

basic life support exam a answers 25 questions 2023

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Understanding and mastering Basic Life Support (BLS) is essential for healthcare providers, first responders, and even laypersons who wish to be prepared for emergency situations such as cardiac arrests, drowning, or respiratory emergencies. The BLS exam typically assesses knowledge on critical skills like airway management, CPR procedures, use of automated external defibrillators (AEDs), and patient assessment. In 2023, many certification courses and exams have updated their question banks to reflect the latest guidelines from organizations like the American Heart Association (AHA) and the European Resuscitation Council (ERC). This article provides an in-depth overview of what to expect from a typical BLS exam, focusing on a set of 25 common questions, their answers, and strategies to prepare effectively.

Overview of the Basic Life Support (BLS) Exam in 2023

Purpose and Importance of the BLS Exam

The BLS exam evaluates a candidate's ability to recognize life-threatening emergencies, perform effective CPR, and utilize AEDs properly. It serves as a certification that the individual possesses the fundamental skills required to provide immediate assistance in emergency scenarios, thereby increasing survival chances.

Format of the Exam

Most BLS exams in 2023 follow a combination of theoretical multiple-choice questions (MCQs) and practical skill assessments. Candidates are expected to demonstrate proficiency in:

- Assessing responsiveness and breathing
- Performing high-quality chest compressions
- Providing rescue breaths
- Using an AED correctly
- Managing choking incidents

The exam often contains 25 questions, primarily MCQs, with some practical stations depending on the certification provider.

Sample Questions and Answers for the 2023 BLS Exam

Below is a curated list of 25 typical questions you might encounter on the exam, along with their correct answers and explanations where applicable.

1. What is the first step when you encounter an unresponsive person?

1. Check for responsiveness by tapping and shouting
2. Call emergency services immediately
3. Begin CPR immediately
4. Look for a medical alert bracelet

Answer: 1. Check for responsiveness by tapping and shouting

2. How do you assess if a person is breathing normally?

- Look for chest rise and fall
- Listen for breath sounds
- Feel for breath on your cheek
- All of the above

Answer: 4. All of the above

3. How long should you check for breathing before starting CPR?

1. 5 seconds
2. 10 seconds
3. 15 seconds
4. 20 seconds

Answer: 1. 5 seconds

4. What is the recommended compression depth for adult CPR?

1. 1-2 inches
2. 2-2.4 inches
3. 2.4-3 inches
4. 3-4 inches

Answer: 2. 2-2.4 inches

5. How many chest compressions should be delivered per minute?

1. 100-120
2. 80-100
3. 120-140
4. 60-80

Answer: 1. 100-120

6. When performing CPR, how often should you switch rescuers to prevent fatigue?

1. Every 2 minutes
2. Every 5 minutes
3. Every 10 minutes
4. Only when tired

Answer: 1. Every 2 minutes

7. What is the correct rate of rescue breaths for an adult?

1. 1 breath every 3 seconds
2. 1 breath every 6 seconds
3. 1 breath every 12 seconds
4. 1 breath every 20 seconds

Answer: 2. 1 breath every 6 seconds

8. How do you identify a person in cardiac arrest?

- No response to stimuli
- No normal breathing
- Presence of a pulse
- Both a and b

Answer: 2. No normal breathing

9. When should an AED be used?

1. Only if the person is conscious
2. On a person in cardiac arrest as soon as possible
3. Only if the person has a visible shockable rhythm
4. After performing CPR for 10 minutes

Answer: 2. On a person in cardiac arrest as soon as possible

10. How do you operate an AED?

1. Turn it on, attach pads, follow prompts
2. Shout to get attention, then deliver shock

3. Check for pulse, then shock if needed
4. Call emergency services, then start CPR

Answer: 1. Turn it on, attach pads, follow prompts

11. What is the most common cause of cardiac arrest in adults?

- Respiratory failure
- Coronary artery disease
- Electrocution
- Trauma

Answer: 2. Coronary artery disease

12. How should rescue breaths be delivered?

1. Blow into the person's mouth over 1 second, watching for chest rise
2. Blow into the person's nose for 2 seconds
3. Use a bag-mask device only
4. Deliver continuous breaths without pause

Answer: 1. Blow into the person's mouth over 1 second, watching for chest rise

13. What is the primary purpose of high-quality chest compressions?

- To provide oxygenated blood to vital organs
- To restart the heart directly
- To relieve chest pain
- To clear airway obstructions

Answer: 1. To provide oxygenated blood to vital organs

14. In choking emergencies, what is the recommended first step?

1. Perform abdominal (Heimlich) maneuver
2. Perform back blows
3. Call emergency services only
4. Start CPR immediately

Answer: 2. Perform back blows

15. When should you call emergency services during a suspected cardiac arrest?

1. After 2 minutes of CPR
2. Immediately after checking responsiveness
3. Only if the person remains unresponsive after 1 minute
4. Before starting any assessment or intervention

Answer: 4. Before starting any assessment or intervention

16. Which of the following is NOT part of the BLS sequence?

- Check responsiveness
- Activate EMS
- Assess airway, breathing, and pulse
- Provide medications

Answer: 4. Provide medications

17. How do you position a person for CPR if they are lying face down?

1. Logroll them onto their back carefully
2. Leave them in position and start compressions
3. Elevate their legs and perform compressions
4. Shake them gently and call for help

Answer: 1. Logroll them onto their back carefully

18. During CPR, what should be the rate of chest compressions?

1. 100-120 compressions per minute
2. 80-100 compressions per minute
3. 130-150 compressions per minute
4. 60-80 compressions per minute

Answer: 1. 100-120 compressions per minute

19. What PPE (Personal Protective Equipment) should rescuers use during BLS?

- Gloves and mask
- Goggles
- None needed
- Both a and b

Answer: 4. Both a and b

20. How do you handle a situation where the person

starts breathing normally again after CPR has been initiated?

1. Stop CPR and monitor