



Project Heart Start - Student PRE – Test

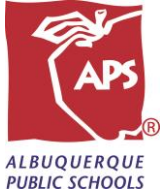


Date- _____ Age _____ Your Gender: M or F (circle one),
School: _____ School Zip Code: _____

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?
 - a. Begin rescue breathing and call 911.
 - b. Call 911 and compress on the center of the chest 100 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 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 per minute
 - b. 80 per minute
 - c. 100 per minute
- _____ 4. How far down should you compress on the chest to properly circulate the blood?
 - a. 1 inch
 - b. 1.5 to 2 inches 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 – 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 and then give five blows to the back.
- _____ 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.

PRE – Test Score: _____



Project Heart Start - Student POST – Test



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

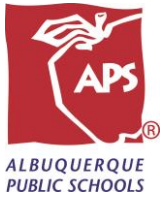
Directions: Write the correct answer in the space provided.

- _____ 1. If you come across an adult or a teenager who suddenly collapsed what should you do?
- Begin rescue breathing and call 911.
 - Compress on the center of the chest 100 times per minute and call 911.
 - 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.
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Self Assessment: (circle one)

8. I would be willing to perform CPR if I witnessed an adult or teenager suddenly collapsing?
Yes No Maybe
9. I would be able to perform the Heimlich maneuver if someone was choking and could not speak.
Yes No Maybe

POST – Test Score: _____



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.