

**LIFEGUARDING  
REVIEW QUESTIONS  
CHAPTER 7: BREATHING EMERGENCIES**

**Multiple Choice**

**Circle the correct answer.**

- 1. Breathing barriers help to—**
  - a. Maintain breathing.
  - b. Protect against disease transmission.
  - c. Restart the heart.
  - d. Reduce the amount of oxygen in a victim's blood.
  
- 2. The care provided to an adult who is not moving or breathing, but has a pulse (respiratory arrest), is—**
  - a. Perform 5 abdominal thrusts, with each thrust being a distinct attempt to dislodge the object.
  - b. Place the adult in a modified-H.A.I.N.E.S. recovery position.
  - c. Give rescue breaths at a rate of 1 rescue breath about every 3 seconds.
  - d. Give rescue breaths at a rate of 1 rescue breath about every 5 seconds.
  
- 3. You find an unconscious 6-year-old boy. After sizing up the scene and obtaining consent, you perform an initial assessment and determine that the boy is not moving or breathing, but has a pulse. At what rate do you perform rescue breathing for the child?**
  - a. About one rescue breath every minute
  - b. One rescue breath about every 3 seconds
  - c. One rescue breath about every 5 seconds
  - d. One rescue breath every few minutes
  
- 4. A child is clutching his throat with both hands. You obtain consent from the parent to provide care to the child. After summoning EMS personnel and putting on the appropriate personal protective equipment, what should you do?**
  - a. Stand or kneel behind the child and give 3 back blows followed by 3 chest thrusts
  - b. Stand or kneel behind the child and give 5 back blows
  - c. Stand or kneel behind the child and give 5 chest thrusts
  - d. Stand or kneel behind the child and give 5 back blows followed by 5 chest thrusts
  
- 5. A mother yells to you that something is wrong with her infant. You obtain consent and put on the appropriate personal protective equipment. During the initial assessment, you determine the unconscious infant has an airway obstruction. What is the proper sequence of care for an unconscious infant?**

- a. Give 5 back blows followed by 5 chest thrusts
- b. Give 3 chest thrusts, look for an object and give 1 rescue breaths
- c. Give 5 chest thrusts, immediately do a finger sweep and give 2 rescue breaths
- d. Give 5 chest thrusts, look for an object and give 2 rescue breaths

### Matching

6. Match each term with the correct definition.

A. Bag-valve-mask resuscitator

B. Resuscitation mask

C. Face shield

- \_\_\_ A lightweight, plastic cover that lies across the victim's face with a one-way valve that enables a rescuer to perform rescue breathing and reduces the risk of disease transmission.
- \_\_\_ A hand-held device used primarily to ventilate a victim in respiratory arrest, but also used for a victim in respiratory distress.
- \_\_\_ A flexible, dome-shaped device that covers the victim's mouth and nose, creating a seal that allows the rescuer to perform rescue breathing.

### Multiple Answers

Place a check next to the correct answer or answers.

7. Signs that a victim may be suffering from hypoxia include—

- \_\_\_ Decreased breathing and heart rates.
- \_\_\_ Blue lips and nailbeds.
- \_\_\_ A change in the level of consciousness.
- \_\_\_ Sleeplessness.
- \_\_\_ Chest pain.
- \_\_\_ Increased breathing and heart rates.
- \_\_\_ Hot, flushed skin.
- \_\_\_ Restlessness.

### True or False

Circle true or false.

- 8. True False **When you give rescue breaths to a victim of a nonfatal submersion, the victim will probably vomit.**
- 9. True False **When caring for a conscious choking infant, use a combination of 5 back blows and 1 chest thrust.**
- 10. True False **When providing care to an unconscious choking child, open the mouth and**

immediately sweep for the object after giving 5 chest thrusts.

11. True False A benefit of using a BVM for rescue breathing is that the rescuer can deliver a higher concentration of oxygen to a victim than when using a resuscitation mask.
12. True False A BVM may be used on a victim if the rescuer suspects a head, neck or back injury.

#### Fill in the Blanks

13. A breathing emergency occurs if a victim has difficulty breathing and is called respiratory \_\_\_\_\_.
14. If a victim stops breathing during a breathing emergency, it is known as respiratory \_\_\_\_\_, or respiratory failure.
15. Rescue breathing is a technique for delivering \_\_\_\_\_ into a victim to give him or her the oxygen needed to survive.
16. Abdominal thrusts compress the abdomen, forcing the diaphragm \_\_\_\_\_, which increases pressure in the lungs and airway.
17. When performing rescue breathing on an adult, give \_\_\_\_\_ rescue breath(s) about every \_\_\_\_\_ second(s) with the rescue breaths lasting for approximately \_\_\_\_\_ second(s).
18. When performing rescue breathing on a child or infant, give \_\_\_\_\_ rescue breath(s) about every \_\_\_\_\_ second(s) with the rescue breaths lasting for approximately \_\_\_\_\_ second(s).
19. If you give an unconscious adult rescue breaths and they do not make the chest clearly rise, reposition the airway by tilting the \_\_\_\_\_ farther back, and then try the \_\_\_\_\_ again.

#### Ordering

Place in the correct order.

20. Place in the correct order the four steps necessary to use a BVM by two rescuers after they have completed the initial assessment.

- \_\_\_ Rescuer 1 seals the mask and opens the airway by kneeling behind the victim's head, placing the thumbs along each side of the mask, sliding the fingers into position behind the angles of the jawbone and applying downward pressure with the thumbs to lift the jaw and tilt the head back to open the airway.
- \_\_\_ Rescuer 1 positions the mask so that it covers the victim's mouth and nose.
- \_\_\_ Rescuer 2 assembles the BVM by attaching the mask to the bag and valve.
- \_\_\_ Rescuer 2 begins ventilations by squeezing the bag slowly for about 1 second for an adult, child or infant.

**Short Answer**

**21. List at least three characteristics of the breathing device known as a face shield.**

**22. List at least three characteristics of a resuscitation mask.**

**23. List at least four signs and symptoms of respiratory distress.**

**24. List at least two common causes of choking.**