you about the emergency—where you are and what has happened. Dispatchers can provide instructions that will help you, such as telling you how to provide CPR, use an AED, or give first aid. [*Heartsaver CPR AED Student Workbook*, page 8; *Heartsaver First Aid CPR AED Student Workbook*, page 83; CPR and AED > CPR and AED Use for Adults > Assess and Phone 9-1-1 > Follow the Dispatcher's Instructions]

7. You are performing CPR on a child when another person arrives with the AED. You notice that the AED does not have child pads. What should you do?
- A. Stop CPR because it will not help anyway
 - B. Make sure to place the AED pads over the clothing to reduce the shock
 - C. Use the adult pads, making sure they do not touch each other**
 - D. Decide not to use the AED because the pads are only for adults

The correct answer is C. Use child pads if the child or infant is less than 8 years old. If child pads are not available, use adult pads. [*Heartsaver CPR AED Student Workbook*, page 36; *Heartsaver First Aid CPR AED Student Workbook*, page 111; CPR and AED > CPR and AED Use for Children > Use an AED > Attach the Pads]

8. Why are the first few minutes of a heart attack the most important for giving CPR?
- A. Because this is when a person is most likely to get better and have no discomfort
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 - C. Because this is when you should find the nearest AED and use it before giving CPR
 - D. Because this is when you have time to consider what actions to take

The correct answer is B. The longer a person with a heart attack goes without treatment, the greater the possible damage to the heart muscle is. Occasionally, the damaged heart muscle triggers an abnormal rhythm that can lead to sudden cardiac arrest. [*Heartsaver CPR AED Student Workbook*, page 3; Introduction > Heartsaver Terms and Concepts > Sudden Cardiac Arrest or Heart Attack?; *Heartsaver First Aid CPR AED Student Workbook*, page 33; Part 2: Medical Emergencies > Heart Attack > Difference Between Heart Attack and Cardiac Arrest]

9. What is the correct position for giving abdominal thrusts if a child is choking and is still responding?
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 - B. Put an arm around the choking child's waist
 - C. Put 2 fingers above the choking child's belly button
 - D. Stand in front of the choking child and put 2 fists between his shoulder blades

The correct answer is A. Stand firmly or kneel behind the person (depending on your size and the size of the person choking). Wrap your arms around the person's waist so that your fists are in front. Make a fist with one hand. Put the thumb side of your fist slightly above the belly button and well below the breastbone. [*Heartsaver CPR AED Student Workbook*, page 57; CPR and AED > How to Help a Choking Adult, Child, or Infant > How to Help an Adult, Child, or Infant Who Has a Severe Airway Block > How to Help a Choking Adult or Child With a Severe Airway Block; *Heartsaver First Aid CPR AED Student Workbook*, page 25; Part 2: Medical Emergencies > Choking in an Adult, Child, or Infant > How to Help an Adult, Child, or Infant Who Has a Severe Airway Block > How to Help a Choking Adult or Child With a Severe Airway Block]

10. How deep should you push the chest of an adult victim when giving chest compressions?

- A. Only 1 inch
- B. At least 2 inches**
- C. One half the depth of the chest
- D. One third the depth of the chest

The correct answer is B. Push straight down at least 2 inches. [*Heartsaver CPR AED Student Workbook*, page 11; *Heartsaver First Aid CPR AED Student Workbook*, page 86; CPR and AED > CPR and AED Use for Adults > Perform High-Quality CPR > Provide Compressions > Compression Technique]

American Heart Association

**Heartsaver®
Adult CPR AED, Infant CPR
Optional Exams A and B**

April 26, 2016

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- Optional Exam A Answer Key
- Optional Exam A Annotated Answer Key
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- Optional Exam B Answer Key
- Optional Exam B Annotated Answer Key

**Student Answer Sheet
Heartsaver®
Adult CPR AED, Infant CPR Optional Exam**

Name: _____ Date: _____ Version: _____

Question	Answer			
1.	A	B	C	D
2.	A	B	C	D
3.	A	B	C	D
4.	A	B	C	D
5.	A	B	C	D
6.	A	B	C	D
7.	A	B	C	D
8.	A	B	C	D
9.	A	B	C	D
10.	A	B	C	D



American Heart Association

Heartsaver[®]
Adult CPR AED, Infant CPR
Optional Exam A

April 26, 2016

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Heartsaver®
Adult CPR AED, Infant CPR Optional Exam A
(10 questions)

Please do not mark on this exam. Record the best answer on the separate answer sheet.

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 - A. Because many heart attack treatments will be most successful if they are given quickly
 - B. Because this is when you should find the nearest AED and use it before giving CPR
 - C. Because this is when you have time to consider what actions to take
 - D. Because this is when a person is most likely to get better and have no discomfort

2. What should you do when you phone your emergency response number (or 9-1-1)?
 - A. Answer all the dispatcher's questions
 - B. Quickly tell the dispatcher where the accident occurred
 - C. Tell the dispatcher to call you back
 - D. Give the dispatcher only the victim's information

3. What is a sign that an infant is not responding to the tap and shout?
 - A. The infant makes sounds
 - B. The infant cries
 - C. The infant does nothing
 - D. The infant blinks

4. How deep should you push the chest of an adult victim when giving chest compressions?
 - A. One half the depth of the chest
 - B. One third the depth of the chest
 - C. Only 1 inch
 - D. At least 2 inches

5. When performing CPR, when should you switch positions and allow someone else to take over compressions and breaths?
 - A. After each set of 30 compressions and 30 breaths
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 - C. After each set of 100 compressions and 2 breaths
 - D. Every 5 minutes

6. How should you give breaths with a mask?
 - A. Tilt the head and lift the chin, and press the mask against the person's face to make an airtight seal
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7. You are giving sets of 30 compressions and 2 breaths. Another person arrives with an AED. What should you do next?
 - A. Finish whichever set of 30 compressions and 2 breaths you're working on
 - B. Immediately use the AED
 - C. Make sure someone has phoned the emergency response number (or 9-1-1)
 - D. Put a blanket on the person receiving CPR

8. What should you do if you are alone after giving 5 sets of 30 compressions and 2 breaths when performing CPR on an uninjured infant?
 - A. Keep giving sets of 30 compressions and 2 breaths until the infant responds
 - B. Carry the infant with you to phone 9-1-1
 - C. Check for breathing
 - D. See if someone can help

9. What should you do if a choking adult stops responding?
 - A. Start CPR
 - B. Give 5 compressions and 5 back slaps
 - C. Give forceful breaths to push the object down
 - D. Continue stomach thrusts until the object is removed

10. You are feeding your infant in a high chair. You briefly walk away to get him something to drink. When you return, you notice that his eyes are wide and he has excessive drooling and a silent cry. What is the next best step if, after giving 5 back slaps and 5 chest thrusts, the infant's airway is still blocked?
 - A. Begin CPR, emphasizing chest compressions
 - B. Put a finger in the infant's mouth and attempt to remove the blockage
 - C. Turn the infant over and continue with 5 chest thrusts until he is responsive
 - D. Repeat back slaps and chest thrusts until the infant can breathe or stops responding

**Answer Key
Heartsaver®
Adult CPR AED, Infant CPR Optional Exam A**

Question	Answer			
1.	•	B	C	D
2.	•	B	C	D
3.	A	B	•	D
4.	A	B	C	•
5.	A	•	C	D
6.	•	B	C	D
7.	A	•	C	D
8.	A	•	C	D
9.	•	B	C	D
10.	A	B	C	•

**Annotated Answer Key
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The correct answer is A. The longer a person with a heart attack goes without treatment, the greater the possible damage to the heart muscle is. Occasionally, the damaged heart muscle triggers an abnormal rhythm that can lead to sudden cardiac arrest. [*Heartsaver CPR AED Student Workbook*, page 3; Introduction > Heartsaver Terms and Concepts > Sudden Cardiac Arrest or Heart Attack?; *Heartsaver First Aid CPR AED Student Workbook*, page 33; Part 2: Medical Emergencies > Heart Attack > Difference Between Heart Attack and Cardiac Arrest]

2. What should you do when you phone your emergency response number (or 9-1-1)?

- A. Answer all the dispatcher's questions
- B. Quickly tell the dispatcher where the accident occurred
- C. Tell the dispatcher to call you back
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The correct answer is A. Stay on the phone until the 9-1-1 dispatcher tells you to hang up. Answering the dispatcher's questions will not delay the arrival of help. The dispatcher will ask you about the emergency—where you are and what has happened. Dispatchers can provide instructions that will help you, such as telling you how to provide CPR, use an AED, or give first aid. [*Heartsaver CPR AED Student Workbook*, page 8; *Heartsaver First Aid CPR AED Student Workbook*, page 83; CPR and AED > CPR and AED Use for Adults > Assess and Phone 9-1-1 > Follow the Dispatcher's Instructions]

3. What is a sign that an infant is not responding to the tap and shout?

- A. The infant makes sounds
- B. The infant cries
- C. The infant does nothing
- D. The infant blinks

The correct answer is C. The infant doesn't move, cry, blink, or otherwise react when you tap him. He is unresponsive. [*Heartsaver CPR AED Student Workbook*, page 42; *Heartsaver First Aid CPR AED Student Workbook*, page 117; CPR and AED > CPR for Infants > Assess and Phone 9-1-1 > Tap and Shout (Check for Responsiveness)]

4. How deep should you push the chest of an adult victim when giving chest compressions?
- A. One half the depth of the chest
 - B. One third the depth of the chest
 - C. Only 1 inch
 - D. At least 2 inches**

The correct answer is D. Push straight down at least 2 inches. [*Heartsaver CPR AED Student Workbook*, page 11; *Heartsaver First Aid CPR AED Student Workbook*, page 86; CPR and AED > CPR and AED Use for Adults > Perform High-Quality CPR > Provide Compressions > Compression Technique]

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 - B. Tilt the head, and cover the face completely with the mask
 - C. Tilt the chin, and press the mask against the person's nose
 - D. Tilt the head back far enough to open the person's mouth, and gently place the mask on the person's face

The correct answer is A. Tilt the head and lift the chin while pressing the mask against the person's face. It is important to make an airtight seal between the person's face and the mask while you lift the chin to keep the airway open. [*Heartsaver CPR AED Student Workbook*, page 15; *Heartsaver First Aid CPR AED Student Workbook*, page 90; CPR and AED > CPR and AED Use for Adults > Perform High-Quality CPR > Give Breathes > Use a Pocket Mask > Give Breathes With a Pocket Mask]

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- A. Finish whichever set of 30 compressions and 2 breaths you're working on
 - B. Immediately use the AED**
 - C. Make sure someone has phoned the emergency response number (or 9-1-1)
 - D. Put a blanket on the person receiving CPR

The correct answer is B. Use the AED as soon as it is available. [*Heartsaver CPR AED Student Workbook*, page 18; *Heartsaver First Aid CPR AED Student Workbook*, page 93; CPR and AED > CPR and AED Use for Adults > Use an AED > Steps for Using an AED for an Adult]

8. What should you do if you are alone after giving 5 sets of 30 compressions and 2 breaths when performing CPR on an uninjured infant?
- A. Keep giving sets of 30 compressions and 2 breaths until the infant responds
 - B. Carry the infant with you to phone 9-1-1**
 - C. Check for breathing
 - D. See if someone can help

The correct answer is B. If the infant isn't injured and you're alone, after 5 sets of 30 compressions and 2 breaths, you may carry the infant with you to phone 9-1-1 and get an AED. [*Heartsaver CPR AED Student Workbook*, page 45; *Heartsaver First Aid CPR AED Student Workbook*, page 120; CPR and AED > CPR for Infants > Assess and Phone 9-1-1 > Begin CPR, Phone 9-1-1, and Get an AED]

9. What should you do if a choking adult stops responding?
- A. Start CPR**
 - B. Give 5 compressions and 5 back slaps
 - C. Give forceful breaths to push the object down
 - D. Continue stomach thrusts until the object is removed

The correct answer is A. If you can't remove the object blocking the airway, the person will become unresponsive. Always give CPR to anyone who is unresponsive and not breathing normally or only gasping. [*Heartsaver CPR AED Student Workbook*, page 59; CPR and AED > How to Help a Choking Adult, Child, or Infant > How to Help a Choking Adult, Child, or Infant Who Becomes Unresponsive; *Heartsaver First Aid CPR AED Student Workbook*, page 27; Part 2: Medical Emergencies > Choking in an Adult, Child, or Infant > Help a Choking Adult, Child, or Infant Who Becomes Unresponsive]

10. You are feeding your infant in a high chair. You briefly walk away to get him something to drink. When you return, you notice that his eyes are wide and he has excessive drooling and a silent cry. What is the next best step if, after giving 5 back slaps and 5 chest thrusts, the infant's airway is still blocked?
- A. Begin CPR, emphasizing chest compressions
 - B. Put a finger in the infant's mouth and attempt to remove the blockage
 - C. Turn the infant over and continue with 5 chest thrusts until he is responsive
 - D. Repeat back slaps and chest thrusts until the infant can breathe or stops responding**

The correct answer is D. Repeat giving 5 back slaps and 5 chest thrusts until the infant can breathe, cough, or cry, or until he becomes unresponsive. [*Heartsaver CPR AED Student Workbook*, page 59; CPR and AED > How to Help a Choking Adult, Child, or Infant > How to Help an Adult, Child, or Infant Who Has a Severe Airway Block > How to Help a Choking Infant With a Severe Airway Block; *Heartsaver First Aid CPR AED Student Workbook*, page 27; Part 2: Medical Emergencies > Choking in an Adult, Child, or Infant > How to Help an Adult, Child, or Infant Who Has a Severe Airway Block > How to Help a Choking Infant With a Severe Airway Block]



American Heart Association

**Heartsaver[®]
Adult CPR AED, Infant CPR
Optional Exam B**

April 26, 2016

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Heartsaver®
Adult CPR AED, Infant CPR Optional Exam B
(10 questions)

Please do not mark on this exam. Record the best answer on the separate answer sheet.

1. How deep should you push the chest of an adult victim when giving chest compressions?
 - A. One half the depth of the chest
 - B. At least 2 inches
 - C. One third the depth of the chest
 - D. Only 1 inch

2. What is a sign that an infant is not responding to the tap and shout?
 - A. The infant blinks
 - B. The infant makes sounds
 - C. The infant cries
 - D. The infant does nothing

3. What should you do if a choking adult stops responding?
 - A. Continue stomach thrusts until the object is removed
 - B. Start CPR
 - C. Give 5 compressions and 5 back slaps
 - D. Give forceful breaths to push the object down

4. How should you give breaths with a mask?
 - A. Tilt the head and lift the chin, and press the mask against the person's face to make an airtight seal
 - B. Tilt the head, and cover the face completely with the mask
 - C. Tilt the chin, and press the mask against the person's nose
 - D. Tilt the head back far enough to open the person's mouth, and gently place the mask on the person's face

5. What should you do when you phone your emergency response number (or 9-1-1)?
 - A. Tell the dispatcher to call you back
 - B. Quickly tell the dispatcher where the accident occurred
 - C. Answer all the dispatcher's questions
 - D. Give the dispatcher only the victim's information

6. Why are the first few minutes of a heart attack the most important for giving CPR?
 - A. Because this is when a person is most likely to get better and have no discomfort
 - B. Because many heart attack treatments will be most successful if they are given quickly
 - C. Because this is when you should find the nearest AED and use it before giving CPR
 - D. Because this is when you have time to consider what actions to take

7. What should you do if you are alone after giving 5 sets of 30 compressions and 2 breaths when performing CPR on an uninjured infant?
 - A. See if someone can help
 - B. Keep giving sets of 30 compressions and 2 breaths until the infant responds
 - C. Carry the infant with you to phone 9-1-1
 - D. Check for breathing

8. You are giving sets of 30 compressions and 2 breaths. Another person arrives with an AED. What should you do next?
 - A. Finish whichever set of 30 compressions and 2 breaths you're working on
 - B. Put a blanket on the person receiving CPR
 - C. Make sure someone has phoned the emergency response number (or 9-1-1)
 - D. Immediately use the AED

9. You are feeding your infant in a high chair. You briefly walk away to get him something to drink. When you return, you notice that his eyes are wide and he has excessive drooling and a silent cry. What is the next best step if, after giving 5 back slaps and 5 chest thrusts, the infant's airway is still blocked?
 - A. Repeat back slaps and chest thrusts until the infant can breathe or stops responding
 - B. Begin CPR, emphasizing chest compressions
 - C. Put a finger in the infant's mouth and attempt to remove the blockage
 - D. Turn the infant over and continue with 5 chest thrusts until he is responsive

10. When performing CPR, when should you switch positions and allow someone else to take over compressions and breaths?
 - A. Every 5 minutes
 - B. After each set of 30 compressions and 30 breaths
 - C. About every 2 minutes
 - D. After each set of 100 compressions and 2 breaths

**Answer Key
Heartsaver®
Adult CPR AED, Infant CPR Optional Exam B**

Question	Answer			
1.	A	•	C	D
2.	A	B	C	•
3.	A	•	C	D
4.	•	B	C	D
5.	A	B	•	D
6.	A	•	C	D
7.	A	B	•	D
8.	A	B	C	•
9.	•	B	C	D
10.	A	B	•	D

**Annotated Answer Key
Heartsaver®
Adult CPR AED, Infant CPR Optional Exam B**

Student Workbook 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. How deep should you push the chest of an adult victim when giving chest compressions?
 - A. One half the depth of the chest
 - B. At least 2 inches**
 - C. One third the depth of the chest
 - D. Only 1 inch

The correct answer is B. Push straight down at least 2 inches. [*Heartsaver CPR AED Student Workbook*, page 11; *Heartsaver First Aid CPR AED Student Workbook*, page 86; CPR and AED > CPR and AED Use for Adults > Perform High-Quality CPR > Provide Compressions > Compression Technique]

2. What is a sign that an infant is not responding to the tap and shout?
 - A. The infant blinks
 - B. The infant makes sounds
 - C. The infant cries
 - D. The infant does nothing**

The correct answer is D. The infant doesn't move, cry, blink, or otherwise react when you tap him. He is unresponsive. [*Heartsaver CPR AED Student Workbook*, page 42; *Heartsaver First Aid CPR AED Student Workbook*, page 117; CPR and AED > CPR for Infants > Assess and Phone 9-1-1 > Tap and Shout (Check for Responsiveness)]

3. What should you do if a choking adult stops responding?
 - A. Continue stomach thrusts until the object is removed
 - B. Start CPR**
 - C. Give 5 compressions and 5 back slaps
 - D. Give forceful breaths to push the object down

The correct answer is B. If you can't remove the object blocking the airway, the person will become unresponsive. Always give CPR to anyone who is unresponsive and not breathing normally or only gasping. [*Heartsaver CPR AED Student Workbook*, page 59; CPR and AED > How to Help a Choking Adult, Child, or Infant > How to Help a Choking Adult, Child, or Infant Who Becomes Unresponsive; *Heartsaver First Aid CPR AED Student Workbook*, page 27; Part 2: Medical Emergencies > Choking in an Adult, Child, or Infant > Help a Choking Adult, Child, or Infant Who Becomes Unresponsive]

4. How should you give breaths with a mask?

- A. Tilt the head and lift the chin, and press the mask against the person's face to make an airtight seal
- B. Tilt the head, and cover the face completely with the mask
- C. Tilt the chin, and press the mask against the person's nose
- D. Tilt the head back far enough to open the person's mouth, and gently place the mask on the person's face

The correct answer is A. Tilt the head and lift the chin while pressing the mask against the person's face. It is important to make an airtight seal between the person's face and the mask while you lift the chin to keep the airway open. [*Heartsaver CPR AED Student Workbook*, page 15; *Heartsaver First Aid CPR AED Student Workbook*, page 90; CPR and AED > CPR and AED Use for Adults > Perform High-Quality CPR > Give Breaths > Use a Pocket Mask > Give Breaths With a Pocket Mask]

5. What should you do when you phone your emergency response number (or 9-1-1)?

- A. Tell the dispatcher to call you back
- B. Quickly tell the dispatcher where the accident occurred
- C. Answer all the dispatcher's questions
- D. Give the dispatcher only the victim's information

The correct answer is C. Stay on the phone until the 9-1-1 dispatcher tells you to hang up. Answering the dispatcher's questions will not delay the arrival of help. The dispatcher will ask you about the emergency—where you are and what has happened. Dispatchers can provide instructions that will help you, such as telling you how to provide CPR, use an AED, or give first aid. [*Heartsaver CPR AED Student Workbook*, page 8; *Heartsaver First Aid CPR AED Student Workbook*, page 83; CPR and AED > CPR and AED Use for Adults > Assess and Phone 9-1-1 > Follow the Dispatcher's Instructions]

6. Why are the first few minutes of a heart attack the most important for giving CPR?

- A. Because this is when a person is most likely to get better and have no discomfort
- B. Because many heart attack treatments will be most successful if they are given quickly
- C. Because this is when you should find the nearest AED and use it before giving CPR
- D. Because this is when you have time to consider what actions to take

The correct answer is B. The longer a person with a heart attack goes without treatment, the greater the possible damage to the heart muscle is. Occasionally, the damaged heart muscle triggers an abnormal rhythm that can lead to sudden cardiac arrest. [*Heartsaver CPR AED Student Workbook*, page 3; Introduction > Heartsaver Terms and Concepts > Sudden Cardiac Arrest or Heart Attack?; *Heartsaver First Aid CPR AED Student Workbook*, page 33; Part 2: Medical Emergencies > Heart Attack > Difference Between Heart Attack and Cardiac Arrest]

7. What should you do if you are alone after giving 5 sets of 30 compressions and 2 breaths when performing CPR on an uninjured infant?
- A. See if someone can help
 - B. Keep giving sets of 30 compressions and 2 breaths until the infant responds
 - C. Carry the infant with you to phone 9-1-1**
 - D. Check for breathing

The correct answer is C. If the infant isn't injured and you're alone, after 5 sets of 30 compressions and 2 breaths, you may carry the infant with you to phone 9-1-1 and get an AED. [*Heartsaver CPR AED Student Workbook*, page 45; *Heartsaver First Aid CPR AED Student Workbook*, page 120; CPR and AED > CPR for Infants > Assess and Phone 9-1-1 > Begin CPR, Phone 9-1-1, and Get an AED]

8. You are giving sets of 30 compressions and 2 breaths. Another person arrives with an AED. What should you do next?
- A. Finish whichever set of 30 compressions and 2 breaths you're working on
 - B. Put a blanket on the person receiving CPR
 - C. Make sure someone has phoned the emergency response number (or 9-1-1)
 - D. Immediately use the AED**

The correct answer is D. Use the AED as soon as it is available. [*Heartsaver CPR AED Student Workbook*, page 18; *Heartsaver First Aid CPR AED Student Workbook*, page 93; CPR and AED > CPR and AED Use for Adults > Use an AED > Steps for Using an AED for an Adult]

9. You are feeding your infant in a high chair. You briefly walk away to get him something to drink. When you return, you notice that his eyes are wide and he has excessive drooling and a silent cry. What is the next best step if, after giving 5 back slaps and 5 chest thrusts, the infant's airway is still blocked?
- A. Repeat back slaps and chest thrusts until the infant can breathe or stops responding**
 - B. Begin CPR, emphasizing chest compressions
 - C. Put a finger in the infant's mouth and attempt to remove the blockage
 - D. Turn the infant over and continue with 5 chest thrusts until he is responsive

The correct answer is A. Repeat giving 5 back slaps and 5 chest thrusts until the infant can breathe, cough, or cry, or until he becomes unresponsive. [*Heartsaver CPR AED Student Workbook*, page 59; CPR and AED > How to Help a Choking Adult, Child, or Infant > How to Help an Adult, Child, or Infant Who Has a Severe Airway Block > How to Help a Choking Infant With a Severe Airway Block; *Heartsaver First Aid CPR AED Student Workbook*, page 27; Part 2: Medical Emergencies > Choking in an Adult, Child, or Infant > How to Help an Adult, Child, or Infant Who Has a Severe Airway Block > How to Help a Choking Infant With a Severe Airway Block]

10. When performing CPR, when should you switch positions and allow someone else to take over compressions and breaths?
- A. Every 5 minutes
 - B. After each set of 30 compressions and 30 breaths
 - C. About every 2 minutes**
 - D. After each set of 100 compressions and 2 breaths

The correct answer is C. Switch rescuers about every 2 minutes, or sooner if you get tired. [*Heartsaver CPR AED Student Workbook*, page 11; *Heartsaver First Aid CPR AED Student Workbook*, page 86; CPR and AED > CPR and AED Use for Adults > Perform High-Quality CPR > Provide Compressions > Switch Rescuers to Avoid Fatigue]

American Heart Association

**Heartsaver®
Adult CPR AED, Child CPR AED,
Infant CPR
Optional Exams A and B**

April 26, 2016

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- Optional Exam A Answer Key
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- Optional Exam B Answer Key
- Optional Exam B Annotated Answer Key

**Student Answer Sheet
Heartsaver®
Adult CPR AED, Child CPR AED, Infant CPR Optional Exam**

Name: _____ Date: _____ Version: _____

Question	Answer			
1.	A	B	C	D
2.	A	B	C	D
3.	A	B	C	D
4.	A	B	C	D
5.	A	B	C	D
6.	A	B	C	D
7.	A	B	C	D
8.	A	B	C	D
9.	A	B	C	D
10.	A	B	C	D
11.	A	B	C	D
12.	A	B	C	D
13.	A	B	C	D
14.	A	B	C	D
15.	A	B	C	D



American Heart Association

**Heartsaver[®]
Adult CPR AED, Child CPR AED,
Infant CPR
Optional Exam A**

April 26, 2016

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Heartsaver®
Adult CPR AED, Child CPR AED, Infant CPR Optional Exam A
(15 questions)

Please do not mark on this exam. Record the best answer on the separate answer sheet.

1. What are the correct rate and depth for providing compressions during high-quality adult CPR to improve survival?
 - A. Rate of 80 to 100 compressions per minute and depth of at least 2 inches
 - B. Rate of no more than 60 compressions per minute and depth of at least 1 inch
 - C. Rate of 100 to 120 compressions per minute and depth of at least 2 inches
 - D. Rate of 100 to 120 compressions per minute and depth of at least 1 inch
2. You are having lunch with a friend at a restaurant. You both eat the same dessert, and within a few minutes you notice your friend's face is flushed. He says his throat feels tight and feels like it's closing. What step in the adult Chain of Survival is described in this scenario?
 - A. Coordinated aftercare
 - B. Early CPR
 - C. Rapid AED use
 - D. Recognizing the emergency
3. What should you do when you phone your emergency response number (or 9-1-1)?
 - A. Answer all the dispatcher's questions
 - B. Quickly tell the dispatcher where the accident occurred
 - C. Tell the dispatcher to call you back
 - D. Give the dispatcher only the victim's information
4. What actions result in the best chance of survival if someone is not breathing (or is only gasping) and isn't responding?
 - A. Shout for help, and stay with the victim until someone with more advanced training arrives
 - B. Perform CPR only, and leave the AED for someone with more advanced training to use
 - C. Start CPR, and use an AED if one is available
 - D. Send someone to get the AED, to minimize the number of people involved
5. What is a sign that an infant is not responding to the tap and shout?
 - A. The infant makes sounds
 - B. The infant cries
 - C. The infant does nothing
 - D. The infant blinks

6. How deep should you push the chest of an adult victim when giving chest compressions?
 - A. One half the depth of the chest
 - B. One third the depth of the chest
 - C. Only 1 inch
 - D. At least 2 inches

7. When performing CPR, when should you switch positions and allow someone else to take over compressions and breaths?
 - A. After each set of 30 compressions and 30 breaths
 - B. About every 2 minutes
 - C. After each set of 100 compressions and 2 breaths
 - D. Every 5 minutes

8. How should you give breaths with a mask?
 - A. Tilt the head and lift the chin, and press the mask against the person's face to make an airtight seal
 - B. Tilt the head, and cover the face completely with the mask
 - C. Tilt the chin, and press the mask against the person's nose
 - D. Tilt the head back far enough to open the person's mouth, and gently place the mask on the person's face

9. You are giving sets of 30 compressions and 2 breaths. Another person arrives with an AED. What should you do next?
 - A. Finish whichever set of 30 compressions and 2 breaths you're working on
 - B. Immediately use the AED
 - C. Make sure someone has phoned the emergency response number (or 9-1-1)
 - D. Put a blanket on the person receiving CPR

10. How far should you push down when giving chest compressions to a child who needs CPR?
 - A. About 2 inches
 - B. About 1 inch
 - C. About 1½ inches
 - D. About half an inch

11. You are performing CPR on a child when another person arrives with the AED. You notice that the AED does not have child pads. What should you do?
 - A. Use the adult pads, making sure they do not touch each other
 - B. Decide not to use the AED because the pads are only for adults
 - C. Stop CPR because it will not help anyway
 - D. Make sure to place the AED pads over the clothing to reduce the shock

12. What should you do if you are alone after giving 5 sets of 30 compressions and 2 breaths when performing CPR on an uninjured infant?
- A. Keep giving sets of 30 compressions and 2 breaths until the infant responds
 - B. Carry the infant with you to phone 9-1-1
 - C. Check for breathing
 - D. See if someone can help
13. How do you perform chest compressions on an infant?
- A. Use 2 fingers to push straight down very hard until you cannot compress the chest any deeper
 - B. Use 2 fingers to push straight down as far as possible without breaking any of the infant's ribs
 - C. Use 2 fingers to push straight down very softly so as not to injure the infant in any way
 - D. Use 2 fingers to push straight down at least one third the depth of the chest, or about 1½ inches, at a rate of 100 to 120 compressions per minute
14. What is the correct position for giving abdominal thrusts if a child is choking and is still responding?
- A. Put an arm around the choking child's waist
 - B. Put 2 fingers above the choking child's belly button
 - C. Stand in front of the choking child and put 2 fists between his shoulder blades
 - D. Get behind the choking child and put a fist just above his belly button
15. You are feeding your infant in a high chair. You briefly walk away to get him something to drink. When you return, you notice that his eyes are wide and he has excessive drooling and a silent cry. What is the next best step if, after giving 5 back slaps and 5 chest thrusts, the infant's airway is still blocked?
- A. Begin CPR, emphasizing chest compressions
 - B. Put a finger in the infant's mouth and attempt to remove the blockage
 - C. Turn the infant over and continue with 5 chest thrusts until he is responsive
 - D. Repeat back slaps and chest thrusts until the infant can breathe or stops responding

Answer Key
Heartsaver®
Adult CPR AED, Child CPR AED, Infant CPR Optional Exam A

Question	Answer			
1.	A	B	•	D
2.	A	B	C	•
3.	•	B	C	D
4.	A	B	•	D
5.	A	B	•	D
6.	A	B	C	•
7.	A	•	C	D
8.	•	B	C	D
9.	A	•	C	D
10.	•	B	C	D
11.	•	B	C	D
12.	A	•	C	D
13.	A	B	C	•
14.	A	B	C	•
15.	A	B	C	•

**Annotated Answer Key
Heartsaver®
Adult CPR AED, Child CPR AED, Infant CPR Optional Exam A**

Student Workbook 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. What are the correct rate and depth for providing compressions during high-quality adult CPR to improve survival?
 - A. Rate of 80 to 100 compressions per minute and depth of at least 2 inches
 - B. Rate of no more than 60 compressions per minute and depth of at least 1 inch
 - C. Rate of 100 to 120 compressions per minute and depth of at least 2 inches**
 - D. Rate of 100 to 120 compressions per minute and depth of at least 1 inch

The correct answer is C. Push at a rate of 100 to 120 compressions per minute. Push straight down at least 2 inches. [*Heartsaver CPR AED Student Workbook*, page 11; *Heartsaver First Aid CPR AED Student Workbook*, page 86; CPR and AED > CPR and AED Use for Adults > Perform High-Quality CPR > Provide Compressions > Compression Technique]

2. You are having lunch with a friend at a restaurant. You both eat the same dessert, and within a few minutes you notice your friend's face is flushed. He says his throat feels tight and feels like it's closing. What step in the adult Chain of Survival is described in this scenario?
 - A. Coordinated aftercare
 - B. Early CPR
 - C. Rapid AED use
 - D. Recognizing the emergency**

The correct answer is D. Immediately recognize the emergency and phone 9-1-1. [*Heartsaver CPR AED Student Workbook*, page 5; *Heartsaver First Aid CPR AED Student Workbook*, page 80; CPR and AED > CPR and AED Use for Adults > Adult Chain of Survival]

3. What should you do when you phone your emergency response number (or 9-1-1)?
 - A. Answer all the dispatcher's questions**
 - B. Quickly tell the dispatcher where the accident occurred
 - C. Tell the dispatcher to call you back
 - D. Give the dispatcher only the victim's information

The correct answer is A. Stay on the phone until the 9-1-1 dispatcher tells you to hang up. Answering the dispatcher's questions will not delay the arrival of help. The dispatcher will ask you about the emergency—where you are and what has happened. Dispatchers can provide instructions that will help you, such as telling you how to provide CPR, use an AED, or give first aid. [*Heartsaver CPR AED Student Workbook*, page 8; *Heartsaver First Aid CPR AED Student Workbook*, page 83; CPR and AED > CPR and AED Use for Adults > Assess and Phone 9-1-1 > Follow the Dispatcher's Instructions]

4. What actions result in the best chance of survival if someone is not breathing (or is only gasping) and isn't responding?
- A. Shout for help, and stay with the victim until someone with more advanced training arrives
 - B. Perform CPR only, and leave the AED for someone with more advanced training to use
 - C. Start CPR, and use an AED if one is available**
 - D. Send someone to get the AED, to minimize the number of people involved

The correct answer is C. If the person is not breathing normally or is only gasping, he needs CPR. CPR combined with using an AED provides the best chance of saving a life. If possible, use an AED every time you provide CPR. [*Heartsaver CPR AED Student Workbook*, page 8; *Heartsaver First Aid CPR AED Student Workbook*, page 83; CPR and AED > CPR and AED Use for Adults > Assess and Phone 9-1-1 > Check for Normal Breathing; *Heartsaver CPR AED Student Workbook*, page 16; *Heartsaver First Aid CPR AED Student Workbook*, page 91; CPR and AED > CPR and AED Use for Adults > Use an AED]

5. What is a sign that an infant is not responding to the tap and shout?
- A. The infant makes sounds
 - B. The infant cries
 - C. The infant does nothing**
 - D. The infant blinks

The correct answer is C. The infant doesn't move, cry, blink, or otherwise react when you tap him. He is unresponsive. [*Heartsaver CPR AED Student Workbook*, page 42; *Heartsaver First Aid CPR AED Student Workbook*, page 117; CPR and AED > CPR for Infants > Assess and Phone 9-1-1 > Tap and Shout (Check for Responsiveness)]

6. How deep should you push the chest of an adult victim when giving chest compressions?
- A. One half the depth of the chest
 - B. One third the depth of the chest
 - C. Only 1 inch
 - D. At least 2 inches**

The correct answer is D. Push straight down at least 2 inches. [*Heartsaver CPR AED Student Workbook*, page 11; *Heartsaver First Aid CPR AED Student Workbook*, page 86; CPR and AED > CPR and AED Use for Adults > Perform High-Quality CPR > Provide Compressions > Compression Technique]

7. When performing CPR, when should you switch positions and allow someone else to take over compressions and breaths?
- A. After each set of 30 compressions and 30 breaths
 - B. About every 2 minutes**
 - C. After each set of 100 compressions and 2 breaths
 - D. Every 5 minutes

The correct answer is B. Switch rescuers about every 2 minutes, or sooner if you get tired. [*Heartsaver CPR AED Student Workbook*, page 11; *Heartsaver First Aid CPR AED Student Workbook*, page 86; CPR and AED > CPR and AED Use for Adults > Perform High-Quality CPR > Provide Compressions > Switch Rescuers to Avoid Fatigue]

8. How should you give breaths with a mask?

- A. Tilt the head and lift the chin, and press the mask against the person's face to make an airtight seal
- B. Tilt the head, and cover the face completely with the mask
- C. Tilt the chin, and press the mask against the person's nose
- D. Tilt the head back far enough to open the person's mouth, and gently place the mask on the person's face

The correct answer is A. Tilt the head and lift the chin while pressing the mask against the person's face. It is important to make an airtight seal between the person's face and the mask while you lift the chin to keep the airway open. [*Heartsaver CPR AED Student Workbook*, page 15; *Heartsaver First Aid CPR AED Student Workbook*, page 90; CPR and AED > CPR and AED Use for Adults > Perform High-Quality CPR > Give Breaths > Use a Pocket Mask > Give Breaths With a Pocket Mask]

9. You are giving sets of 30 compressions and 2 breaths. Another person arrives with an AED. What should you do next?

- A. Finish whichever set of 30 compressions and 2 breaths you're working on
- B. Immediately use the AED
- C. Make sure someone has phoned the emergency response number (or 9-1-1)
- D. Put a blanket on the person receiving CPR

The correct answer is B. Use the AED as soon as it is available. [*Heartsaver CPR AED Student Workbook*, page 18; *Heartsaver First Aid CPR AED Student Workbook*, page 93; CPR and AED > CPR and AED Use for Adults > Use an AED > Steps for Using an AED for an Adult]

10. How far should you push down when giving chest compressions to a child who needs CPR?

- A. About 2 inches
- B. About 1 inch
- C. About 1½ inches
- D. About half an inch

The correct answer is A. Push straight down at least one third the depth of the chest, or about 2 inches. [*Heartsaver CPR AED Student Workbook*, page 29; *Heartsaver First Aid CPR AED Student Workbook*, page 104; CPR and AED > CPR and AED Use for Children > Perform High-Quality CPR > Provide Compressions > Compression Technique]

11. You are performing CPR on a child when another person arrives with the AED. You notice that the AED does not have child pads. What should you do?

- A. Use the adult pads, making sure they do not touch each other
- B. Decide not to use the AED because the pads are only for adults
- C. Stop CPR because it will not help anyway
- D. Make sure to place the AED pads over the clothing to reduce the shock

The correct answer is A. Use child pads if the child or infant is less than 8 years old. If child pads are not available, use adult pads. [*Heartsaver CPR AED Student Workbook*, page 36; *Heartsaver First Aid CPR AED Student Workbook*, page 111; CPR and AED > CPR and AED Use for Children > Use an AED > Attach the Pads]

12. What should you do if you are alone after giving 5 sets of 30 compressions and 2 breaths when performing CPR on an uninjured infant?
- A. Keep giving sets of 30 compressions and 2 breaths until the infant responds
 - B. Carry the infant with you to phone 9-1-1**
 - C. Check for breathing
 - D. See if someone can help

The correct answer is B. If the infant isn't injured and you're alone, after 5 sets of 30 compressions and 2 breaths, you may carry the infant with you to phone 9-1-1 and get an AED. [*Heartsaver CPR AED Student Workbook*, page 45; *Heartsaver First Aid CPR AED Student Workbook*, page 120; CPR and AED > CPR for Infants > Assess and Phone 9-1-1 > Begin CPR, Phone 9-1-1, and Get an AED]

13. How do you perform chest compressions on an infant?
- A. Use 2 fingers to push straight down very hard until you cannot compress the chest any deeper
 - B. Use 2 fingers to push straight down as far as possible without breaking any of the infant's ribs
 - C. Use 2 fingers to push straight down very softly so as not to injure the infant in any way
 - D. Use 2 fingers to push straight down at least one third the depth of the chest, or about 1½ inches, at a rate of 100 to 120 compressions per minute**

The correct answer is D. Use 2 fingers to push straight down at least one third the depth of chest, or about 1½ inches. Push at a rate of 100 to 120 compressions per minute. [*Heartsaver CPR AED Student Workbook*, page 49; *Heartsaver First Aid CPR AED Student Workbook*, page 124; CPR and AED > CPR for Infants > Perform High-Quality CPR > Provide Compressions > Compression Technique]

14. What is the correct position for giving abdominal thrusts if a child is choking and is still responding?
- A. Put an arm around the choking child's waist
 - B. Put 2 fingers above the choking child's belly button
 - C. Stand in front of the choking child and put 2 fists between his shoulder blades
 - D. Get behind the choking child and put a fist just above his belly button**

The correct answer is D. Stand firmly or kneel behind the person (depending on your size and the size of the person choking). Wrap your arms around the person's waist so that your fists are in front. Make a fist with one hand. Put the thumb side of your fist slightly above the belly button and well below the breastbone. [*Heartsaver CPR AED Student Workbook*, page 57; CPR and AED > How to Help a Choking Adult, Child, or Infant > How to Help an Adult, Child, or Infant Who Has a Severe Airway Block > How to Help a Choking Adult or Child With a Severe Airway Block; *Heartsaver First Aid CPR AED Student Workbook*, page 25; Part 2: Medical Emergencies > Choking in an Adult, Child, or Infant > How to Help an Adult, Child, or Infant Who Has a Severe Airway Block > How to Help a Choking Adult or Child With a Severe Airway Block]

15. You are feeding your infant in a high chair. You briefly walk away to get him something to drink. When you return, you notice that his eyes are wide and he has excessive drooling and a silent cry. What is the next best step if, after giving 5 back slaps and 5 chest thrusts, the infant's airway is still blocked?
- A. Begin CPR, emphasizing chest compressions
 - B. Put a finger in the infant's mouth and attempt to remove the blockage
 - C. Turn the infant over and continue with 5 chest thrusts until he is responsive
 - D. Repeat back slaps and chest thrusts until the infant can breathe or stops responding**

The correct answer is D. Repeat giving 5 back slaps and 5 chest thrusts until the infant can breathe, cough, or cry, or until he becomes unresponsive. [*Heartsaver CPR AED Student Workbook*, page 59; CPR and AED > How to Help a Choking Adult, Child, or Infant > How to Help an Adult, Child, or Infant Who Has a Severe Airway Block > How to Help a Choking Infant With a Severe Airway Block; *Heartsaver First Aid CPR AED Student Workbook*, page 27; Part 2: Medical Emergencies > Choking in an Adult, Child, or Infant > How to Help an Adult, Child, or Infant Who Has a Severe Airway Block > How to Help a Choking Infant With a Severe Airway Block]



American Heart Association

**Heartsaver®
Adult CPR AED, Child CPR AED,
Infant CPR
Optional Exam B**

April 26, 2016

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Heartsaver®
Adult CPR AED, Child CPR AED, Infant CPR Optional Exam B
(15 questions)

Please do not mark on this exam. Record the best answer on the separate answer sheet.

1. You are feeding your infant in a high chair. You briefly walk away to get him something to drink. When you return, you notice that his eyes are wide and he has excessive drooling and a silent cry. What is the next best step if, after giving 5 back slaps and 5 chest thrusts, the infant's airway is still blocked?
 - A. Repeat back slaps and chest thrusts until the infant can breathe or stops responding
 - B. Begin CPR, emphasizing chest compressions
 - C. Put a finger in the infant's mouth and attempt to remove the blockage
 - D. Turn the infant over and continue with 5 chest thrusts until he is responsive

2. How do you perform chest compressions on an infant?
 - A. Use 2 fingers to push straight down very hard until you cannot compress the chest any deeper
 - B. Use 2 fingers to push straight down as far as possible without breaking any of the infant's ribs
 - C. Use 2 fingers to push straight down at least one third the depth of the chest, or about 1½ inches, at a rate of 100 to 120 compressions per minute
 - D. Use 2 fingers to push straight down very softly so as not to injure the infant in any way

3. What actions result in the best chance of survival if someone is not breathing (or is only gasping) and isn't responding?
 - A. Shout for help, and stay with the victim until someone with more advanced training arrives
 - B. Start CPR, and use an AED if one is available
 - C. Perform CPR only, and leave the AED for someone with more advanced training to use
 - D. Send someone to get the AED, to minimize the number of people involved

4. You are performing CPR on a child when another person arrives with the AED. You notice that the AED does not have child pads. What should you do?
 - A. Make sure to place the AED pads over the clothing to reduce the shock
 - B. Use the adult pads, making sure they do not touch each other
 - C. Decide not to use the AED because the pads are only for adults
 - D. Stop CPR because it will not help anyway

5. What are the correct rate and depth for providing compressions during high-quality adult CPR to improve survival?
 - A. Rate of 80 to 100 compressions per minute and depth of at least 2 inches
 - B. Rate of no more than 60 compressions per minute and depth of at least 1 inch
 - C. Rate of 100 to 120 compressions per minute and depth of at least 1 inch
 - D. Rate of 100 to 120 compressions per minute and depth of at least 2 inches

6. When performing CPR, when should you switch positions and allow someone else to take over compressions and breaths?
 - A. After each set of 30 compressions and 30 breaths
 - B. After each set of 100 compressions and 2 breaths
 - C. About every 2 minutes
 - D. Every 5 minutes

7. What is the correct position for giving abdominal thrusts if a child is choking and is still responding?
 - A. Put an arm around the choking child's waist
 - B. Put 2 fingers above the choking child's belly button
 - C. Get behind the choking child and put a fist just above his belly button
 - D. Stand in front of the choking child and put 2 fists between his shoulder blades

8. What should you do if you are alone after giving 5 sets of 30 compressions and 2 breaths when performing CPR on an uninjured infant?
 - A. Carry the infant with you to phone 9-1-1
 - B. Keep giving sets of 30 compressions and 2 breaths until the infant responds
 - C. Check for breathing
 - D. See if someone can help

9. What is a sign that an infant is not responding to the tap and shout?
 - A. The infant makes sounds
 - B. The infant does nothing
 - C. The infant cries
 - D. The infant blinks

10. You are giving sets of 30 compressions and 2 breaths. Another person arrives with an AED. What should you do next?
 - A. Finish whichever set of 30 compressions and 2 breaths you're working on
 - B. Make sure someone has phoned the emergency response number (or 9-1-1)
 - C. Immediately use the AED
 - D. Put a blanket on the person receiving CPR

11. What should you do when you phone your emergency response number (or 9-1-1)?
 - A. Give the dispatcher only the victim's information
 - B. Quickly tell the dispatcher where the accident occurred
 - C. Tell the dispatcher to call you back
 - D. Answer all the dispatcher's questions

12. How should you give breaths with a mask?
- A. Tilt the head back far enough to open the person's mouth, and gently place the mask on the person's face
 - B. Tilt the head and lift the chin, and press the mask against the person's face to make an airtight seal
 - C. Tilt the head, and cover the face completely with the mask
 - D. Tilt the chin, and press the mask against the person's nose
13. How deep should you push the chest of an adult victim when giving chest compressions?
- A. At least 2 inches
 - B. One half the depth of the chest
 - C. One third the depth of the chest
 - D. Only 1 inch
14. How far should you push down when giving chest compressions to a child who needs CPR?
- A. About half an inch
 - B. About 2 inches
 - C. About 1 inch
 - D. About 1½ inches
15. You are having lunch with a friend at a restaurant. You both eat the same dessert, and within a few minutes you notice your friend's face is flushed. He says his throat feels tight and feels like it's closing. What step in the adult Chain of Survival is described in this scenario?
- A. Coordinated aftercare
 - B. Early CPR
 - C. Recognizing the emergency
 - D. Rapid AED use

**Answer Key
Heartsaver®
Adult CPR AED, Child CPR AED, Infant CPR Optional Exam B**

Question	Answer			
1.	•	B	C	D
2.	A	B	•	D
3.	A	•	C	D
4.	A	•	C	D
5.	A	B	C	•
6.	A	B	•	D
7.	A	B	•	D
8.	•	B	C	D
9.	A	•	C	D
10.	A	B	•	D
11.	A	B	C	•
12.	A	•	C	D
13.	•	B	C	D
14.	A	•	C	D
15.	A	B	•	D

**Annotated Answer Key
Heartsaver®
Adult CPR AED, Child CPR AED, Infant CPR Optional Exam B**

Student Workbook 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. You are feeding your infant in a high chair. You briefly walk away to get him something to drink. When you return, you notice that his eyes are wide and he has excessive drooling and a silent cry. What is the next best step if, after giving 5 back slaps and 5 chest thrusts, the infant's airway is still blocked?
 - A. Repeat back slaps and chest thrusts until the infant can breathe or stops responding
 - B. Begin CPR, emphasizing chest compressions
 - C. Put a finger in the infant's mouth and attempt to remove the blockage
 - D. Turn the infant over and continue with 5 chest thrusts until he is responsive

The correct answer is A. Repeat giving 5 back slaps and 5 chest thrusts until the infant can breathe, cough, or cry, or until he becomes unresponsive. [*Heartsaver CPR AED Student Workbook*, page 59; CPR and AED > How to Help a Choking Adult, Child, or Infant > How to Help an Adult, Child, or Infant Who Has a Severe Airway Block > How to Help a Choking Infant With a Severe Airway Block; *Heartsaver First Aid CPR AED Student Workbook*, page 27; Part 2: Medical Emergencies > Choking in an Adult, Child, or Infant > How to Help an Adult, Child, or Infant Who Has a Severe Airway Block > How to Help a Choking Infant With a Severe Airway Block]

2. How do you perform chest compressions on an infant?
 - A. Use 2 fingers to push straight down very hard until you cannot compress the chest any deeper
 - B. Use 2 fingers to push straight down as far as possible without breaking any of the infant's ribs
 - C. Use 2 fingers to push straight down at least one third the depth of the chest, or about 1½ inches, at a rate of 100 to 120 compressions per minute
 - D. Use 2 fingers to push straight down very softly so as not to injure the infant in any way

The correct answer is C. Use 2 fingers to push straight down at least one third the depth of chest, or about 1½ inches. Push at a rate of 100 to 120 compressions per minute. [*Heartsaver CPR AED Student Workbook*, page 49; *Heartsaver First Aid CPR AED Student Workbook*, page 124; CPR and AED > CPR for Infants > Perform High-Quality CPR > Provide Compressions > Compression Technique]

3. What actions result in the best chance of survival if someone is not breathing (or is only gasping) and isn't responding?
- A. Shout for help, and stay with the victim until someone with more advanced training arrives
 - B. Start CPR, and use an AED if one is available**
 - C. Perform CPR only, and leave the AED for someone with more advanced training to use
 - D. Send someone to get the AED, to minimize the number of people involved

The correct answer is B. If the person is not breathing normally or is only gasping, he needs CPR. CPR combined with using an AED provides the best chance of saving a life. If possible, use an AED every time you provide CPR. [*Heartsaver CPR AED Student Workbook*, page 8; *Heartsaver First Aid CPR AED Student Workbook*, page 83; CPR and AED > CPR and AED Use for Adults > Assess and Phone 9-1-1 > Check for Normal Breathing; *Heartsaver CPR AED Student Workbook*, page 16; *Heartsaver First Aid CPR AED Student Workbook*, page 91; CPR and AED > CPR and AED Use for Adults > Use an AED]

4. You are performing CPR on a child when another person arrives with the AED. You notice that the AED does not have child pads. What should you do?
- A. Make sure to place the AED pads over the clothing to reduce the shock
 - B. Use the adult pads, making sure they do not touch each other**
 - C. Decide not to use the AED because the pads are only for adults
 - D. Stop CPR because it will not help anyway

The correct answer is B. Use child pads if the child or infant is less than 8 years old. If child pads are not available, use adult pads. [*Heartsaver CPR AED Student Workbook*, page 36; *Heartsaver First Aid CPR AED Student Workbook*, page 111; CPR and AED > CPR and AED Use for Children > Use an AED > Attach the Pads]

5. What are the correct rate and depth for providing compressions during high-quality adult CPR to improve survival?
- A. Rate of 80 to 100 compressions per minute and depth of at least 2 inches
 - B. Rate of no more than 60 compressions per minute and depth of at least 1 inch
 - C. Rate of 100 to 120 compressions per minute and depth of at least 1 inch
 - D. Rate of 100 to 120 compressions per minute and depth of at least 2 inches**

The correct answer is D. Push at a rate of 100 to 120 compressions per minute. Push straight down at least 2 inches. [*Heartsaver CPR AED Student Workbook*, page 11; *Heartsaver First Aid CPR AED Student Workbook*, page 86; CPR and AED > CPR and AED Use for Adults > Perform High-Quality CPR > Provide Compressions > Compression Technique]

6. When performing CPR, when should you switch positions and allow someone else to take over compressions and breaths?
- A. After each set of 30 compressions and 30 breaths
 - B. After each set of 100 compressions and 2 breaths
 - C. About every 2 minutes**
 - D. Every 5 minutes

The correct answer is C. Switch rescuers about every 2 minutes, or sooner if you get tired. [*Heartsaver CPR AED Student Workbook*, page 11; *Heartsaver First Aid CPR AED Student Workbook*, page 86; CPR and AED > CPR and AED Use for Adults > Perform High-Quality CPR > Provide Compressions > Switch Rescuers to Avoid Fatigue]

7. What is the correct position for giving abdominal thrusts if a child is choking and is still responding?
- A. Put an arm around the choking child's waist
 - B. Put 2 fingers above the choking child's belly button
 - C. Get behind the choking child and put a fist just above his belly button**
 - D. Stand in front of the choking child and put 2 fists between his shoulder blades

The correct answer is C. Stand firmly or kneel behind the person (depending on your size and the size of the person choking). Wrap your arms around the person's waist so that your fists are in front. Make a fist with one hand. Put the thumb side of your fist slightly above the belly button and well below the breastbone. [*Heartsaver CPR AED Student Workbook*, page 57; CPR and AED > How to Help a Choking Adult, Child, or Infant > How to Help an Adult, Child, or Infant Who Has a Severe Airway Block > How to Help a Choking Adult or Child With a Severe Airway Block; *Heartsaver First Aid CPR AED Student Workbook*, page 25; Part 2: Medical Emergencies > Choking in an Adult, Child, or Infant > How to Help an Adult, Child, or Infant Who Has a Severe Airway Block > How to Help a Choking Adult or Child With a Severe Airway Block]

8. What should you do if you are alone after giving 5 sets of 30 compressions and 2 breaths when performing CPR on an uninjured infant?
- A. Carry the infant with you to phone 9-1-1**
 - B. Keep giving sets of 30 compressions and 2 breaths until the infant responds
 - C. Check for breathing
 - D. See if someone can help

The correct answer is A. If the infant isn't injured and you're alone, after 5 sets of 30 compressions and 2 breaths, you may carry the infant with you to phone 9-1-1 and get an AED. [*Heartsaver CPR AED Student Workbook*, page 45; *Heartsaver First Aid CPR AED Student Workbook*, page 120; CPR and AED > CPR for Infants > Assess and Phone 9-1-1 > Begin CPR, Phone 9-1-1, and Get an AED]

9. What is a sign that an infant is not responding to the tap and shout?

- A. The infant makes sounds
- B. The infant does nothing**
- C. The infant cries
- D. The infant blinks

The correct answer is B. The infant doesn't move, cry, blink, or otherwise react when you tap him. He is unresponsive. [*Heartsaver CPR AED Student Workbook*, page 42; *Heartsaver First Aid CPR AED Student Workbook*, page 117; CPR and AED > CPR for Infants > Assess and Phone 9-1-1 > Tap and Shout (Check for Responsiveness)]

10. You are giving sets of 30 compressions and 2 breaths. Another person arrives with an AED. What should you do next?

- A. Finish whichever set of 30 compressions and 2 breaths you're working on
- B. Make sure someone has phoned the emergency response number (or 9-1-1)
- C. Immediately use the AED**
- D. Put a blanket on the person receiving CPR

The correct answer is C. Use the AED as soon as it is available. [*Heartsaver CPR AED Student Workbook*, page 18; *Heartsaver First Aid CPR AED Student Workbook*, page 93; CPR and AED > CPR and AED Use for Adults > Use an AED > Steps for Using an AED for an Adult]

11. What should you do when you phone your emergency response number (or 9-1-1)?

- A. Give the dispatcher only the victim's information
- B. Quickly tell the dispatcher where the accident occurred
- C. Tell the dispatcher to call you back
- D. Answer all the dispatcher's questions**

The correct answer is D. Stay on the phone until the 9-1-1 dispatcher tells you to hang up. Answering the dispatcher's questions will not delay the arrival of help. The dispatcher will ask you about the emergency—where you are and what has happened. Dispatchers can provide instructions that will help you, such as telling you how to provide CPR, use an AED, or give first aid. [*Heartsaver CPR AED Student Workbook*, page 8; *Heartsaver First Aid CPR AED Student Workbook*, page 83; CPR and AED > CPR and AED Use for Adults > Assess and Phone 9-1-1 > Follow the Dispatcher's Instructions]

12. How should you give breaths with a mask?

- A. Tilt the head back far enough to open the person's mouth, and gently place the mask on the person's face
- B. Tilt the head and lift the chin, and press the mask against the person's face to make an airtight seal**
- C. Tilt the head, and cover the face completely with the mask
- D. Tilt the chin, and press the mask against the person's nose

The correct answer is B. Tilt the head and lift the chin while pressing the mask against the person's face. It is important to make an airtight seal between the person's face and the mask while you lift the chin to keep the airway open. [*Heartsaver CPR AED Student Workbook*, page 15; *Heartsaver First Aid CPR AED Student Workbook*, page 90; CPR and AED > CPR and AED Use for Adults > Perform High-Quality CPR > Give Breaths > Use a Pocket Mask > Give Breaths With a Pocket Mask]

13. How deep should you push the chest of an adult victim when giving chest compressions?

- A. At least 2 inches**
- B. One half the depth of the chest
- C. One third the depth of the chest
- D. Only 1 inch

The correct answer is A. Push straight down at least 2 inches. [*Heartsaver CPR AED Student Workbook*, page 11; *Heartsaver First Aid CPR AED Student Workbook*, page 86; CPR and AED > CPR and AED Use for Adults > Perform High-Quality CPR > Provide Compressions > Compression Technique]

14. How far should you push down when giving chest compressions to a child who needs CPR?

- A. About half an inch
- B. About 2 inches**
- C. About 1 inch
- D. About 1½ inches

The correct answer is B. Push straight down at least one third the depth of the chest, or about 2 inches. [*Heartsaver CPR AED Student Workbook*, page 29; *Heartsaver First Aid CPR AED Student Workbook*, page 104; CPR and AED > CPR and AED Use for Children > Perform High-Quality CPR > Provide Compressions > Compression Technique]

15. You are having lunch with a friend at a restaurant. You both eat the same dessert, and within a few minutes you notice your friend's face is flushed. He says his throat feels tight and feels like it's closing. What step in the adult Chain of Survival is described in this scenario?

- A. Coordinated aftercare
- B. Early CPR
- C. Recognizing the emergency**
- D. Rapid AED use

The correct answer is C. Immediately recognize the emergency and phone 9-1-1. [*Heartsaver CPR AED Student Workbook*, page 5; *Heartsaver First Aid CPR AED Student Workbook*, page 80; CPR and AED > CPR and AED Use for Adults > Adult Chain of Survival]