Project Heart Start Survey

Name: ____________________________ Age: ___ Sex: M F City: _____________ Zip code: _______

Email: ___________________________ Date:

1. If you come across an adult or teenager who suddenly collapses in front of you what should you do?
   A. Begin rescue breathing and call 911
   B. Call 911 and compress on the center of the chest 100 p. minute
   C. Begin rescue breathing, compress on the chest 60 times p. minute and then call 911

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
   B. On the belly button
   C. On the stomach close to the belly button

3. How fast do you push on the chest when performing chest compressions?
   A. 60 x per minute
   B. 80 x per minute
   C. 100 x per minute

4. How far down should you compress on the chest when performing chest compressions?
   A. 1 inch
   B. 1.5-2” depending on the size of the victim
   C. 4 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
   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
   B. You slap on the back between the shoulder blades 6 times
   C. You reach in their mouth and get the object out and then give 5 blows to the back

7. What is an AED?
   A. it is used to shock the heat 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. 60 Minutes

9. Would you like to volunteer for Project Heart Start? YES NO

If YES, how can we get in touch with you? ________________________________

Thank you!