



Check your competency quiz

## Basic life support

Are you familiar with the new ARC guidelines?

Your score is: 100%.

Questions answered correctly first time: 14/14

You have completed the exercise.

Show questions one by one

1. There are several things you need to do when you encounter a person in need of assistance. What should you do first?

(Need help? [ARC guidelines: Basic Life Support Flow Chart](#) )

- A. ☐ ? call for help
- B. ☐ ? commence CPR
- C. ☐ ? determine responsiveness
- D. ☒ check for danger

2. Is it advisable to check for signs of circulation in adults by finding the carotid artery?



(Need help? [ARC guideline 6: Compressions](#))

- A. ☐ ? yes

B. ☒ no

3. 'No signs of life' means:

(Need help? [ARC guideline 7: Cardiopulmonary resuscitation](#))

A. ☐ unconscious, unresponsive and not moving

B. ☒ unconscious, unresponsive, not moving and not breathing normally

C. ☐ has no pulse

4. Which of these methods would be appropriate to 'open the airway' of a child victim?

(Need help? [ARC guideline 4: Airway](#))

A. ☐ maintain head in neutral position



B. ☒ backward head tilt and chin lift



5. Which of these terms means 'CPR'?

(Need help? See [ARC glossary of terms](#) for a full explanation of 'cardiopulmonary resuscitation')

A. ☐ ? basic life support

B. ☒ the technique of rescue breathing combined with chest compressions

6. When you commence CPR, how many initial breaths would you give?  
(Need help? [ARC guideline 5: Breathing](#) – see 'Rescue breathing')

A. ☒ 2

B. ☐ ? 3

C. ☐ ? 5

7. Another way of looking at the rate of compression is:  
(Need help? [ARC guideline 6: Compressions](#))

A. ☐ ? the number of compressions given between breathing

B. ☒ the number of compressions given in a minute

8. What is the recommended rate of compression?  
(Need help? [ARC guideline 6: Compressions](#))

A. ☒ 100 compressions per minute

B. ☐ ? 30 compressions per minute

9. What is the recommended ratio of compressions to breaths?  
(Need help? [ARC guideline 7: Cardiopulmonary resuscitation](#))

- A. ☒ 30 compressions to 2 breaths
- B. ☐ 30 compressions in two minutes
- C. ☐ 100 compressions to 2 breaths

10. The recommended ratio of compressions to breathing (30:2) applies to:  
(Need help? [ARC guideline 7: Cardiopulmonary resuscitation](#))

- A. ☐ infants
- B. ☐ older children
- C. ☐ younger children
- D. ☐ adults
- E. ☒ all of these

11. Do you need to count the number of 'cycles per minute' when giving CPR?  
(Need help? [ARC guidelines: Cardiopulmonary resuscitation](#))

- A. ☒ no
- B. ☐ yes

12. What is the recommended way to determine the location point for chest compressions?





(Need help? [ARC guideline 6: Compressions](#))

- A. ☐ ? place two fingers at the point where the lower ribs meet, then place your other hand next to that
- B. ☒ find the centre of the chest (lower half of the sternum)

Yes, that's correct.

OK

13. Adequate chest compression

(Need help? [ARC guideline 6: Compressions](#))

- A. ☐ ? 1½" to 2"
- B. ☐ ? ⅓ of the depth of the chest for adults, ¼ for infants
- C. ☒ ⅓ of the depth of the chest

14. What method of compression should you use on infants?

(Need help? [ARC guideline 6: Compressions](#))

- A. ☒ the two finger technique



- B. ☐ ? the heel of one hand with the other hand firmly on top of the lower hand