1. Specific to emergency care, define the following groups by age:
   - Adult: ________________ individuals older than 12 years - past puberty
   - Child: ________________ individuals between the ages of 1 and 12 years
   - Infant: ________________ individuals younger than 1 year

2. Primary Assessment: (Check all that apply.)
   - __X__ a. Is always the first step of any emergency care.
   - ___ b. Providing direct pressure on a bleeding wound.
   - __X__ c. Is an Emergency Responder's first evaluation of an injured or ill person.

3. CPR stands for: ________________ Cardiopulmonary Resuscitation

4. Chest compressions:
   - ___ a. Always revive patients that are unresponsive and not breathing normally.
   - ___ b. Should only be given by professional such as paramedics and doctors.
   - __X__ c. Manually forces blood from the heart through the arteries and deliver oxygen-rich blood to vital organs.

5. CPR extends the window of opportunity for ___resuscitation___ – greatly increasing the patient’s chance of revival.

6. You determine if a child or adult is unresponsive by:
   - __X__ a. Delivering the Responder Statement and tapping the patient’s collarbone.
   - ___ b. Shaking the patient.
   - ___ c. Listening for breathing.

7. List two reasons why a person may stop breathing.
   1. __________________ [answers vary from 10 choices: Heart attack or sudden cardiac arrest, Submersion and near drowning, Stroke, Foreign body airway obstruction – choking, Smoke inhalation, Drug overdose, Electrocution, suffocation, Injuries, Lightning strike, Coma]
   2. __________________

8. Name the Chain of Survival’s four links in the spaces below.
   a. ___ Early Recognition and Call for Help ___  b. Early ___  c. Early Defibrillation ___  d. Early Professional Care and Followup ___
9. Fill in the missing meaning for each letter on the Cycle of Care graphic.
   C = _________ Chest Compressions
   A = _________ Airway Open
   B = _________ Breathing for the Patient
   S = _________ Serious Bleeding, Shock, Spinal Injury

10. The phrase, “continually move through the Cycle of Care” helps you maintain appropriate __________ emergency care sequencing________.

11. When someone needs emergency care, time is critical because: (Check all that apply.)
   ___ a. It becomes more difficult to administer first aid.
   ___X___ b. The chances of successful resuscitation diminish with time.
   ___X___ c. When a person has no heartbeat and is not breathing, irreversible brain damage can occur within minutes.

12. Give three reasons why you should assist someone who needs emergency care:
   a. ___________________ You can save or restore a patient’s life.
   b. ___________________ You can help reduce a patient’s recovery time; either in the hospital or at home.
   c. ___________________ You can make the difference between a patient having a temporary or lifelong disability.

13. Of the six reasons causing people to hesitate when providing emergency care to a patient, name three:
   a. [answers vary from six choices: Anxiety, Guilt, Fear of imperfect performance, Fear of making a person worse, fear of infection, Responsibility concerns] ________________
   b. __________________________________________________________________________
   c. __________________________________________________________________________

14. Good Samaritan laws are enacted to encourage people to come to the aid of others. Generally, they protect individuals who voluntarily offer assistance to those in need.
   ___X___ True _____ False

15. To be protected by Good Samaritan laws you should: (Check all that apply.)
   ___X___ a. Only provide care that is within the scope of your training as an Emergency Responder.
   ___X___ b. Ask for permission to help
   ___X___ c. Act in good faith.
   ___X___ d. Do not be reckless or negligent.
   ___X___ e. Avoid helping an injured or ill person when others are around.
   ___X___ f. Act as a prudent person would.
   ___X___ g. Do not abandon the patient once you begin care. The exception to this is if you must do so to protect yourself from imminent danger.

16. Why should you never fear harming a patient when performing CPR on an individual who is unresponsive and is not breathing normally?
   ___You really cannot make the person worse. A person that is unresponsive and not breathing normally is already in the worse state of health possible since he probably does not have a heartbeat. ___
17. Providing emergency care can be stressful. How can you care for yourself after you've provided assistance in a stressful situation?
   _____ a. Spend time with others after providing care. Reach out for help.
   _____ b. Seek the help of a health care professional.
   _____ c. Talk about the incident to others.
   X   d. All of the above.

18. Heart attack patients commonly complain of: (Check all that apply.)
   _____ a. severe leg pain
   X   b. stabbing chest pain behind the breastbone
   X   c. nausea, rapid heartbeat, shortness of breath and dizziness
   X   d. pain or other sensations such as tingling, numbness or heaviness in the patient’s arms or jaw

19. To ask a patient for permission to help, you deliver the Responder Statement. The complete statement is:
   _____ Hello? My name is _____________. I’m an Emergency Responder. May I help you?

20. Activating EMS is so important that in most circumstances (especially with adults), if you're alone and there's no one else to activate the EMS for you, you:
   _____ a. Always give Care First.
   X   b. Call First, then assist the patient.

21. In your local area, the Emergency Medical Service (EMS) is activated by dialing:
   [Answer varies]

22. Heart damage or injury to the heart can cause a normal heart rhythm to become erratic and fast.
   X   True _____ False

23. Defibrillation by an AED is the momentary disruption of an abnormal heart rhythm, allowing the heart’s normal heartbeat to return.
   X   True _____ False

24. An AED connects to a patient via:
   _____ a. Two wires implanted in the skin.
   _____ b. A head band.
   X   c. Two pads with adhesive gel on the back.

25. AEDs give verbal and visual instructions making them easy to use.
   X   True _____ False

26. If a patient in cardiac arrest has a bandage or medicated skin patch located where an AED pad needs to be placed, you should:
   X   a. Remove the bandage or medicated patch and wipe the skin dry before placing the AED pad.
   _____ b. Place the AED pad next to the medicated patch.
   _____ c. Place the AED pad right over the medicated patch.

27. There is no evidence that shocks from an AED have adverse effects on the mother or baby. You should use an AED on a pregnant woman exactly the same as any other adult patient.
   X   True _____ False
28. CPR combined with the use of an AED increases the patient’s chances of survival.  
___X___ True _____ False

29. Regarding AED defibrillation on a wet surface:
   ____ a. This should never be done. 
___X___ b. You can defibrillate on a wet surface as long as all safety rules are observed and manufacturer’s 
   instructions followed. 
   ____ c. Use special AED pads in this circumstance.

30. In addition to regular preventative maintenance, AED manufacturers recommend ______ inspection by 
   those who are trained to use them. 
   ____ a. monthly 
   ____ b. weekly 
___X___ c. daily