

Pretest/Post-test Answer Key

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

Answers For Pro Test

Philippines



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