

CPR POWERPOINT WORKSHEET

Name _____

1. _____ disease is the #1 killer in the United States today, and over 60% of all victims will die before they reach the hospital.

2. Where does the heart lie?

3. What are the 3 major functions of CPR?

- A.
- B.
- C.

4. What do the letters CPR stand for, and what do they mean?

C = _____, meaning _____

P = _____, meaning _____

R = _____, meaning _____

5. _____ is the basic requirement for breathing of every living cell in the body.

6. The function of the _____ is to guard the entrance to the trachea.

7. The greatest risk of death from a heart attack is in the initial _____ hours after the onset of symptoms.

8. What types of situations might cause a victim to need CPR?

- | | |
|----|----|
| A. | G. |
| B. | H. |
| C. | I. |
| D. | J. |
| E. | K. |
| F. | L. |

9. What are the five main symptoms of a heart attack?

- A.
- B.
- C.
- D.

10. The _____ side of the heart receives deoxygenated blood from the body which it then pumps to the lungs (through the pulmonary artery) where carbon dioxide is exchanged for oxygen.

11. The _____ side of the heart receives oxygenated blood from the lungs (through the pulmonary vein) which it then pumps through the atrium to the ventricle; from the ventricle the blood is pumped through the aorta to the rest of the body.

12. What three things should be done to help a fully conscious (awake) victim showing signs of a heart attack?

- A.**
- B.**
- C.**

13. Define the following terms:

- A. Coronary Heart Disease:**
- B. Respirator arrest:**
- C. Cardiac arrest:**
- D. Stroke:**
- E. Clinical death:**
- F. Brain death:**
- G. Biological death:**
- H. heart attack:**

14. What are the A,B,C's of CPR?

- A =**
- B =**
- C =**

15. How old is the adult?

16. Fill in the procedure for an adult victim that may need CPR:

- A. Check the victim for _____ . Gently shake them and ask:
_____ .**
- B. If the victim doesn't respond _____**
- C. Use the _____ method to open the _____. Look, listen and feel for breathing.**
- D. If the victim is not breathing normally, pinch the _____ and cover their mouth with yours. Give _____ full breaths until you see the chest rise. Each breath should last 1 second.**
- E. With each breath the _____ should lower and rise so that you know air is getting in.**
- F. After giving two breaths, immediately begin chest compressions.**
- G. Use the nipple line to determine the proper hand placement for compressions.**
- H. Push down on the chest _____ to _____ inches, _____ times right between the nipples where the heart lies. This means the compression/breathing ratio is 30:2.**
- I. Pump at a rate of _____ compressions per _____ minute.**
- J. If you see chest movement, put a victim that recovers in the recovery position in case they _____ .**

17. On what part of the sternum should chest compressions be performed?

18. What is the recovery position? _____

19. How old is the child?

20. Fill in the procedure for a victim that is a child that may need CPR:

- A. Check for _____.
- B. If you are alone with the child what should you do? _____
- C. Open the airway
- D. Check for _____: look, listen, feel for air
- E. Not breathing: give _____ breaths
- F. Perform chest compressions over the nipple line in the center of the chest.
- G. If the child is small, use one hand for compressions. If the child is larger, use two hands for compressions.
- H. Press the sternum down 1 to 1 ½ inches.
- I. Give _____ compressions for every _____ breaths (ratio 30:2)
- J. Pump at a rate of _____ compressions per _____ minute.
- K. You should perform 5 cycles of 30 compressions in 2 minutes.

21. How old is the infant?

22. Fill in the information for an infant that may need CPR:

- A. Check for _____. Tickle, touch, pinch the infant gently on the feet, face, and chest.
- B. If there is no response perform _____ cycles of _____ compressions before calling _____.
- C. A = _____.
- D. Open the airway. Tilt the head back gently, only far enough so that the infant's mouth is facing the ceiling. Do not tilt the head too far back! This may injure the _____ and collapse the _____.
- E. B = _____ Look, listen, feel for air.
- F. If the infant is NOT breathing, give _____.
- G. Cover both the baby's _____ and _____ with your mouth.
- H. You should see the baby's chest rise with each breath.
- I. The proper place for chest compressions is _____.
- J. Position your 3rd and 4th fingers in the center of the chest, ½ inch below the nipple line.
- K. Press down _____ to _____ inch.
- L. Perform 30 chest compressions for every 2 breaths at a ratio of 30:2.
- M. _____ compressions should be given every 1 minute.
- N. If the infant recovers put them in the _____ position by gently supporting the neck and picking them up.

23. What are the special circumstances under which a non-physician (someone that is NOT a doctor) may discontinue CPR?

- A.
- B.
- C.
- D.
- E.

Obstructed airway (choking)

24. Partially obstructed airway with good air exchange: _____

25. Partially obstructed airway with poor air exchange: _____

26. Fully obstructed airway: _____

27. The most common cause of airway obstruction in a conscious person is _____ or a

28. The most common cause of airway obstruction in an unconscious person is the _____.

29. Adult choking; conscious / The Heimlich maneuver

- A.
- If the victim nods yes, ask them: _____
 - If they say no, do not help them.

B.

C.

D.

30. Adult choking; unconscious

A.

B.

C.

D.

E.

F.

31. Infant choking; conscious

A.

B.

C.

D.

32. Infant choking; unconscious

- A.
- B.
- C.
- D.
- E.
- F.

33. On what type of surface and in what position must the rescuer be in when performing CPR?

34. What is the universal sign for choking?

35. *What would in do in this situation?*

- You have opened the airway of an unconscious victim. You try to give 2 full breaths, but the air doesn't seem to be reaching the lungs because the chest is not rising.

36. If two rescuers are available to help, how often should they rotate positions? How quickly should this process be completed?

37. What should you do with a victim that has been drowning and in need of help?

38. What is the *Good Samaritan Law*?