

# CPR QUIZ

## Answers To Learn By Heart

(NAPSA)—Would you know what to do if someone near you suffered a sudden cardiac arrest? Take this short quiz to see how prepared you really are.

1) CPR is only used by lifeguards when they try to save near-drowning victims. TRUE or FALSE

2) CPR is the same for adults, children, and infants. TRUE or FALSE

3) Sudden cardiac arrest is always preceded by heart attack symptoms. TRUE or FALSE

4) Sudden cardiac arrest victims often collapse and stop breathing normally. TRUE or FALSE

5) The best way to find out whether someone needs chest compressions is to check for a pulse. TRUE or FALSE

6) To help an adult who is suffering sudden cardiac arrest, you or someone nearby should call 9-1-1. What should you do next?

- Throw water on them.
- Prop their feet up.
- Roll them onto their side.
- Begin the steps of CPR.

7) AEDs (automated external defibrillators) are devices that can help most sudden cardiac arrest victims, but they're too complicated for the average non-medical person to use. TRUE or FALSE

8) AEDs give an electric "shock" to the heart, stopping an abnormal heart rhythm to allow a normal rhythm to resume. Because of this action, AEDs make CPR unnecessary. TRUE or FALSE

### Answers

1) FALSE. CPR is used in several crisis situations including near-drowning, electrocution and sudden cardiac arrest. CPR keeps blood and oxygen flowing to vital organs until paramedics or other trained rescuers arrive.

2) FALSE. CPR for adults is different from CPR for children and infants. Participating in training to treat people of different ages helps prepare you to effectively perform CPR when needed.

3) FALSE. Sudden cardiac arrest can strike without warning and without prior known heart conditions. Sometimes heart attack symptoms precede sudden cardiac arrest, but not always. Acting quickly can help save lives.

4) TRUE. In sudden cardiac



### February is American Heart Month.

arrest, the heart stops pumping blood. This causes victims to collapse and stop breathing normally.

5) FALSE. Because of the inaccuracy of pulse checks by most lay rescuers, the American Heart Association recommends that you look for "signs of circulation." These include any response to initial rescue breaths or the presence of normal breathing, coughing or movement. Persons in cardiac arrest will remain limp and lifeless.

6) D. After calling 9-1-1, or sending someone to call 9-1-1, begin the steps of CPR immediately.

7) FALSE. AEDs are easy to use by anyone, but training in CPR and AED use is recommended.

8) FALSE. AEDs work by "shocking" the heart to allow the heart to resume a normal rhythm, but they don't replace CPR. CPR and AEDs are used together to help save lives. CPR must be provided immediately while an AED is brought to the victim. Survival rates increase dramatically when CPR and AEDs are used together.

### How did you score?

8 Correct. Congratulations! You know a lot about sudden cardiac arrest, CPR and AEDs. Remember to take a CPR class at least once every two years to maintain your skills.

Less than 8 correct. Visit [americanheart.org](http://americanheart.org) to find out where CPR classes are available in your area.