Basic Life Support
Instructor Exam
Part I

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

1. What is one difference between the AHA adult Chain of Survival and the pediatric Chain of Survival?
   a. there is no difference; they are the same
   b. the adult Chain of Survival starts with “early CPR”; the pediatric Chain of Survival starts with “early access (phone 911)”
   c. the adult Chain of Survival starts with “early access (phone 911)”; the pediatric Chain of Survival starts with “prevention of injuries and cardiac arrest”
   d. in the adult Chain of Survival, “early defibrillation” is the third link; in the pediatric Chain of Survival, “early defibrillation” is the fourth link

2. How are heart attack symptoms in the elderly, women, and diabetics different from heart attack symptoms in men?
   a. the elderly, women, and diabetics are more likely to describe vague symptoms, like an ache, heartburn, indigestion, or even back pain
   b. the elderly, women, and diabetics are usually unconscious and unresponsive when they experience a heart attack
   c. the elderly, women, and diabetics usually have no symptoms of a heart attack
   d. there are no differences in symptoms, but the elderly, women, and diabetics are more likely to seek help quickly

3. New and effective treatments for stroke are now available but must be given
   a. within the first hour of onset of symptoms
   b. within the first 3 hours of onset of symptoms
   c. within the first 6 hours of onset of symptoms
   d. within the first 24 hours of onset of symptoms

4. When should you give smaller breaths during rescue breathing?
   a. during bag-mask rescue breathing with supplemental oxygen
   b. during mouth-to-mask rescue breathing without supplemental oxygen
   c. during mouth-to-mouth rescue breathing
   d. during mouth-to-stoma rescue breathing
5. What is the optimal compression-relaxation ratio during chest compressions?
   a. 30% compression, 70% relaxation  
   b. 40% compression, 60% relaxation  
   c. 50% compression, 50% relaxation  
   d. 60% compression, 40% relaxation

6. You are watching another rescuer perform CPR on an adult victim. What should you do to find out if the compressions are being done effectively?
   a. check the victim’s pupils for reaction to light  
   b. feel for a pulse produced by each compression  
   c. check the victim’s skin color  
   d. stop chest compressions, then check the victim’s pulse

7. When should you place a victim with no trauma in the recovery position?
   a. if the victim is breathing normally but remains unresponsive  
   b. if the victim is awake but complains of chest pain  
   c. if the victim has been unresponsive for more than 3 minutes  
   d. if the victim is awake but does not complain of chest pain

8. What is the AHA position on performing the Heimlich maneuver on a near-drowning victim?
   a. the Heimlich maneuver should be done to remove water from the lungs  
   b. the Heimlich maneuver should be done only if the victim has been submerged for longer than 2 minutes  
   c. the Heimlich maneuver has not been proven effective for near-drowning, so it should not be used  
   d. the Heimlich maneuver should be done if the victim does not respond to CPR within 4 minutes

9. When should you remove an object with a finger sweep in an adult victim of foreign-body airway obstruction?
   a. you should do a finger sweep only if you see something in the mouth of an unresponsive victim  
   b. you should do a finger sweep when the victim tells you that something is caught in his airway  
   c. you should do a finger sweep just after each rescue breath if no air goes into the victim  
   d. you should never do a finger sweep of the mouth of an unresponsive victim of foreign-body airway obstruction; the victim will cough or spit out the foreign body

10. What is the most important reason to phone fast for emergency medical services (EMS) when someone has suddenly collapsed in cardiac arrest?
   a. EMS will transport the victim to the hospital quickly  
   b. EMS may bring an automated external defibrillator (AED) to the scene and defibrillate the victim  
   c. EMS personnel will be able to do CPR better than trained lay rescuers  
   d. EMS will determine whether or not to start resuscitation efforts for a collapsed person and avoid legal problems
11. What is the American Heart Association policy on public AED programs?
   a. widespread training and use of AEDs will save more lives
   b. it is important for AEDs to be available in the community so that healthcare personnel can use them when necessary
   c. AEDs are potentially dangerous, so only healthcare personnel should use them
   d. AEDs should be placed in healthcare facilities but not necessarily in other public places

12. At what age should children be permitted to sit in the front seat of a vehicle?
   a. 8 years or older
   b. 10 years or older
   c. 12 years or older
   d. 14 years or older

13. What does the pediatric Heartsaver CPR course teach about checking for signs of circulation?
   a. look for normal breathing, coughing, or movement
   b. look for normal breathing, coughing, or movement, and do a pulse check
   c. look for normal breathing and movement and do a pulse check
   d. do a pulse check

14. You are performing CPR for a 5-year-old child. What is the difference between phoning 911 for a pediatric victim and phoning 911 for an adult victim?
   a. you should phone first for a pediatric victim and phone fast for an adult victim
   b. you should always send someone else to phone 911 for a pediatric victim so that you can provide CPR; you should phone 911 yourself for an adult victim
   c. you should never phone 911 for a pediatric victim if you have to stop CPR; you can stop CPR to phone 911 for an adult victim
   d. you should phone fast for a pediatric victim and phone first for an adult victim

15. A civic group in your community wants to learn CPR, and they don't need a credential. Which BLS course is appropriate for this group?
   a. Heartsaver CPR
   b. CPR for Family and Friends
   c. Heartsaver AED
   d. Heartsaver FACTS

16. A local business wants to provide CPR training for several employees, who will be part of a new CPR response group at the worksite. AEDs have not been placed at this facility. Which BLS course is appropriate for this group?
   a. Heartsaver CPR
   b. CPR for Family and Friends
   c. Heartsaver AED
   d. Heartsaver FACTS
17. A large warehouse facility in your community is interested in providing CPR training for several employees on each shift. These employees will serve on a CPR emergency response team for the worksite. The company has purchased 1 AED. Which BLS course is appropriate for this group?

a. Heartsaver CPR  
b. CPR for Family and Friends  
c. Heartsaver AED  
d. Heartsaver FACTS

18. Which 4 life-threatening emergencies are covered in adult CPR classes for the lay public?

a. heart attack, stroke, seizures, choking  
b. stroke, cardiac arrest, heart attack, choking  
c. stroke, cardiac arrest, choking, ventricular fibrillation  
d. unresponsiveness, respiratory arrest, cardiac arrest, CPR

19. What 2 important things must be done to reduce the risk of transmitting disease during CPR training?

a. have students wash their hands before rescue breathing practice and use a pocket mask during practice  
b. have students avoid contact with saliva or body fluids on manikins and thoroughly clean each manikin after practice  
c. make sure that no more than 3 students practice on a manikin, and use alcohol wipes to clean the manikin after each use  
d. never allow students to do mouth-to-mouth rescue breathing practice unless individual manikins are available for each student, and have students wash their manikins after practice

20. What is the risk of disease transmission from practicing on manikins during CPR training?

a. the risk is very low if all cleaning guidelines are followed  
b. the risk is high; 1 manikin should be available for each student  
c. the risk depends on the number of students in the course and the number of manikins available for practice  
d. there is no risk for disease transmission during CPR practice on manikins

21. Which of the following solutions is recommended for disinfecting manikin parts after CPR practice?

a. 1/4 cup of household disinfectant per gallon of water  
b. 1/4 cup of bleach per gallon of water  
c. 1 cup of bleach per gallon of water  
d. 1 cup of isopropyl alcohol per gallon of tap water

22. You notice that a student in your CPR class has an open sore on his mouth. What should you do?

a. ask him to postpone taking the class until after the sore heals  
b. have him use his own face shield during rescue breathing practice  
c. don’t embarrass him by bringing it up; allow him to practice, but be sure to wipe the manikin with alcohol after he uses it  
d. allow him to participate in the course, but do not let him practice rescue breathing
23. A student in your CPR class complains of knee pain while kneeling on the floor during CPR practice. What is the best way to accommodate the student?
   a. insist that the student continue to practice CPR on the floor because that is what might happen in real life
   b. allow the student to watch other students practice CPR instead of practicing CPR herself/himself
   c. ask the student to review the CPR steps verbally instead of practicing them on a manikin
   d. put the manikin on a table to enable the student to practice the skill comfortably

24. Which of the following is a TRUE statement about the BLS instructor’s association with a training center (TC)?
   a. an AHA BLS instructor must align with only 1 TC, although he/she may teach at several TCs
   b. an AHA BLS instructor may align with as many TCs as he/she wishes as long as the instructor maintains current status with the AHA
   c. an AHA BLS instructor may agree to teach at any TC as long as the instructor has written permission from the AHA in advance
   d. an AHA BLS instructor may teach CPR as an independent instructor not aligned with any TC as long as the instructor maintains his/her current status with the AHA

25. How soon after successfully completing a BLS instructor course must the new instructor candidate be monitored?
   a. within 60 days
   b. within 90 days
   c. within 6 months
   d. within 1 year

26. Which of the following is a TRUE statement about how an AHA instructor may use the AHA heart-and-torch logo?
   a. the logo may be used on an instructor’s business cards and course brochures as long as the instructor maintains current AHA BLS instructor status
   b. the logo may be used on an instructor’s business cards only with written permission from the TC coordinator
   c. the logo may not be used on an instructor’s business cards but may be used by a TC on its course brochures without special permission from the AHA as long as the TC is in good standing with the AHA
   d. the logo may not be used in any way unless authorized by the AHA

27. Why should you deliver slow rescue breaths?
   a. to prevent injury to the lungs
   b. to prevent stomach inflation
   c. to prevent over-oxygenation
   d. to prevent rescuer fatigue
28. Lay rescuers do not check the pulse when checking a victim for signs of circulation. This is because scientific studies have indicated that lay rescuers
   a. often checked the radial pulse at the wrist instead of the carotid pulse in the neck
   b. take too much time to check for a pulse and are often mistaken
   c. pushed too hard on the neck and blocked blood flow to the brain
   d. were not able to find the correct place to feel the carotid pulse

29. Why should you never place an AED electrode pad over an implanted pacemaker/defibrillator?
   a. it can block the flow of electrical energy from one pad to the other
   b. it can damage the implanted device
   c. it might burn the victim’s skin
   d. it might cause 2 shocks to occur at the same time

30. What is the advantage of doing 15 continuous compressions before giving 2 breaths during CPR?
   a. continuous compressions make CPR less fatiguing for the rescuer
   b. continuous compressions improve blood flow to the brain and heart
   c. continuous compressions improve oxygen flow to the lungs
   d. continuous compressions are less likely to injure the victim

31. Why is early defibrillation important?
   a. even with good CPR, a victim of cardiac arrest will die within 2 minutes
   b. it shocks the victim and causes them to become responsive
   c. the chance of survival is greater with prompt CPR and early defibrillation
   d. early defibrillation will save EMS personnel from needing to set up their own equipment and use it

32. Why is it important to give rescue breaths at the proper rate and air volume?
   a. this rate and volume will not tire the rescuer
   b. if the rate is too slow or the volume of air is too small, you may blow air into the stomach
   c. if the rate is too fast or the volume of air is too large, you may blow air into the stomach
   d. the lungs will not inflate satisfactorily if the rate is too fast or the volume of air is too small

33. Which one of the following statements about adult learning is TRUE?
   a. adults typically need a lot of motivation to learn something new
   b. adult learning is purposeful and must make sense to the learner
   c. adults respond best in a social learning situation if they are singled out for a skills demonstration in front of the group
   d. adults in CPR classes need detailed explanations of the rationale for CPR skills and examples of real-life situations based on the instructor’s experience
34. Which of the following is an example of cognitive learning in a CPR class?
   a. a student is able to perform the head tilt–chin lift procedure to open the airway
   b. a student is enthusiastic about how much he/she has learned in your CPR course
   c. a student is able to describe the links in the Chain of Survival
   d. a student performs all of the adult 1-rescuer skills sequences perfectly

35. Which of the following is an example of affective learning in a CPR class?
   a. a student is excited about being in your class and tells you that she feels good knowing that she would be able to help if something happens to her children
   b. a student performs all of the infant CPR skills sequences perfectly
   c. a student who did not do well when performing adult chest compressions does them better after your help
   d. a student in your class performs very well the first time he tries a CPR skills sequence

36. Which of the following is an example of psychomotor learning in a CPR class?
   a. a student completes the CPR exam with a perfect (100%) score
   b. a student uses a pocket mask to perform rescue breathing and gets the manikin chest to rise
   c. a student tells you that this is a very important class and it should be taught in schools
   d. a student understands why a victim with a foreign-body airway obstruction can’t talk

37. Which of the following is an example of an intrinsic motivating factor?
   a. a student in your CPR class is the mother of a child with asthma and wants to learn CPR in case her child has an emergency
   b. a nurse in your CPR class needs a certification card to keep her job
   c. a high school student in your CPR class is doing an extra-credit project for his health class
   d. a student in your CPR class works in a doctor’s office and needs to know how to use an AED because the doctor just bought one for the office

38. Which of the following should you do if a student in your CPR class asks you a question about CPR and you do not know the answer?
   a. challenge the student to look up the answer for himself to reinforce his learning
   b. tell the student to ask other students in the class
   c. tell the student that you do not know the answer, but you will look it up and get back to him
   d. do your best to answer the question so that you don’t look bad in front of the class

39. What is the minimum passing score for the AHA written exam?
   a. 72%
   b. 80%
   c. 84%
   d. 92%
40. Which of the following is a TRUE statement about an instructor’s performance of CPR skills?
   a. CPR instructors should be able to demonstrate every CPR skill
   b. CPR instructors do not need to be able to demonstrate every CPR skill because the “watch-then-practice” videos demonstrate the skills
   c. CPR instructors should demonstrate each skill after the “watch-then-practice” video segment for that skill
   d. CPR instructors should avoid skills demonstrations to avoid “showing off” to the CPR class

41. What is the main role of the AHA BLS instructor?
   a. to provide students with information about real-life emergencies so that they will be less frightened if they are ever faced with a real emergency
   b. to be a representative of the AHA and the TC in the community
   c. to help students gain the knowledge and skills they need to provide emergency care in a potentially life-threatening situation
   d. to support students who need training so that they can be certified in CPR and keep their jobs in hospitals or other healthcare settings

42. What should a BLS instructor do immediately after showing a segment of the “watch-then-practice” CPR video?
   a. ask the students if they need to see a demonstration of the skill shown on the video
   b. have the students discuss the skill just shown to be sure that they understand it
   c. review a case scenario from his/her experience that illustrates the skill just shown on the video
   d. have students practice the skill immediately

43. A student in your CPR class is not opening the manikin airway correctly. What is the most effective way to give this student clear feedback?
   a. tell the student to watch someone else and do it like they do
   b. demonstrate the skill and tell the student to try it again
   c. review the “watch-then-practice” video with the student and tell her to try the skill again
   d. give the student some positive feedback, and then tell her what she did incorrectly and how to correct it

44. A student in your Heartsaver CPR course has emphysema and cannot satisfactorily perform rescue breathing on a manikin. The student says that he needs a CPR course completion card to keep his job. What should you do in this case?
   a. pass the student in the course because the Americans With Disabilities Act requires you to do so
   b. refer the student to the TC coordinator, who will determine if a card should be issued
   c. tell the student that he must be able to satisfactorily perform rescue breathing in order to successfully complete the course
   d. contact the student’s employer, explain the situation, and ask the employer to waive the requirement

45. Which CPR course does not require a written examination?
   a. CPR for Family and Friends
   b. Heartsaver CPR
   c. Heartsaver AED
   d. BLS for Healthcare Providers
46. Which of the following is probably the most effective way for an instructor to evaluate a student’s CPR skills performance fairly and accurately?

a. watch the student carefully and know the skills sequences by heart
b. use the skills performance checklists when evaluating a student’s performance
c. overlook minor errors in skills performance and concentrate on whether or not the student has a general understanding of what to do
d. get to know the student throughout the course so that you know whether or not he/she can perform CPR skills properly; if the student has done well during practice, pass the student

47. A student in your Heartsaver CPR course passes all the skills tests but scores below 84% on the written test. What should you do?

a. fail the student and have him retake the course
b. allow the student to review the annotated answer key and retake another version of the exam
c. allow the student to review the annotated answer key and if he understands his errors, pass him
d. pass the student for the course because he passed all his skills tests

48. You are testing the adult 1-rescuer skills of a student in your CPR class. The student performs all the skills sequences correctly, except for looking at the manikin chest during rescue breathing. Which of the following actions is the best action for dealing with this student?

a. fail the student for the skills test and advise him/her to attend another class for remediation
b. tell the student to practice and come back for another test the next day
c. provide immediate correction and pass the student if you think that he/she understands the error
d. have the student practice some more and return for a retest after the class is over

49. During CPR practice you see a student practicing adult CPR and giving 15 compressions in about 15 seconds. What correction should you provide?

a. tell her to compress faster
b. tell her to compress harder
c. tell her to compress slower
d. tell her to reposition her hands on the chest

50. A student in your CPR class is practicing rescue breathing on an infant manikin. The student is having trouble getting the manikin chest to rise. What feedback is most likely to help?

a. tell him to blow harder with more volume
b. tell him to tilt the head of the infant manikin as far back as possible to open the airway
c. tell him to hold the head of the infant manikin in the slightly flexed position
d. tell him to slightly tilt the head of the infant manikin but not to hyperextend it