Pretest (fill out before CPR training)
Fill in the box for the 1 best answer for each question. Do not make any other marks on this page.

1. During cardiac arrest, what happens to a person?
   - The heart is still beating and pumping blood, and the person is still alive
   - The heart stops beating, the person doesn’t respond, and the person isn’t breathing normally
   - The heart is still beating, the person isn’t breathing normally, and blood stops moving
   - The heart is still beating and pumping blood, but the person isn’t breathing normally

2. Which is the correct first step when you arrive at a scene where a person has collapsed?
   - Tap and shout
   - Phone 9-1-1 and get an AED (if available)
   - Make sure the scene is safe
   - Check for breathing

3. When you do Hands-Only CPR, how many chest compressions should you perform each minute?
   - About 50
   - 100 to 120
   - 130 to 150
   - 150 to 200

4. How deep should you push on the chest of an adult when you do Hands-Only CPR?
   - At least 1 inch
   - At least 2 inches
   - At least 3 inches
   - At least 4 inches

5. Once you shout for help, what are the next steps for providing Hands-Only CPR?
   - Phone 9-1-1 and get an AED (if available), check for breathing, and begin compressions
   - Begin compressions, check for breathing, and phone 9-1-1 and get an AED (if available)
   - Phone 9-1-1 and get an AED (if available), begin compressions, and check for breathing
   - Check for breathing, begin compressions, and phone 9-1-1 and get an AED (if available)

6. What does an AED do?
   - Reads the heart rhythm and tells you if a shock is needed
   - Automatically phones 9-1-1 and calls for help
   - Tells you if a shock is needed and gives the heart rate
   - Automatically phones 9-1-1 and tells you if a shock is needed

7. Do you know where the AED is located in your school?
   - Yes
   - No

8. Would you feel comfortable performing Hands-Only CPR if someone had a cardiac arrest?
   - Yes
   - No

Optional Questions

9. Which is the correct first step to help a choking adult who stops responding?
   - Shout for help
   - Lay the person on the ground
   - Phone 9-1-1 and get an AED (if available)
   - Give 30 compressions

10. What is the most important thing to remember when performing CPR on a child?
    - Children need breaths with compressions
    - Child CPR is similar to adult CPR
    - A child is 1 year or older but not a teenager
    - Children usually have healthy hearts

11. What are the signs of a child who is choking?
    - The child can speak and play
    - The child can’t speak but can cough
    - The child can cough and laugh
    - The child can’t cough, speak, or breathe

12. When you perform CPR with breaths on an adult, how many breaths do you give after every 30 compressions?
    - 2 breaths
    - 4 breaths
    - 6 breaths
    - 8 breaths

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Post-test (fill out after CPR training)
Fill in the box for the 1 best answer for each question. Do not make any other marks on this page.

1. During cardiac arrest, what happens to a person?
   - The heart is still beating and pumping blood, and the person is still alive
   - The heart stops beating, the person doesn’t respond, and the person isn’t breathing normally
   - The heart is still beating, the person isn’t breathing normally, and blood stops moving
   - The heart is still beating and pumping blood, but the person isn’t breathing normally

2. Which is the correct first step when you arrive at a scene where a person has collapsed?
   - Tap and shout
   - Phone 9-1-1 and get an AED (if available)
   - Make sure the scene is safe
   - Check for breathing

3. When you do Hands-Only CPR, how many chest compressions should you perform each minute?
   - About 50
   - 100 to 120
   - 130 to 150
   - 150 to 200

4. How deep should you push on the chest of an adult when you do Hands-Only CPR?
   - At least 1 inch
   - At least 2 inches
   - At least 3 inches
   - At least 4 inches

5. Once you shout for help, what are the next steps for providing Hands-Only CPR?
   - Phone 9-1-1 and get an AED (if available), check for breathing, and begin compressions
   - Begin compressions, check for breathing, and phone 9-1-1 and get an AED (if available)
   - Phone 9-1-1 and get an AED (if available), begin compressions, and check for breathing
   - Check for breathing, begin compressions, and phone 9-1-1 and get an AED (if available)

6. What does an AED do?
   - Reads the heart rhythm and tells you if a shock is needed
   - Automatically phones 9-1-1 and calls for help
   - Tells you if a shock is needed and gives the heart rate
   - Automatically phones 9-1-1 and tells you if a shock is needed

7. Do you know where the AED is located in your school?
   - Yes
   - No

8. Would you feel comfortable performing Hands-Only CPR if someone had a cardiac arrest?
   - Yes
   - No

Optional Questions

9. Which is the correct first step to help a choking adult who stops responding?
   - Shout for help
   - Lay the person on the ground
   - Phone 9-1-1 and get an AED (if available)
   - Give 30 compressions

10. What is the most important thing to remember when performing CPR on a child?
    - Children need breaths with compressions
    - Child CPR is similar to adult CPR
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11. What are the signs of a child who is choking?
    - The child can speak and play
    - The child can’t speak but can cough
    - The child can cough and laugh
    - The child can’t cough, speak, or breathe

12. When you perform CPR with breaths on an adult, how many breaths do you give after every 30 compressions?
    - 2 breaths
    - 4 breaths
    - 6 breaths
    - 8 breaths

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