



Standard First Aid & CPR (Canada)

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Practice Questions

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1. In the emergency action steps (Check–Call–Care), what is the FIRST thing you should do?

- A. Check the scene to make sure it is safe
- B. Call 911 immediately without looking around
- C. Start chest compressions right away
- D. Give the person something to drink

2. What is the recommended ratio of chest compressions to rescue breaths in CPR for all ages?

- A. 15 compressions to 2 breaths
- B. 30 compressions to 2 breaths
- C. 5 compressions to 1 breath
- D. 10 compressions to 2 breaths

3. A conscious adult is choking but can still cough forcefully and speak. What should you do?

- A. Give 5 hard back blows immediately
- B. Encourage them to keep coughing and watch closely
- C. Lay them on the floor
- D. Give them water to drink

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4. What is the most effective first action to control severe external bleeding?

- A. Apply a tourniquet straight away
- B. Apply firm, direct pressure over the wound
- C. Wash the wound under a tap
- D. Give the victim a drink



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5. The acronym FAST helps recognize a stroke. What does it stand for?

- A. Fever, Aches, Sweating, Tiredness
- B. Face, Arms, Speech, Time
- C. Fall, Awake, Stand, Talk
- D. Fast pulse, Anxiety, Shaking, Thirst

6. What is anaphylaxis?

- A. A mild skin rash
- B. A severe, life-threatening allergic reaction
- C. A type of headache
- D. A common cold

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7. What is the correct first aid for a thermal (heat) burn?

- A. Apply ice directly to the burn
- B. Cool the burn under cool running water for 20 minutes
- C. Spread butter on the burn
- D. Cover it with a tight bandage straight away

8. What does 'duty of care' mean for a first aider?

- A. You must carry a first aid kit at all times
- B. Once you begin helping, you should continue to a reasonable standard until you hand over care
- C. You are legally required to help every stranger
- D. You must pay for the victim's treatment

9. Due to the essential nature of washing your hands, how much time is recommended to wash your hands?

- A. 4 minutes
- B. 1 minute
- C. 10 seconds
- D. 20 seconds

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10. What is the correct order of the emergency action steps?

- A. Check, Call, Care
- B. Care, Call, Check
- C. Call, Care, Check
- D. Check, Care, Call

11. What is the recommended rate of chest compressions?

- A. 40 to 60 per minute
- B. 60 to 80 per minute
- C. 100 to 120 per minute
- D. 140 to 160 per minute

12. A conscious adult has a SEVERE airway obstruction and cannot breathe, cough or speak. What do you do?

- A. Give up to 5 back blows, then up to 5 chest thrusts, alternating
- B. Give abdominal thrusts (Heimlich)
- C. Lay them down and start CPR
- D. Offer them a drink

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13. After applying pressure to a heavily bleeding arm (no fracture), you should also:

- A. Lower the arm below the heart
- B. Raise/elevate the limb and call 911
- C. Remove the dressing to check the wound
- D. Apply heat to the area

14. You suspect someone is having a stroke. What should you do?

- A. Let them rest and see if it passes
- B. Call 911 immediately because time is critical
- C. Give them aspirin
- D. Give them a hot drink

15. Which of these is a sign of anaphylaxis?

- A. A sore knee
- B. Difficulty breathing, swelling of the tongue/throat, wheeze, hives or collapse
- C. A small bruise
- D. Hiccups



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16. Cooling a burn under running water is still helpful if started within:

- A. 10 seconds only
- B. Up to 3 hours of the injury
- C. Up to 24 hours
- D. It is never helpful after the burn

17. Before treating a conscious adult victim, you should:

- A. Treat them straight away without asking
- B. Obtain their consent to help
- C. Wait for a relative's permission
- D. Take a photo first

18. You come upon a person who has lost a significant amount of blood, has a very pale skin color, and is confused. What do you suspect the cause to be?

- A. Seizure
- B. Shock
- C. Stroke
- D. Low blood sugar

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19. What is the very first thing you should do on arriving at an emergency scene?

- A. Start chest compressions
- B. Check the area for danger to yourself and others
- C. Call the victim's family
- D. Move the victim to a comfortable position

20. How deep should chest compressions be on an adult?

- A. About 1 cm
- B. At least one third of the chest depth (about 5 cm)
- C. As deep as possible, about 10 cm
- D. Just enough to feel the ribs



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21. Which technique do Canadian (Heart & Stroke / Canadian Red Cross) guidelines recommend for a conscious adult who is choking and cannot breathe, cough, or speak?

- A. Do nothing and wait for it to clear
- B. Back blows and abdominal thrusts (the Heimlich maneuver)
- C. Lay them down and give chest compressions
- D. Give them water to drink

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22. Blood soaks through the dressing on a wound. What should you do?

- A. Remove it and start again
- B. Add more dressings on top and keep applying pressure
- C. Leave the wound uncovered
- D. Wash it off

23. Which set of signs is typical of a heart attack?

- A. Itchy skin and sneezing
- B. Chest pain or pressure, pain spreading to the arm/jaw/back, shortness of breath, nausea and sweating
- C. A sore throat and cough
- D. Cramping in the legs only

24. What is the first-line treatment for anaphylaxis?

- A. Antihistamine tablets only
- B. An adrenaline (epinephrine) auto-injector such as an EpiPen, and call 911
- C. A glass of water
- D. Wait and watch

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25. Which should you NOT put on a burn?

- A. Cool running water
- B. Ice, butter, creams or ointments
- C. A loose, non-stick dressing
- D. Nothing



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26. If a victim is unconscious, consent to treat is:

- A. Impossible, so you cannot help
- B. Implied; you may act in their best interests
- C. Only given by police
- D. Required in writing

27. A six-month-old child given marbles is gagging, his mouth area is turning blue and he is unable to take a breath or cry out. What would you do first?

- A. Attempt rescue breaths then compressions
- B. Deliver back blows and chest thrusts
- C. Begin CPR
- D. Blind finger sweep

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28. How should you check whether a collapsed person is responsive?

- A. Shout from across the room only
- B. Talk to them and gently squeeze their shoulders ('talk and touch')
- C. Shake them as hard as you can
- D. Splash water on their face

29. Where do you place your hands for chest compressions on an adult?

- A. On the upper chest near the collarbone
- B. On the lower half of the breastbone (sternum), center of the chest
- C. Over the stomach
- D. On the left side over the heart

30. Where do you deliver back blows to a choking victim?

- A. On the lower back
- B. Between the shoulder blades with the heel of your hand
- C. On the top of the head
- D. On the stomach



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Answer Key & Explanations

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1. A — Check the scene to make sure it is safe

Begin with CHECK: make sure the scene is safe for you and others before approaching, then check the person.

2. B — 30 compressions to 2 breaths

For a single lay rescuer, the ratio is 30 compressions to 2 breaths for adults, children and infants.

3. B — Encourage them to keep coughing and watch closely

With a mild (partial) obstruction the person can still move air. Encourage coughing and monitor in case it becomes severe.

4. B — Apply firm, direct pressure over the wound

Firm, direct pressure over the wound is the first and most effective way to control most external bleeding.

5. B — Face, Arms, Speech, Time

FAST = Face (drooping), Arms (weakness), Speech (slurred), Time (call 911 immediately).

6. B — A severe, life-threatening allergic reaction

Anaphylaxis is a severe, potentially fatal allergic reaction that affects breathing and/or circulation and needs immediate treatment.

7. B — Cool the burn under cool running water for 20 minutes

Cool the burn under cool (not icy) running water for 20 minutes. This limits the damage and relieves pain.

8. B — Once you begin helping, you should continue to a reasonable standard until you hand over care

Duty of care means that once you start first aid, you should continue providing reasonable care until you can hand over to someone equally or more qualified.

9. D — 20 seconds

10. A — Check, Call, Care

The emergency action steps are Check the scene and the person, Call 911, then Care for the person.

11. C — 100 to 120 per minute

Compress at 100 to 120 per minute. This keeps blood flowing to the brain and heart.

12. A — Give up to 5 back blows, then up to 5 chest thrusts, alternating

For severe choking give up to 5 sharp back blows between the shoulder blades, then up to 5 chest thrusts, alternating.

13. B — Raise/elevate the limb and call 911

Raising the limb (if no fracture) helps reduce blood flow to the wound. Call 911 for severe bleeding.



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14. B — Call 911 immediately because time is critical

Stroke is a time-critical emergency. Call 911 at once; early treatment greatly improves the outcome.

15. B — Difficulty breathing, swelling of the tongue/throat, wheeze, hives or collapse

Signs include breathing difficulty, throat/tongue swelling, wheeze, widespread hives, and collapse. This is a medical emergency.

16. B — Up to 3 hours of the injury

Cooling provides benefit if begun within about 3 hours of the burn, though sooner is better.

17. B — Obtain their consent to help

A conscious, competent adult must give consent before you treat them. Introduce yourself and ask if you can help.

18. B — Shock

19. B — Check the area for danger to yourself and others

Checking for danger first protects you, the victim and bystanders. An injured rescuer cannot help anyone.

20. B — At least one third of the chest depth (about 5 cm)

Compress at least one third of the depth of the chest, roughly 5 cm in an average adult.

21. B — Back blows and abdominal thrusts (the Heimlich maneuver)

For a choking, responsive adult, Canadian guidelines use back blows and abdominal thrusts (the Heimlich maneuver) until the object is expelled or the person becomes unresponsive.

22. B — Add more dressings on top and keep applying pressure

Do not remove the soaked dressing, as this disturbs clotting. Add more pads on top and maintain firm pressure.

23. B — Chest pain or pressure, pain spreading to the arm/jaw/back, shortness of breath, nausea and sweating

Heart attack signs include central chest pain/pressure that may spread to the arm, jaw or back, with breathlessness, nausea and sweating.

24. B — An adrenaline (epinephrine) auto-injector such as an EpiPen, and call 911

Adrenaline given by auto-injector is the first-line treatment. Give it without delay and call 911.

25. B — Ice, butter, creams or ointments

Avoid ice (it can deepen injury) and butter/creams/ointments (they trap heat and increase infection risk).

26. B — Implied; you may act in their best interests

When a victim is unconscious, consent is implied and you may provide first aid in their best interests.

27. B — Deliver back blows and chest thrusts

28. B — Talk to them and gently squeeze their shoulders ('talk and touch')

Check response by talking and touching: give a simple command and gently squeeze the shoulders. Never shake a victim violently.

29. B — On the lower half of the breastbone (sternum), center of the chest

Place the heel of your hand on the lower half of the sternum in the center of the chest, with the other hand on



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top.

30. B — Between the shoulder blades with the heel of your hand

Deliver sharp back blows between the shoulder blades using the heel of your hand.



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