

# BLS Pop Quiz

This Pop Quiz is not compulsory. It is an educational resource. This Quiz may be used in addition to the mandatory Adult Basic Life Support (online theory), accessed through HETI online.

1. Arrange the algorithm into the correct order (i.e. number actions in order from 1 to 7)

Action	Number
Breathing	
Response	
Commence compressions	
Danger	
Airway	
Defibrillation	
Send for help	

2. A person has collapsed in the bathroom. Name three potential dangers that could occur.

3. What is this airway manoeuvre called?



4. Opening and clearing the airway should be performed before checking for breathing?

True  False

5. When assessing for normal breathing, how many seconds should you observe for?

10  
 3  
 15  
 5

6. The victim is not responding to any verbal or tactile stimuli, and they are not breathing normally. You have already called for help. What is your priority now?

Give two rescue breaths  
 Place the person in the recovery position  
 Note the time  
 Commence compressions

7. In adults, you must give 2 rescue breaths **before** starting compressions.

True  False

8. When compressing the sternum to do chest compressions, you would:
- Place hands at the top of the chest
  - Place hands anywhere on the chest
  - Place hands at the centre of the chest
  - Place hands at the bottom of the chest
9. What is the rate of compressions that should be performed in one minute?
- 150 per minute
  - 100 – 120 per minute
  - 100 per minute
  - 60 per minute
10. In BLS, the recommended Compression: Ventilation ratio is
- 15 compressions: 1 breath
  - 30 compressions: 1 breath
  - 15 compressions: 4 breaths
  - 30 compressions: 2 breaths
11. The AED arrives. CPR continues. How long should you wait before putting on the AED pads?
- Wait another 2 minutes
  - Don't wait – put them on immediately
  - 4 minutes
  - Wait till the MET or ambulance arrives
12. The AED has just completed its first assessment and the patient has been given a shock. How often will the AED re-assess the victim's heart rhythm?
13. Fill in the columns below, for infant and young child

Age	Infant (up to 12 months)	Young child (1 to 8 years)	Older child and adult (9 years and older)
<b>Response</b>			Talk & touch to assess response
<b>Airway</b>			Full Head tilt & chin lift; jaw thrust if suspected spinal injury
<b>Breathing</b>			Maintain open airway, then look, listen & feel for normal breathing, for up to 10 seconds. If NOT RESPONSIVE and NO NORMAL BREATHING, commence CPR
<b>CPR</b>			Locate the centre of the chest, lower half of sternum. Give 30 compressions. Use two hands; depress the chest by a depth of 1/3 <sup>rd</sup> (5 – 6cm) at a rate of 100 – 120 per minute. Follow with 2 full rescue breaths, observing for the rise and fall of the chest.