



## 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.
  - 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.

### 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:** \_\_\_\_\_