

FIRST AID SKILLS – DAY 3

Planning Information	
Subject (Presenter):	First Aid Skills – Day 3
Objectives:	<ul style="list-style-type: none"> • CPR • Tenderfoot rank requirements testing
Materials:	<ul style="list-style-type: none"> • CPR Dummy <p>Handouts:</p> <ul style="list-style-type: none"> • First Aid Merit Badge Booklet pages related to skills
Preparation:	
Presentation	
Learning Objectives: At the end of this presentation, each participant should be able to:	1. Know how to perform CPR
Discovery:	Each participant attempts CPR on the dummy
Teaching-Learning:	<p style="text-align: center;">Requirement #</p> <p style="text-align: center;">Reference Page(s)</p> <p style="text-align: center;">Title of Section</p> <p style="text-align: center;">F8d</p> <p>CPR with “dummy”</p> <p><i>Testing Tenderfoot Requirements</i> (during CPR practice)</p>
Application:	Each participant attempts CPR on the dummy
Evaluation:	<p>Self-assessment quizzes:</p> <ul style="list-style-type: none"> • Heart Attack • Adult resuscitation • Child and Infant resuscitation <p>Continue with any self-assessment quizzes not completed last week.</p>
Summary:	You only do CPR on a “dead” person – someone who has stopped breathing and whose heart has stopped beating – but you can bring the person back to life!

Adult Resuscitation

Choose the best answer:

1. ____ Are chest compressions likely to work if the victim is on a soft surface?
A. Yes, a soft surface is okay.
B. No, the surface should be hard.
2. ____ When you tip the head with the chin lift, where do you place your fingertips?
A. Under the soft part of the throat near the chin
B. Under the bony part of the jaw near the chin
3. ____ Which is the safer way to open the airway of a person who may have neck or back injuries?
A. Push the jaw forward from the corners.
B. Tip the head very gently, part way back.
4. ____ How should you check for stopped breathing?
A. Look at the chest; listen and feel for air coming out of the mouth.
B. Look at the pupils of the eyes.
C. Check the pulse.
5. ____ When you give breaths to an adult, the breaths should be:
A. Slow
B. Fast
6. ____ Before deciding whether to give CPR, check the victim's pulse for:
A. 1-3 seconds
B. 3-5 seconds
C. 5-10 seconds
D. 1-20 seconds
7. ____ To find where to push on the chest for chest compressions, you should measure up:
A. Two hand-widths from the navel.
B. One finger-width from the middle finger on the sternum's tip.
8. ____ Give chest compressions:
A. With a quick jerk
B. Smoothly and regularly
9. ____ Push on a victim's chest:
A. At an angle
B. Straight down
10. ____ Compress an adult's chest at least:
A. $\frac{1}{2}$ to 1 inch
B. $1\frac{1}{2}$ to 2 inches
11. ____ In one-rescuer CPR, give chest compressions to an adult at the rate, per minute, of:
A. 100
B. 80
C. 60
D. 40
12. ____ What is the pattern of compressions and breaths in one-rescuer CPR for an adult victim?
A. 15 compressions, 2 breaths
B. 15 compressions, 1 breath
C. 5 compressions, 2 breaths
D. 5 compressions, 1 breath

Child and Infant Resuscitation

Chose the best answer:

1. _____ How should you check for stopped breathing?
 - A. Look at the chest; listen and feel for air coming out of the mouth.
 - B. Look at the pupils of the eyes.
 - C. Check the pulse.
 2. _____ If your amount of breath is enough:
 - A. The stomach will form a pouch.
 - B. The chest will rise.
 - C. Your air backs up against incoming air.
 3. _____ Check a baby's pulse at the:
 - A. Middle of the upper arm
 - B. Wrist
 - C. Neck
 4. _____ To give a baby chest compressions use:
 - A. 2 or 3 fingers
 - B. The heel of one hand
 5. _____ Push on the chest of a child or baby one finger-width:
 - A. Above nipple line
 - B. Below nipple line
 - C. Above xiphoid notch
 6. _____ How far should you compress a baby chest?
 - A. 1½ to 2 inches
 - B. ½ to 1 inch
 7. _____ Give a baby chest compressions at the rate per minute, of:
 - A. 100
 - B. 80
 - C. 60
 8. _____ Give babies and children:
 - A. 15 compressions, 2 breaths
 - B. 5 compressions, 2 breaths
 - C. 15 compressions, 1 breath
 - D. 5 compressions, 1 breath
 9. _____ When giving chest compressions to a child, use:
 - A. 2 or 3 fingers or heel of one hand
 - B. The heel of one hand and the other hand on top
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Heart Attack

Check the appropriate sign(s) and symptom(s).

A person having a heart attack may have which of the following signs and symptoms?

1. _____ Complaint of a squeezing chest pain
2. _____ Leg cramping
3. _____ Excessive sweating
4. _____ Appearance of weakness and complaint of dizziness
5. _____ Fruity breath odor
6. _____ Seizure

Mark each action yes (Y) or no (N).

What should you do if a co-worker complains about chest pain, making you suspect a heart attack?

1. _____ Quickly call for an ambulance.
 2. _____ Help the victim move and stretch his arms.
 3. _____ Help the victim to a lying down position.
 4. _____ If the heart stops, a trained person should give CPR.
 5. _____ Place the victim in a semisitting position.
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