

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 you come across an adult or a teenager who suddenly collapsed what should you do?
- Begin rescue breathing and call 911.
 - Call 911 and compress on the center of the chest 100 times per minute.
 - 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?
- On the center of the chest between the nipple line.
 - On the belly button.
 - On the stomach close to the belly button.
- _____ 3. How fast do you push on the chest when performing chest compressions?
- 60 per minute
 - 80 per minute
 - 100 per minute
- _____ 4. How far down should you compress on the chest to properly circulate the blood?
- 1 inch
 - 1.5 to 2 inches depending on the size of the victim.
 - 4 inches
- _____ 5. . If an adult or child is choking and cannot speak or breathe, you should:
- Call 911 and tell them to cough.
 - Call 911 and perform the Heimlich maneuver – also called abdominal thrusts.
 - Tell them to cough and look for signs of life.
- _____ 6. How do you perform the Heimlich maneuver?
- 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.
 - You slap them on the back between the shoulder blades 6 times.
 - You reach into their mouth to get the object out and then give five blows to the back.
- _____ 7. What is an AED (automated external defibrillator) used for?
- It is used to shock the heart back to a normal rhythm.
 - It is used to help people breathe.
 - 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?
- 10 minutes
 - 30 minutes
 - 1 hour

Self Assessment: (circle one)

9. I would be willing to perform CPR if I witnessed an adult or teenager suddenly collapsing?

Yes No Maybe

10. I would be able to perform the Heimlich maneuver if someone was choking and could not speak.

Yes No Maybe

Test Score: _____