



Singapore Life Saving Society

c/o Kallang Basin Swimming Complex

21 Geylang Bahru Lane. Singapore 339627

Tel: 6299 3660

updated on 16 Aug

SLSS CPR Theory Questions

1 What is the telephone number of the Emergency Ambulance Service?

995

2 What is a good chest compression technique whilst performing CPR ?

Elbow locked, straighten arm. Heel of palm to the low half sternum.

Compression strength come from shoulder and hips.

3 What is D. R. S. A. B. C.?

Danger, Response, Shout, Airway, Breathing, Compressions.

4 For an adult casualty, where should the Rescuer's hand be placed when performing chest compressions ?

On the lower half of the breast bone (sternum).

5 The Heimlich Manoeuvre, also known as abdominal thrust is recommended for relieve of Foreign Body Airway Obstruction (FBAO) in . . .

For casualties who are not obese and pregnant

6 What position does the Rescuer adopt while trying to help a conscious casualty with Foreign Body Airway Obstruction (FBAO)?

If the casualty is upright, the rescuer stands behind the casualty to perform

Abdominal Thrust or Chest Thrust.

If the casualty is sitting, the rescuer kneels down and positions himself behind the casualty to perform Chest Thrust

7 The Chest Thrust is recommended for relieve of Foreign Body Airway

Obstruction (FBAO) in . . .

Obese casualties

Pregnant casualties



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8 When performing mouth - to - mouth breathing for an unconscious FBAO casualty, how many successful chest rises must the rescuer achieved, as an indication of airway patency?

At least 1 successful chest rise.

9 For a Conscious Infant with Foreign Body Airway Obstruction (FBAO), how do you support the infant?

Supporting the infant's head and body between your hands and forearms using the 'Sandwich Manoeuvre'.

10 With complete airway obstruction (FBAO) for a conscious infant . . .

the infant has loss of voice, cannot breathe or cough.

11 When applying the 5 Back Blows to dislodge the foreign body from an infant, where should the heel of the rescuer's hand be placed ?

Between the shoulder blades.

12 When performing rescue breathing, blowing too fast and too strong will . . .

cause gastric distension.

13 Irreversible brain damage can occur within ____ if CPR is not started to restore circulation.

4 - 6 minutes

14 When a casualty has complete foreign body airway obstruction, he / she . . .

is unable to speak, breathe or cough.

15 What are the signs indicating a cardiac arrests?

Unconscious, No breathing or gasping

16 For activating emergency medical services, calling 995 is for:

SCDF



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17 What is the rate of chest compressions for CPR?

100 - 120 beats per minute

18 Without oxygen, possible brain damage may occur within

4 - 6 mins

19 The chest compression depth for Adult CPR?

4 - 6 cm

20 The universal distress sign for a conscious adult who is choking is:

Clutches the neck

21 Arterial bleeding can be described as: Bright red, spurting, difficult to stop.

True or False?

True

22 The signs of adult choking are being unable to speak, breathe and cough.

True or False?

True

23 How do you locate the landmark for Infant chest compressions?

Use your index finger to draw an imaginary line between the nipples to the centre of the sternum and place your third and fourth finger down, next to your index finger

24 Where is landmark location to perform the Abdominal Thrusts (Heimlich Manoeuvre)?

2 fingers above the navel and well below the tip of the xiphoid process

25 For infant casualty, if the pulse is present and normal breathing is absent, rescue breathing should be performed at a rate of _____ breaths per minute.

30

26 The chest compression depth for infant CPR is:

3cm to 4cm



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27 The recognizing factors of an infant suffering from a complete airway obstruction are?

Cannot breathe only
Crying without sound
Cyanosis of the face and lips

28 The first aid management for Foreign Body Airway Obstruction for conscious and pregnant women is called:

Chest Thrusts

29 When performing ventilation during CPR, the rescuer should observe for:

Chest rise and fall

30 The volume of air for each adult ventilation is

Between 400-600 ml

31 The recognizing factors of an adult who is suffering from a complete airway obstruction are?

Cannot breathe only
Hands grasping the neck only
Cannot speak only

32 The Chest Compressions to Ventilation ratio for CPR is:

30 : 2

33 Checking for normal breathing and pulse of an infant should not take more than _____ seconds.

10

34 The purpose of performing "Head Tilt - Chin Lift" is to:

Open the airway



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35 The location for chest compressions for adult is performed on the:

Lower half of the sternum

36 What does B in the Primary Survey (DRSABC) stands for?

Breathing

37 Rib fractures can happen due to:

Incorrect hand position when performing chest compressions

38 The duration for each ventilation in adult CPR should be delivered for _____

1 second

39 If a casualty is coughing forcefully with a partial airway obstruction, you should

not interfere but to encourage the casualty to dislodge the foreign bodies on his/her own

40 Breathing is considered to be adequate when

the chest and abdomen rise and fall as air is breathed in and out

air can be quietly heard coming out of nose and/or mouth

air can be felt coming out of nose and/or mouth

41 The ratio of chest-compressions to ventilations in One-Man-Rescuer

CPR is _____ per cycle:-

30 : 2

42 Depth of chest compression for an Adult is at least:

4 - 6 cm

43 The _____ serves as a muscular pump to drive the circulation of blood around the body.

Heart



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44 What is the first likely task that a rescuer should instruct a bystander to assist during an emergency?

call 995 for medical assistance and return to scene to help

45 In an arterial bleeding, the blood is seem to be spurting out rapidly

46 The _____ at the top of trachea (windpipe) closed when food is swallowed and open when air is breathed.

Epiglottis

47 In controlling a profuse bleeding on the hand, elevation have to be above heart level

48 Which of the following should be stated to the EMS operator when making phone call for EMS about the emergency?

location, nature of incident, nos. & condition of thos involved

49 Based on the DRS ABC approach, when a rescuer encounters a collapsed casulaty, he should first -

check for dangers, before checking for responsiveness

50 What is shock?

It is owing to collapse of blood circulation, resulting in inadequate supply of oxygen to the brain

51 When performing external chest compressions on an infant, the sternum should be depressed at least:-

3 cm - 4 cm

52 One of the methods for treatment of shock is to

treat the cause, reassure casualty, promote recovery, send for help



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53 When giving rescue breathing to an infant, take a tight seal between your mouth and the infant's

mouth and nose

54 If your first attempt to ventilate a drowning casualty is unsuccessful, you should immediately

re-position the airway and attempt to ventilate again

55 Oxygen concentrations surrounding us consists of about _____ % of oxygen

21

56 Air exchange takes place in which part of the lungs?

Alveoli (air sac)

57 Which of the following best defined the abbreviation with that of "R.I.C.E." treatment of wounds and bleedings?

Rest & Reassure; Immobilisation & apply Ice; Compression and Elevation

58 Arteries are defined as:

blood vessels that carry blood away from the heart

59 A "Bystander" (who is not a trained rescuer) can be recruited to at least assist in:

calling for emergency medical services

60 Which of the following is the largest blood vessel in the human body?

Aorta

61 Shock is best defined as:

It is owing to collapse of blood circulation, resulting in inadequate supply of oxygen to the brain



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- 62 Which of the following best described the likely consequence from a serious external bleeding:**
shock or ultimately death
- 63 How would you treat a casualty of nose bleeding?**
Ask the casualty to bent forward, pinching while breathing through the mouth. Please a cold compress over the forehead
- 64 When making phone call for EMS, what should be stated to the EMS operator about the emergency?**
nature of incident, location, nos. & condition of those involved
- 65 To determine if there is an obstructed airway in a conscious casualty, the rescuer should:-**
ask the casualty, "can you speak, breath and cough?"
- 66 What is the ratio of chest-compressions to ventilations per cycle, in One-Man-Infant CPR?**
30 : 2
- 67 When resuscitating an infant, which of the following technique is to be used?**
mouth-to-"mouth-and-nose"
- 68 In accordance to the DRS ABC approach, what should a rescuer do, if there is no response from the collapsed casualty?**
shout for help
- 69 When performing chest compression on an Infant, which of the following compression technique is to be used?**
2-fingers method
- 70 Which of the following best defined "Vein"?**
blood vessels that carry blood back to the heart



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71 If a drowning casualty does not start breathing spontaneously, rescuer should
Perform CPR

72 The most common cause of airway obstruction in any unconscious casualty is:
the tongue

73 Oxygenated blood is _____ in colour.
Bright red

74 Air exchange takes place in which part of the lungs?
Alveoli (air sac)

75 What is the percentage of oxygen in the air that we exhale?
16%