



HARPER'S EMBRACE LIFESAVER PROGRAM

CPR Review

Thank you for taking our online H.E.L.P CPR Course. Below are a few review questions to reference.

Hands Only CPR Review Questions

1. If the person is unresponsive, what is the first action you need to do?
 - a. Call 911
 - b. Make sure the scene is safe
 - c. Tap and Shout
2. When giving Hands Only CPR, push down on the chest at least 2 inches at rate of _____ to _____ compressions per minute. After each compression, let the chest come back up to its normal position.

Answers: 1. b 2. 100 to 120

Child CPR Review Questions

1. It is particularly important to give _____ as well as compressions when giving CPR to a child.
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)

Answer: 1. breaths 2. true

Choking in Adult/Child

How can you help relieve choking in an adult who is responding but cannot talk?



- a. Back Slaps
- b. Nothing
- c. Abdominal thrusts

1. You should give abdominal thrusts until the object is forced out and the victim can breathe, cough, or talk or until the victim stops breathing. In the result of them becoming nonresponsive, lay them down flat on the ground and _____.

Answer 1: c 2. Administer CPR

Infant CPR

1. Make sure the infant is laying on his back on a _____ surface.
2. The correct rate for giving compressions is _____ compressions a minute.
3. For infant CPR you give sets of _____ compressions and _____ breaths.

Answer: 1. Firm, flat b. 100 to 120 c. 30 and 2

Choking in Infants

1. Hold the infant _____ on your forearm while supporting her head and jaw with your hand.
2. Give up to _____ back slaps with the heel of your hand on her shoulder blade while she is facedown.

Answer 1. facedown 2. 5