

Project Heart Start - Student Test



Date _____ Age _____ Your Gender: M or F (circle one)
School: _____ School Zip Code: _____

Directions: Write the correct answer in the space provided.

- _____ 1. If someone collapsed suddenly in front of you, what should you do?
a. Begin rescue breathing and call 911.
b. Call 911 then immediately compress the center of the chest 100-120 times per minute.
c. Begin rescue breathing and compress on the chest 60 times per minute and call 911.
- _____ 2. When performing chest compressions where do you place the heel of your hands?
a. On the center of the chest at the level of the armpit.
b. On the left side of the chest.
c. On the stomach close to the belly button.
- _____ 3. How fast do you push on the chest when performing chest compressions?
a. 60 per minute
b. 80 per minute
c. 100-120 per minute
- _____ 4. How far down should you compress on the chest to properly circulate the blood?
a. 1 inch
b. 2-2.5 inches
c. 1.5 inches
- _____ 5. If an adult or child is choking and cannot speak or breathe, you should:
a. Call 911 and tell them to cough.
b. Call 911 and perform the Heimlich maneuver – also called abdominal thrusts.
c. Tell them to cough and look for signs of life.
- _____ 6. How do you perform the Heimlich maneuver?
a. Stand behind the victim and wrap your arms around their abdomen above the belly button. Clench both hands together in a fist and rapidly squeeze upward and inward.
b. You slap them on the back between the shoulder blades 6 times.
c. You reach into their mouth to get the object out.
- _____ 7. What is an AED (automated external defibrillator) used for?
a. It is used to shock the heart back to a normal rhythm.
b. It is used to help people breathe.
c. It is used as a pacemaker for cardiac arrest victims.
- _____ 8. If you or someone you are with is having chest pains how long should you wait to call 911?
a. 10 minutes
b. 30 minutes
c. 1 hour

Self Assessment: (circle one)

9. I feel confident that I would be able to perform CPR if I witnessed someone collapse?

Yes No Maybe

10. I feel confident that I would be able to perform the Heimlich maneuver if someone was choking and could not speak. Yes No Maybe

Test Score: _____