

### CPR Study Guide

1. When encountering a person who needs resuscitation, what are the first things you should do?
2. What are the steps in determining if a person needs CPR?
3. After you check that the person is safe and you have determined the person needs CPR, what is your next course of action?
4. What type of CPR can be provided for a person who is?
5. What are the 5R's used for the following:
  - a. Adult: 30 compressions \_\_\_\_\_ 2 breaths \_\_\_\_\_
  - b. Child: 30 compressions \_\_\_\_\_ 2 breaths \_\_\_\_\_
  - c. Infant: 30 compressions \_\_\_\_\_ 2 breaths \_\_\_\_\_
6. What is the compression rate and depth for the following:
  - a. Adult \_\_\_\_\_
  - b. Child \_\_\_\_\_
  - c. Infant \_\_\_\_\_
7. What do you watch for the person performing compressions and the person performing breaths?
8. What do you measure the person's head?

### CPR Study Guide - Answers

1. When encountering a person who needs resuscitation, what are the first things you should do? **Check scene safety.**
2. What are the steps in determining if a person needs CPR? **Check responsiveness, check pulse, check breathing.**
3. After you check that the person is safe and you have determined the person needs CPR, what is your next course of action? **Call 911 or the local emergency number.**
4. What type of CPR can be provided for a person who is? **High/Low/Infant**
5. What are the 5R's used for the following:
  - a. Adult: 30 compressions with **2 breaths** or 30 compressions with **2 breaths**
  - b. Child: 30 compressions with **2 breaths** or 30 compressions with **2 breaths**
  - c. Infant: 30 compressions with **2 breaths** or 30 compressions with **2 breaths**
6. What is the compression rate and depth for the following:
  - a. Adult: 100-120 compressions per minute
  - b. Child: 100-120 compressions per minute
  - c. Infant: 100-120 compressions per minute
7. What do you watch for the person performing compressions and the person performing breaths? **Watch for a pulse and breathing.**
8. What do you measure the person's head? **After 10 seconds of CPR or 2 minutes.**

# CPR Study Guide

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