Assessment

CARDIOPULMONARY RESUSCITATION

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Name: ...........................................................

Date: ...........................................................

I.D. (if applicable): ...........................................

Score

1. CPR is the technique of Rescue Breathing in conjunction with ____.
   
   a) Blocked airways
   b) Irregular breathing
   c) Chest compressions
   d) Gloves

2. Which of these should be done before commencing CPR?
   
   a) Nothing
   b) Check for a response
   c) Apply chest compressions
   d) Attach a defibrillator

3. If the casualty is not breathing, immediately give two ____.
   
   a) Rescue Breaths
   b) Alarm calls
   c) Chest compressions
   d) Aspirins

4. To perform CPR, place the heel of one hand where?
   
   a) On the ribs
   b) Behind the head
   c) On the face
   d) On the centre of the chest

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5. Compressions should be delivered at a rate of ____.
   a) Thirty compressions a minute
   b) Five compressions a minute
   c) One hundred compressions a second
   d) One hundred compressions a minute

6. Two Rescue Breaths should be delivered after every ____ compressions.
   a) One hundred
   b) Two hundred
   c) Thirty
   d) Two

7. When delivering Rescue Breaths, the casualty’s head should be ____.
   a) Tilted back
   b) Covered
   c) Bent forward
   d) Compressed

8. If after a Rescue Breath, there is no exhaled air from the casualty, the cause could be ____.
   a) An obstruction of the airway
   b) An inadequate seal of the mouth or nose
   c) An insufficient amount of air being blown into the lungs
   d) Any of the above

9. CPR should stop when ____.
   a) Your arms get tired
   b) One minute has elapsed
   c) Signs of life return
   d) Thirty compressions have been given

10. What is the purpose of an Automatic External Defibrillator?
    a) To restore normal heart rhythm
    b) To inflate the lungs
    c) To ensure proper hygiene
    d) To cause cardiac arrest