

1. During hand washing, how long should you rub the surfaces of your hands together?
 - A. At least 5 seconds
 - B. At least 20 seconds
 - C. At least 1 minute
 - D. At least 5 minutes
2. If someone with an injury or illness at work refuses care, you should
 - A. take care of the person anyway.
 - B. stay with the person until someone with more advanced training takes over.
 - C. take care of the person because the person is a coworker.
 - D. leave the person alone and go back to work.
3. You should wear personal protective equipment (PPE) to
 - A. impress people during treatment.
 - B. look important.
 - C. protect yourself from bloodborne diseases.
 - D. avoid washing your hands
4. When assisting someone who may be having a heart attack, you should
 - a. help the person walk around to help blood flow.
 - b. cover the person with a blanket.
 - c. keep the person calm and phone 911.
 - d. do nothing until the person collapses.
5. Fainting is a short period when someone
 - A. stops responding for less than a minute and then seems fine.
 - B. responds but is confused.
 - C. stops responding for long periods of time.
 - D. responds but has trouble breathing.
6. Which of these is a sign of stroke?
 - a. Sudden trouble seeing
 - b. Sudden shortness of breath
 - c. Swelling of tongue
 - d. Sweaty, pale skin
7. What should you do after you've finished taking care of an injured person?
 - A. Write a report of the incident if your company requires it.
 - B. Phone 911.
 - C. Post the report to the company bulletin board.
 - D. Tell coworkers about the injury
8. How hard and fast should you push during adult CPR?
 - A. Push straight down at least 2 inches and at a rate of at least 100 compressions per minute.
 - B. Push straight down no more than 2 inches and at a rate of at least 100 compressions per minute.
 - C. Push straight down 2 inches and at a rate of 30 compressions per minute.
 - D. Push and hold the chest down 2 inches for at least 5 seconds, then release, and repeat for 1 minute.
9. If you use, or help someone use, an epinephrine pen, you should also
 - A. leave the pen on the ground and assume someone will throw it away.
 - B. phone or send someone to phone the emergency response number (or 911).
 - C. push the needle back into the pen with your fingertip so it can be used again.
 - D. dispose of in the trash.
10. The chance of saving the life of a victim of cardiac arrest is best when you
 - A. phone 911 and wait for trained help to arrive.
 - B. phone the doctor and drive the victim to the hospital.
 - C. start early CPR combined with the use of an AED within a few minutes.
 - D. tell everyone to stand back to give the victim air and then wait for help.