

## Project Heart Start - Teacher Answer Sheet



1. If you come across an adult or a teenager who suddenly collapsed what should you do?
  - b. Call 911 and compress on the center of the chest 100 times per minute.
2. When performing chest compressions where do you place the heel of your hands?
  - a. On the center of the chest between the nipple line.
3. How fast do you push on the chest when performing chest compressions?
  - c. 100 times per minute
4. How far down should you compress on the chest to properly circulate the blood?
  - b. 1.5 to 2 inches depending on the size of the victim.
5. If an adult or child is choking and cannot speak or breathe, you should:
  - b. Call 911 and perform the Heimlich maneuver – also called abdominal thrusts.
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.
7. What is an AED (automated external defibrillator)?
  - a. It is used to shock the heart back to a normal rhythm.
8. If someone you are with is having chest pains how long should you wait to call 911?
  - a. 10 minutes