

What is CPR?

Worksheet

CPR is chest compressions plus rescue breaths performed at a 30:2 ratio (30 compressions to 2 breaths) with hand placement over the lower half of the breastbone at a rate of 100–120 compressions per minute.

Questions

1. What is the standard compression rate for adult CPR?
 - A) 80–100 compressions per minute
 - B) 100–120 compressions per minute
 - C) 120–140 compressions per minute
 - D) 60–80 compressions per minute
2. How deep should chest compressions be?
 - A) 2–3 centimetres
 - B) 3–4 centimetres
 - C) 5–6 centimetres
 - D) 7–8 centimetres
3. What is the first step in CPR?
 - A) Start chest compressions
 - B) Check responsiveness and call 911
 - C) Position the victim on their side
 - D) Open the airway
4. CPR 30:2 ratio means...
 - A) 30 seconds of compressions, 2 minutes rest
 - B) 30 compressions followed by 2 rescue breaths
 - C) 2 compressions for every 30 seconds
 - D) 2 rescue breaths per 30 victims
5. An adult collapses in the workplace with no pulse. Perform CPR.
6. How long should each rescue breath take?
7. What is the correct compression rate for adult CPR?
8. Define: What is the CPR compression-to-breath ratio?
9. Define: What is the correct compression depth?
10. Define: Where do you place your hands for CPR?

Answer Key

1. B) 100–120 compressions per minute — The recommended rate is 100–120 compressions per minute.
2. C) 5–6 centimetres — Compressions must be 5–6 cm deep to effectively pump blood.
3. B) Check responsiveness and call 911 — Always check if the victim responds and call emergency services first.
4. B) 30 compressions followed by 2 rescue breaths — 30:2 means 30 chest compressions followed by 2 rescue breaths.
5. 1. Check responsiveness — no response 2. Call 911 immediately 3. Position victim on back on firm floor 4. Place heel of hand on lower breastbone, other hand on top 5. Perform 30 chest compressions at 100–120/min, pressing 5–6 cm deep 6. Tilt head back, pinch nose, give 2 rescue breaths (1 second each) 7. Continue 30:2 ratio until help arrives
6. Each rescue breath should last about 1 second Give enough air to make the chest rise visibly Watch for the chest to fall before the next breath
7. Rate: 100–120 compressions per minute Depth: 5–6 centimetres (about 2 inches) Ratio: 30 compressions to 2 rescue breaths
8. 30 chest compressions to 2 rescue breaths (30:2).
9. 5–6 centimetres (about 2 inches) for an adult.
10. On the lower half of the breastbone (sternum), between the nipples.

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