

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

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?

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4. How deep should you push on the chest of an adult when you do Hands-Only CPR?

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- 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

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