

BE THE BEAT COMPUTER LAB ASSIGNMENT:

Emergency Response: Hands-Only CPR

Health National Standards:

Students will:

- ☐ Learn concepts related to health promotion and disease prevention to enhance health
- ☐ Show how they can access valid information and products and services to enhance health
- ☐ Explain how to enhance health and avoid or reduce health risks
- ☐ Explain how to practice healthy habits and avoid or reduce risks
- ☐ Explain how they can be an advocate for personal, family, and community health

Name: _____ Class: _____

Instructions: Use the Internet to find the website www.bethebeat.heart.org. On the website find the VIDEO GALLERY and click on the video Hands-Only CPR. Use the information given in the video to answer the questions listed below. Use the pause, rewind, and play buttons to help you answer the questions correctly.

1. Name 2 mistakes the adult rescuer made when responding to the victim who collapsed.
2. How should a rescuer check for a response in a victim?
3. Hands-Only CPR is only appropriate for use on a victim of what age?
4. Do you need to give mouth-to-mouth rescue breathing when using Hands-Only CPR?
5. Name 3 basic steps to follow when you see a teen or adult suddenly collapse:
6. Describe where to place your hands when giving Hands-Only CPR:
7. How hard should you push on the chest when giving Hands-Only CPR?
8. Hands-Only CPR can be as effective as conventional CPR for teen or adult victims who suddenly collapse and are unresponsive. True or False?
9. What is the rate for giving chest compressions during Hands-Only CPR?
10. Name a song that matches the rate for giving chest compressions during Hands-Only CPR.
11. Fill in the blanks in the paragraph below:

"Bystanders who witness the sudden _____ of a teen or an adult should immediately _____ and start what we call _____ - _____. This involves providing high-quality _____ compressions by pushing _____ and _____ in the _____ of the victim's _____, without stopping, until emergency medical

services (EMS) responders arrive, or an _____ is ready to use.”

12. Only a trained adult can perform Hands-Only CPR. True or False?

13. How do you know if your hands are in the right place when giving compressions?

- a. Do the best you can.
- b. Imagine a dotted line between each nipple.
- c. Place one hand on top of the other in the center of the chest.
- d. All of the above are correct.

14. How long do you continue performing CPR? _____

- a. a. Until an AED arrives and is ready to use.
- b. b. Until professional help arrives.
- c. Until a friend takes over.
- d. All of the above are correct.

15. What should you do if you see a teen or adult suddenly collapse?

16. In your opinion, why do you think the American Heart Association developed a more simple approach for giving CPR to victims who suddenly collapse?

