

Adult CPR

You should check the casualty for responsiveness by:

- Using smelling salts
- Shaking them and shouting are you OK?
- Pouring cold water on them
- All of the above

To check they are breathing you should

- Listen for exhaled air
- Watch their chest rise and fall
- Feel for exhaled air
- All of the above

To clear their airway you should

- Lift chin up, tilt head back
- Push chin down, tilt head forward
- Lift chin up, turn head sideways
- None of the above

When assisting the casualty with breathing

- Pinch their nose closed
- Do not over inflate their lungs
- Let them exhale on their own
- All of the above

If they remain unresponsive:

- Dial 999 before starting CPR
- Start CPR before dialling 999
- Wait until they regain consciousness
- None of the above

Check for circulation by feeling which pulse:

- Carotid Artery
- Wrist
- Heart
- Behind the knee

When administering chest compressions

- Position your hands on their sternum
- Give 2 breaths after 30 compressions
- Compress at a rate of 100-120 a minute
- All of the above

Hazards to consider before approaching the casualty

- Electric
- Chemical spill
- Fire
- All of the above

Child CPR

To open the airway of a child that is not breathing you should:

- Carefully turn the child on their back
- Gently lift their chin with your fingertips
- Place your hand on their forehead and tilt their head back
- All of the above

To check for breathing you should:

- Look for chest movements
- Listen at their nose and mouth
- Feel for air movement on your cheek
- All of the above

You should

- Listen for breathing for less than ten seconds
- Listen for breathing for more than ten seconds
- Not listen for breathing
- Cuddle them

If the child is breathing normally you should:

- Turn them on their side
- Check for continued breathing
- Send for help and not leave the child
- All of the above

If the child is not breathing you should:

- Gently seal their nose and open their mouth a little
- Seal your mouth on theirs and gently blow for one second
- Repeat four more times
- All of the above

You should not:

- Poke your fingers in their mouth
- Over extend their neck
- Make less than five rescue breaths
- All of the above

If there are no signs of life - begin chest compressions and rescue breaths at a rate of:

- 30 compressions to 2 rescue breaths
- 120 compressions to 2 rescue breaths
- 400 compressions to 2 rescue breaths
- 200 compressions to 4 rescue breaths

Continue resuscitation until:

- Qualified help arrives
- Child shows signs of life
- You are too exhausted
- All of the above

Infant CPR

Compressions should be done by

- Placing two fingers on their breastbone
- Using the whole hand
- Using two hands
- None of the above

Rescue breaths should be done by

- Covering the infant's nose and mouth with your mouth
- Puffing a small amount of air into their lungs
- Carefully removing any obstruction from their mouth
- All of the above

You should not:

- Leave the child alone
- Blow hard into their lungs
- Fail to call for help
- All of the above

The depth of chest compressions in a baby is:

- 4cm
- 20cm
- 80 cm
- 100 cm

Rate of gentle compressions and rescue breaths is:

- Two breaths to 30 compressions
- Four breaths to 300 compressions
- Six breaths to 300 compressions
- Eight breaths to 300 compressions

If compressions cannot be achieved with two fingers you should:

- Use the heel of one hand
- Give up
- Pass the baby to someone else
- None of the above

Put any questions you may have here:

Print out your responses for discussion with the Nature Therapy Team at a practical CPR session

