

What is CPR?

Worksheet

CPR combines chest compressions (100–120 per minute) with rescue breaths to pump blood and deliver oxygen to someone in cardiac arrest. Starting CPR immediately dramatically increases survival chances.

Questions

1. Correct CPR compression rate?

- A) 60 compressions/min
- B) 80 compressions/min
- C) 100–120 compressions/min
- D) 150 compressions/min

2. How deep should chest compressions be?

- A) 2 cm
- B) 5–6 cm
- C) 10 cm
- D) 15 cm

3. CPR compression-to-breath ratio?

- A) 15:2
- B) 30:2
- C) 50:2
- D) 20:1

4. When do you stop doing CPR?

- A) After 1 minute
- B) When tired
- C) When emergency services arrive or AED is used
- D) After 5 minutes

5. A person collapses in the street and is unresponsive. No pulse detected. What do you do?

6. You are trained in CPR. How deep should chest compressions be?

7. How long should you continue CPR?

8. Define: What is CPR?

9. Define: CPR compression rate?

10. Define: CPR compression depth?

Answer Key

1. C) 100–120 compressions/min — 100–120 compressions per minute is the standard CPR rate.
2. B) 5–6 cm — Compressions should depress the chest 5–6 cm (2–2.4 inches).
3. B) 30:2 — Standard ratio is 30 chest compressions to 2 rescue breaths.
4. C) When emergency services arrive or AED is used — Continue until emergency responders take over or an AED is applied.
5. Call emergency services immediately (or have someone call). Place the person on their back on a firm surface. Start chest compressions at 100–120 compressions per minute (push hard and fast). Alternate with 2 rescue breaths every 30 compressions (30:2 ratio).
6. Compression depth should be 5–6 cm (2–2.4 inches) into the chest. Push hard and fast on the sternum (breastbone). Allow full chest recoil between compressions.
7. Continue CPR until emergency responders arrive. Do not stop — keep compressions and breaths going. If defibrillator available, use it as soon as possible (AED).
8. Cardiopulmonary resuscitation — emergency chest compressions and rescue breaths for cardiac arrest.
9. 100–120 compressions per minute (push hard and fast).
10. 5–6 cm (2–2.4 inches) into the chest.

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