



American Heart Association.

CPR in
Schools.
With **First Aid**
TRAINING KIT

Pretest

Name: _____

Date: _____

Circle the 1 best answer for each question.

1. During cardiac arrest, what happens to a person?
 - A. The heart is still beating and pumping blood, and the person is still alive
 - B. The heart stops beating, the person doesn't respond, and the person isn't breathing normally
 - C. The heart is still beating, the person isn't breathing normally, and blood stops moving
 - D. 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?
 - A. Tap and shout
 - B. Call 911 and get an AED (if available)
 - C. Make sure the scene is safe
 - D. Check for breathing
3. When you perform CPR, how many chest compressions should you perform each minute?
 - A. About 50
 - B. 100 to 120
 - C. 130 to 150
 - D. 150 to 200
4. How deep should you push on the chest of a teen or an adult when you perform CPR?
 - A. At least 1 inch
 - B. At least 2 inches
 - C. At least 3 inches
 - D. At least 4 inches
5. When you perform CPR with breaths, how many breaths do you give after every 30 compressions?
 - A. 2 breaths
 - B. 4 breaths
 - C. 6 breaths
 - D. 8 breaths

6. What does an AED do?
 - A. Automatically calls 911 and calls for help
 - B. Reads the heart rhythm and checks for breathing
 - C. Reads the heart rhythm and delivers a shock if needed
 - D. Automatically calls 911 and delivers a shock if needed

7. Do you know where the AED is located in your school?
 - A. Yes! I am ready to respond to an emergency
 - B. No, but I will look for it so I am prepared for an emergency

8. What are the signs of severe choking?
 - A. The person can speak and cough
 - B. The person can't speak but can cough
 - C. The person can cough and laugh
 - D. The person can't cough, speak, or breathe

9. An adult was choking before they stopped responding to you and stopped breathing normally. What should you do?
 - A. Start CPR
 - B. Check the mouth for the object
 - C. Perform abdominal thrusts
 - D. Perform a blind finger sweep of the mouth

10. Why is it so important to provide breaths as part of CPR for a child?
 - A. Giving breaths improves blood flow to the heart
 - B. Children are more likely to have their heart stop because of breathing issues
 - C. Children must receive breaths to restart the heart
 - D. Providing breaths during CPR is more important than performing chest compressions



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Posttest

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Circle the 1 best answer for each question.

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

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 - B. Children more likely to have their heart stop because of breathing issues
 - C. Children must receive breaths to restart the heart
 - D. Providing breaths during CPR is more important than performing chest compressions