

Heartsaver First Aid Student Workbook Review Question Answers

Adult CPR

1. The correct rate for giving compressions is **100** compressions a minute.
2. For adult CPR you give sets of **30** compressions and **2** breaths.
3. When giving CPR how long should each breath take?
A. 1 second
B. 3 seconds
C. 4 seconds

Child CPR

1. When giving compressions to a child, press down **1/3** to **1/2** the depth of the chest.
2. **True** or False: If you are alone with a child who does not respond, you should give 5 sets of 30 compressions and 2 breaths before phoning your emergency response number (or 911).

Choking – Adult/Child

1. How can you help relieve choking in an adult who is responding but cannot talk?
A. Back slaps
B. Nothing
C. Abdominal thrusts
2. True or **False**: You should give abdominal thrusts to an adult who is coughing loudly.

Using AEDs

1. **True** or False: You can use adult AED pads on a child if child pads are not available.
2. Which of the following best describes “clearing the victim”?
A. Taking the pads off the victim’s chest
B. Making sure no one is touching the victim
C. Moving the victim to a clear room

Infant CPR

1. The correct rate for giving compressions is **100** compressions a minute.
2. For infant CPR you give sets of **30** compressions and **2** breaths.
3. When giving CPR to an infant, how long should each breath take?
 - A. 1 second**
 - B. 3 seconds
 - C. 4 seconds

Choking – Infant

1. How can you help relieve choking in an infant who is responding and crying?
 - A. Back slaps and chest thrusts
 - B. Nothing**
 - C. Abdominal thrusts
2. True or **False**: You should try to relieve choking if an infant is coughing loudly.

Phoning for Help

1. My emergency response number is _____.
2. **True** or False: You should phone your emergency response number (or 911) and ask for help whenever someone is seriously ill or hurt.