

CPR in Schools

Hands Only CPR/AED Cognitive Post-Test

Date _____

1. Who might have a sudden cardiac arrest?
 - a. Older men
 - b. Women
 - c. People with known heart conditions
 - d. All of the above

2. What is the best indicator that someone is experiencing a sudden cardiac arrest?
 - a. Person is choking
 - b. Person has severe chest pain
 - c. Person does not respond and is not breathing
 - d. Person has difficulty breathing

3. Which of the following can lead to a sudden cardiac arrest?
 - a. Structural abnormalities of the heart
 - b. Misuse of drugs
 - c. A blow/hit to the chest
 - d. Genetic conditions
 - e. All of the above

4. How should you determine if someone is responsive?
 - a. Get an AED
 - b. Start CPR and see if they respond
 - c. Shake his/her shoulder and loudly ask, "Are you ok?"
 - d. Call 9-1-1

5. What is the first thing you should do if you find someone who is unresponsive?
 - a. Put some cool water on their forehead
 - b. Nothing until someone brings an AED
 - c. Leave the person and go find somebody that is CPR certified
 - d. Call 9-1-1, check to see if the person is breathing and if not, start CPR

6. What is the WORST thing you can do when someone is unresponsive?
 - a. Use an AED even if you're not sure you remember how to use it
 - b. Provide CPR even if you're not sure you remember how to do it
 - c. Wait for someone more qualified to provide care
 - d. Both a and b

7. When providing CPR to an adult, what is the compression rate?
 - a. 100-120 compressions per minute
 - b. 30 compressions per minute
 - c. 60 compressions per minute
 - d. 150 compressions per minute

8. When should you use an AED?
 - a. When someone is choking
 - b. When someone is having a heart attack
 - c. When someone is experiencing cardiac arrest
 - d. When someone is having a seizure or convulsion

9. What is the first thing you do when using an AED?
 - a. Put the pads on the person's chest
 - b. Turn on the AED
 - c. Plug in the AED
 - d. Push the shock button

10. Why is it important for everyone to stand back when you are ready to press the AED SHOCK button?
 - a. So the AED provides the shock
 - b. So the AED gives an accurate reading
 - c. So no one else is shocked by mistake
 - d. All of the above