CPR Study Guide

1. When someone’s heart stops pumping blood, they are in cardiac arrest.
2. CPR can be done by giving compressions and rescue breaths, or just with compressions.
3. With respect to CPR, adults are considered to be anyone who has gone through puberty.
4. The purpose of performing compressions in CPR is to circulate blood and oxygen to the vital organs of the body.
5. Compressions should be about 2 inches in depth.
6. Compressions should be performed at a rate of about 100 per minute.
7. Proper hand placement for CPR includes putting the heel of one hand on the lower half of the breastbone and the heel of the other hand directly on top of the first hand, interlocking the fingers.
8. After each compression, it is important to let the chest come back to its normal position.
9. An AED is a computer used to shock a person’s heart in order to get the heart working properly again.
10. Starting CPR immediately and using an AED gives someone the best chance for surviving cardiac arrest.
11. The rescuer does not have to determine whether or not a person needs to be shocked by the AED. The AED will determine that for them.
12. The first step in the “Chain of Survival” is to recognize the emergency and call 911.
13. Rescuers check the responsiveness of a person by tapping them and asking “Are you okay?”
14. According to the cardiac chain of survival, after calling 911, the rescuer should begin CPR if an AED is not present. As soon as an AED becomes present, they should use the AED.
15. When performing compressions, a rescuer should remember to “push hard and push fast.”
16. Once you have called 911 to report the emergency, you should stay on the line with the dispatcher until help arrives.
17. The CPR acronym stands for Cardiopulmonary Resuscitation.
18. When performing CPR, it is important that the victim is laying on their back, on a firm, hard surface.
19. When checking to see if an unresponsive person is breathing, a rescuer should watch for no more than 10 seconds for signs of breathing.
20. “Hands Only” CPR refers to performing compressions only on a person who is in cardiac arrest.