PRE-TEST (Fill out BEFORE CPR training)

Please bubble in the box for the ONE BEST answer for each question.

(1) When performing Hands-Only CPR, how many times should you push in the center of the chest during a one minute period?

☐ At least 50
☐ At least 150
☐ At least 100
☐ I don’t know

(2) When do you stop pushing on the victim’s chest during Hands-Only CPR?

☐ 5 minutes
☐ Until I get too tired
☐ Until medical professionals take over
☐ I don’t know

(3) How deep should you push on the chest of an adult when doing Hands-Only CPR?

☐ 1 inch
☐ 2 inches
☐ 3 inches
☐ I don’t know

(4) What does an Automated External Defibrillator (AED) do?

☐ Shocks the heart and restarts the heart to a normal rhythm
☐ Automatically dials 911 and calls for help
☐ Performs CPR, dials 911 and restarts the heart
☐ I don’t know

(5) What are the correct steps for providing Hands-Only CPR?

☐ Dial 911, push hard and fast in the center of the chest, and get an AED
☐ Push hard and fast in the center of the chest then dial 911 and get an AED
☐ Give two breaths than dial 911
☐ I don’t know

(6) Would you feel comfortable performing Hands-Only CPR if someone had a cardiac arrest?

☐ Yes
☐ No

****PLEASE STOP HERE****

Facilitators/Champions: Please return all tests via regular mail to:
AHA, 7272 Greenville Ave. Dallas, TX 75231 ATTN: Marcella May
POST-TEST (Fill out AFTER CPR training)

Please bubble in the box for the ONE BEST answer for each question.

(1) When performing CPR, how many times should you push in the center of the chest during a one minute period?
   □ At least 50
   □ At least 150
   □ At least 100
   □ I don’t know

(2) When do you stop pushing on the victim’s chest during CPR?
   □ 5 minutes
   □ Until I get too tired
   □ Until medical professionals take over
   □ I don’t know

(3) How deep should you push on the chest of an adult when doing CPR?
   □ 1 inch
   □ 2 inches
   □ 3 inches
   □ I don’t know

(4) What does an Automated External Defibrillator (AED) do?
   □ Shocks the heart and restarts the heart to a normal rhythm
   □ Automatically dials 911 and calls for help
   □ Performs CPR, dials 911 and restarts the heart
   □ I don’t know

(5) What are the correct steps for providing Hands-Only CPR?
   □ Dial 911, push hard and fast in the center of the chest, and get an AED
   □ Push hard and fast in the center of the chest then dial 911 and get an AED
   □ Give two breaths than dial 911
   □ I don’t know

(6) Would you feel comfortable performing CPR if someone had a cardiac arrest?
   □ Yes
   □ No

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