

# BLS Pop Quiz ANSWERS

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

Action	Number
Breathing	5
Response	2
Commence compressions	6
Danger	1
Airway	4
Defibrillation	7
Send for help	3

2. A person has collapsed in the bathroom. Name three potential dangers that could occur.  
E.g.s *Slippery floor; flowing water; electrical hazards; blood and body fluids; sharps; small crowded area making it difficult to manoeuvre the person; wet person (manual handling difficulty); wet chest (defib precaution); difficulty getting equipment in bathroom; difficulty getting person out of bathroom;*

3. What is this airway manoeuvre called?  
*Head tilt chin lift*



4. Opening and clearing the airway should be performed before checking for breathing?  
*✓ True*
5. When assessing for normal breathing, how many seconds should you observe for?  
*✓ 10*
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 first priority?  
*✓ Commence compressions*
7. You must give 2 rescue breaths **before** starting compressions.  
*✓ False*
8. When compressing the sternum to do chest compressions, you would:  
*✓ Place hands at the centre of the chest*

9. What is the rate of compressions that should be performed in one minute?  
✓100 – 120 per minute
10. The correct Compression: Ventilation ratio is  
✓30 compressions: 2 breaths
11. The AED arrives. CPR continues. How long should you wait before putting on the AED pads?  
✓Don't wait – put them on immediately
12. The AED has just completed its first assessment and the patient has been given a shock. How often will the AED assess the victim's heart rhythm?  
Every 2 minutes
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)
Response	Talk and touch (never shake children)	Talk and touch (never shake children)	Talk & touch to assess response
Airway	No hyperextension; head to neutral position (also known as sniffing position)	Gentle head tilt & chin lift, or jaw thrust if suspected spinal injury	Full Head tilt & chin lift; jaw thrust if suspected spinal injury
Breathing	Maintain open airway, then look, listen & feel for normal breathing, for up to 10 seconds. If NOT RESPONSIVE and NO NORMAL BREATHING, commence CPR	Maintain open airway, then look, listen & feel for normal breathing, for up to 10 seconds. If NOT RESPONSIVE and NO NORMAL BREATHING, commence CPR	Maintain open airway, then look, listen & feel for normal breathing, for up to 10 seconds. If NOT RESPONSIVE and NO NORMAL BREATHING, commence CPR
CPR	Locate the centre of the chest, lower half of sternum. Give 30 compressions. Use 2 fingers; depress the chest by a depth of 1/3 <sup>rd</sup> (up to 4 cm) at a rate of 100 – 120 per minute. Follow with 2 cheek puffs, observing for the rise and fall of the chest.	Locate the centre of the chest, lower half of sternum. Give 30 compressions. Use one hand; depress the chest by a depth of 1/3 <sup>rd</sup> (4 – 5cm) at a rate of 100 – 120 per minute. Follow with 2 shallow rescue breaths, observing for the rise and fall of the chest.	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.