American Heart Association First Aid Practice Test (Sample)

Study Guide

BY EXAMZIFY

Everything you need from our exam experts!

Questions

1. How can you identify a person having a seizure?

- **A. Uncontrolled jerking movements, loss of consciousness, and confusion post-seizure**
- **B. Rapid breathing and pale skin**
- **C. Excessive sweating and trembling hands**
- **D. Severe headache and blurred vision**

2. What is the correct rate for chest compressions during hands-only CPR?

- **A. 60-100 compressions per minute**
- **B. 100-120 compressions per minute**
- **C. 120-140 compressions per minute**
- **D. 80-100 compressions per minute**

3. True or False: You should wash your hands only if you come into contact with bodily fluid.

- **A. True**
- **B. False**
- **C. Only if your hands are visibly dirty**
- **D. Only after removing gloves**

4. True or False: A person responding to an emergency must introduce themselves before providing aid.

- **A. True**
- **B. False**
- **C. Only if the person is conscious**
- **D. Only if the injury is severe**

5. What condition is characterized by difficulty breathing and noisy breathing sounds?

- **A. Asthma**
- **B. Choking**
- **C. Pneumonia**
- **D. Bronchitis**

6. For chest thrusts, where should your hands be placed on an adult?

- **A. On the upper chest**
- **B. On the lower half of the breastbone**
- **C. Just above the navel**
- **D. Under the ribcage**

7. What does the acronym FAST stand for in stroke recognition?

- **A. Face drooping, Arm weakness, Speech difficulties, Time to call emergency services**
- **B. Find assistance, Assess symptoms, Send for help, Time is critical**
- **C. Facial asymmetry, Abdominal pain, Slurred speech, Time to act**
- **D. Face alignment, Arm extension, Speech clarity, Time to react**

8. What should you do if you suspect someone has a broken bone?

- **A. Encourage them to walk it off**
- **B. Immobilize the area and seek medical help**
- **C. Apply heat to the area**
- **D. Massage the area to relieve pain**

9. What should you do for someone who has inhaled smoke?

- **A. Give them water**
- **B. Get them to fresh air immediately and call for emergency help**
- **C. Ask them to cough it out**
- **D. Monitor and wait for them to recover**

10. What should be monitored when someone is experiencing asthma symptoms?

- **A. Their ability to speak**
- **B. The color of their skin**
- **C. The weather conditions**
- **D. The types of food they have eaten**

Answers

1. A
2. B
3. B
4. A
5. A
6. B
7. A
8. B
9. B
10. A

Explanations

1. How can you identify a person having a seizure?

A. Uncontrolled jerking movements, loss of consciousness, and confusion post-seizure

B. Rapid breathing and pale skin

C. Excessive sweating and trembling hands

D. Severe headache and blurred vision

Identifying a person having a seizure is primarily based on distinct physical symptoms and the observable behavior during and after the event. Uncontrolled jerking movements are a classic indicator of a seizure, particularly during convulsive episodes where the person experiences muscle spasms and loss of motor control. Additionally, loss of consciousness typically accompanies generalized seizures, where the individual may not respond to stimuli and appears unresponsive. Postictal confusion, which is the state of disorientation and confusion a person may experience after a seizure, can also serve as a key indicator. This confusion can vary in duration and can help distinguish a seizure from other medical conditions, as it's particularly characteristic of seizure activity. The other options present symptoms associated with different medical conditions. Rapid breathing and pale skin can indicate various issues such as anxiety or respiratory distress, while excessive sweating and trembling hands could be signs of hypoglycemia or panic attacks. Severe headache and blurred vision might suggest migraines or other neurological issues, not specifically a seizure. Thus, the combination of jerking movements, loss of consciousness, and post-seizure confusion distinctly points to seizure activity.

2. What is the correct rate for chest compressions during hands-only CPR?

A. 60-100 compressions per minute

B. 100-120 compressions per minute

C. 120-140 compressions per minute

D. 80-100 compressions per minute

The correct rate for chest compressions during hands-only CPR is 100-120 compressions per minute because this range has been established as optimal for maintaining blood circulation during a cardiac arrest scenario. Research has shown that compressions within this rate effectively support the flow of oxygenated blood to vital organs, particularly the brain and heart. Furthermore, compressions at this rate allow responders to manage fatigue while maximizing the quality of CPR, which is crucial for increasing the chances of survival in someone experiencing a cardiac event. Compressions that fall outside this range may be less effective; for instance, too slow a rate could lead to inadequate blood supply, and excessively fast compressions might not allow for complete chest recoil, which also hampers blood flow. Adhering to this recommended range is vital for all lay rescuers trained in CPR, and it underscores the importance of regular training and refreshers to maintain appropriate skills and knowledge in emergency situations.

3. True or False: You should wash your hands only if you come into contact with bodily fluid.

A. True

B. False

C. Only if your hands are visibly dirty

D. Only after removing gloves

Washing your hands is a fundamental aspect of infection control and good hygiene practices in first aid situations. The correct answer is false. Handwashing should not be limited to instances of direct contact with bodily fluids. It is essential to wash your hands regularly to eliminate germs and prevent the spread of infections, regardless of visible contamination. Handwashing is vital before and after providing care, before eating, after using the restroom, and after contact with any surfaces or patients, regardless of whether a visible contamination is present. This comprehensive approach to hand hygiene helps ensure both the caregiver's safety and the health of those receiving assistance, as many pathogens can be transmitted through touch even when there are no visible signs of dirt or bodily fluids. Regular handwashing is a proactive measure that contributes significantly to overall health and safety in any caregiving situation.

4. True or False: A person responding to an emergency must introduce themselves before providing aid.

A. True

B. False

C. Only if the person is conscious

D. Only if the injury is severe

Introducing oneself before providing aid is important for several reasons. It helps to establish trust and communication with the person in need, creating a more secure environment for both the responder and the affected individual. When a responder identifies themselves, it can alleviate anxiety for the person receiving help, as they know who is assisting them. It also helps clarify the responder's role and intentions, contributing to a more organized response to the emergency. In emergency situations, it is essential for responders to communicate with victims, especially if they are conscious, as this can promote better cooperation and understanding of the situation. Thus, introducing oneself is a crucial aspect of effective first aid and emergency response protocol.

5. What condition is characterized by difficulty breathing and noisy breathing sounds?

A. Asthma

B. Choking

C. Pneumonia

D. Bronchitis

Asthma is characterized by difficulty breathing and the production of noisy breathing sounds, specifically wheezing. This condition results from the narrowing and inflammation of the airways, leading to restricted airflow. During an asthma attack, the bronchial tubes constrict, and mucus may build up, making it hard for air to move in and out of the lungs. The associated wheezing is a high-pitched sound that occurs when breathing, especially during exhalation, and indicates that the air passages are becoming obstructed. Other conditions like choking, pneumonia, and bronchitis have their own distinct symptoms and presentations. Choking typically results in a sudden inability to breathe and may not always produce the same noisy breathing sounds as asthma. Pneumonia usually causes symptoms like coughing, fever, and chest pain, while bronchitis often leads to persistent coughing with mucus production but may not exhibit the same profile of difficulty breathing or wheezing as asthma does. Therefore, asthma is the most accurate choice when identifying a condition defined by difficulty and noisy breathing.

6. For chest thrusts, where should your hands be placed on an adult?

A. On the upper chest

B. On the lower half of the breastbone

C. Just above the navel

D. Under the ribcage

When performing chest thrusts on an adult, the hands should be placed on the lower half of the breastbone, also known as the sternum. This is the most effective location for generating the necessary force to create pressure in the chest cavity, which can help expel an obstruction in the airway. Placing your hands on the lower half of the breastbone allows for the proper mechanics of chest thrusts. The thrusts should be administered upward and inward, which can effectively clear the airway when performed correctly. This method is especially vital in cases of severe choking situations, as it can open up the airway and restore breathing. The other options would not be effective or appropriate for chest thrusts. For example, placing hands on the upper chest would not provide the needed leverage to compress the sternum effectively. Similarly, positioning hands just above the navel or under the ribcage does not target the central area of the chest needed to generate sufficient force for clearing the airway. Thus, proper placement and technique are crucial for the effectiveness of this lifesaving maneuver.

7. What does the acronym FAST stand for in stroke recognition?

A. Face drooping, Arm weakness, Speech difficulties, Time to call emergency services

B. Find assistance, Assess symptoms, Send for help, Time is critical

C. Facial asymmetry, Abdominal pain, Slurred speech, Time to act

D. Face alignment, Arm extension, Speech clarity, Time to react

The acronym FAST is a critical tool used in the recognition of stroke symptoms, and it stands for Face drooping, Arm weakness, Speech difficulties, and Time to call emergency services. Each component helps to identify the common signs of a stroke quickly: - **Face drooping refers to the observable unevenness in a person's face when they smile, indicating potential neurological issues affecting facial muscles. - **Arm weakness** involves difficulty in raising one or both arms, which can signify that one side of the body is less responsive due to brain impairment. - **Speech difficulties** highlight problems in speaking clearly or understanding speech, often presenting as slurred or incoherent speech patterns. - **Time to call emergency services** emphasizes the urgency of acting quickly, as immediate medical intervention is crucial for improving outcomes in stroke cases. Recognizing these symptoms allows bystanders and individuals to act swiftly, ensuring that the affected person receives the necessary medical attention without delay, as timely treatment can greatly reduce the risk of long-term disability and can be life-saving.**

8. What should you do if you suspect someone has a broken bone?

A. Encourage them to walk it off

B. Immobilize the area and seek medical help

C. Apply heat to the area

D. Massage the area to relieve pain

When suspecting a broken bone, immobilizing the affected area and seeking medical help is crucial. Immobilization helps prevent any further injury to the bone and surrounding tissues, which is essential for minimizing pain and avoiding complications such as misalignment or damage to blood vessels and nerves. When a bone is broken, movement can exacerbate the injury, potentially complicating treatment and recovery. By securing the area, you provide stability and reduce the risk of additional harm. Additionally, professional medical assistance is required to accurately diagnose the injury and implement appropriate treatment, which could include imaging, realignment, or possibly surgery. Encouraging someone to walk it off, applying heat, or massaging the area can lead to increased pain and further damage to the injury. Therefore, understanding the importance of immobilization and prompt medical intervention ensures that the individual receives the necessary care to heal properly.

9. What should you do for someone who has inhaled smoke?

A. Give them water

B. Get them to fresh air immediately and call for emergency help

C. Ask them to cough it out

D. Monitor and wait for them to recover

The correct course of action for someone who has inhaled smoke is to get them to fresh air immediately and call for emergency help. Inhalation of smoke can lead to significant respiratory distress and potential damage to the lungs, as smoke contains toxic chemicals and irritants. Immediate removal from the source of smoke is crucial because fresh air helps to dilute the concentration of harmful substances in the lungs. Calling for emergency help is essential as medical professionals may need to provide oxygen, assess for possible airway damage, or intervene further, especially if the individual shows symptoms of severe respiratory distress. Providing water would not be beneficial; in fact, it may exacerbate the situation by causing choking or further irritation. Asking the person to cough it out might not be effective if the smoke has already caused irritation or damage to the airways. Monitoring and waiting for recovery can be dangerous, as symptoms may worsen without prompt medical assistance. Overall, the best strategy is to ensure the person's safety by moving them to fresh air and securing medical aid.

10. What should be monitored when someone is experiencing asthma symptoms?

A. Their ability to speak

B. The color of their skin

C. The weather conditions

D. The types of food they have eaten

Monitoring a person's ability to speak during an asthma episode is crucial because it provides insight into the severity of their asthma symptoms. When someone is experiencing an asthma attack, their airway may become constricted, making it difficult for them to breathe and speak. A person having a mild asthma attack may still be able to speak in full sentences, while someone experiencing a more severe attack may struggle to get out even a few words before needing to breathe again. If they are unable to speak a full sentence without pausing for breath, this can indicate a worsening of their condition, signaling that immediate medical intervention is necessary. While the color of their skin can offer some clues about oxygenation, it is not as immediate or telling as their ability to speak. Weather conditions can serve as triggers for asthma symptoms but are not a direct measure of the current severity of the attack. The types of food eaten are generally not relevant to monitoring asthma symptoms unless there is a known food allergy involved. Thus, monitoring the ability to speak is the most direct and effective way to assess the severity of asthma symptoms during an episode.