

## CPR in Schools

### Hands Only CPR/AED Cognitive Pre-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