



# CPR PARTY QUIZ CARDS

DO YOU KNOW BASIC FACTS ABOUT CPR?

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## QUESTION 1

**CPR  
CONSISTS OF  
4 MAIN  
PARTS. WHAT  
ARE THEY?**



**CPR CONSISTS OF 4 MAIN PARTS. WHAT ARE THEY?**

ANSWER 1

**AIRWAY,  
BREATHING,  
CIRCULATION,  
AND  
DEFIBRILLATION.**

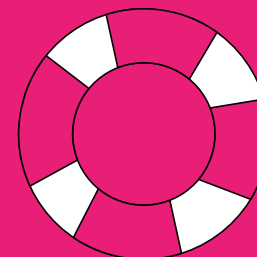
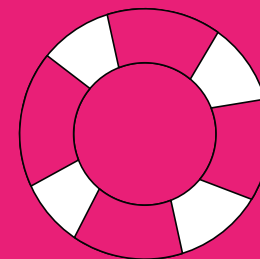
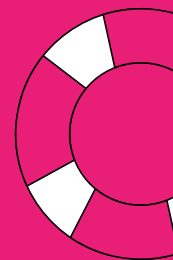
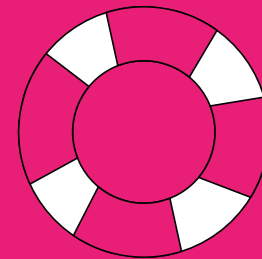
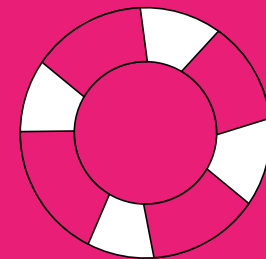


## QUESTION 2

**WHEN GIVING CPR  
TO AN ADULT,  
HOW FAR SHOULD  
YOU PRESS DOWN  
WITH EACH  
COMPRESSION?**

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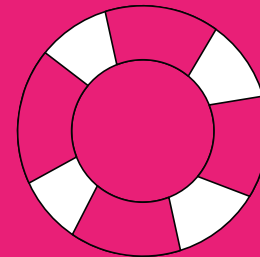
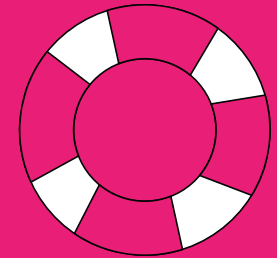
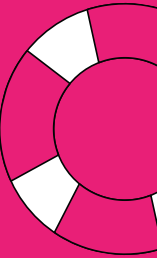
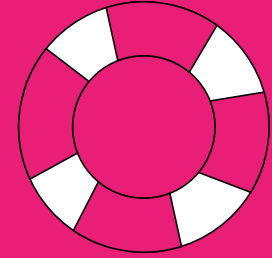
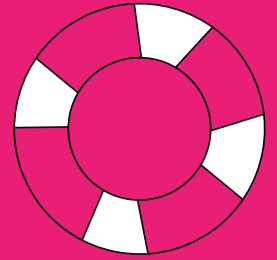




**WHEN GIVING CPR TO AN  
ADULT, HOW FAR SHOULD YOU  
PRESS DOWN WITH EACH  
COMPRESSION?**

ANSWER 2

**1/2 TO 2 INCHES  
PRESSING  
STRAIGHT DOWN  
TO THE  
BREASTBONE.**



QUESTION 3

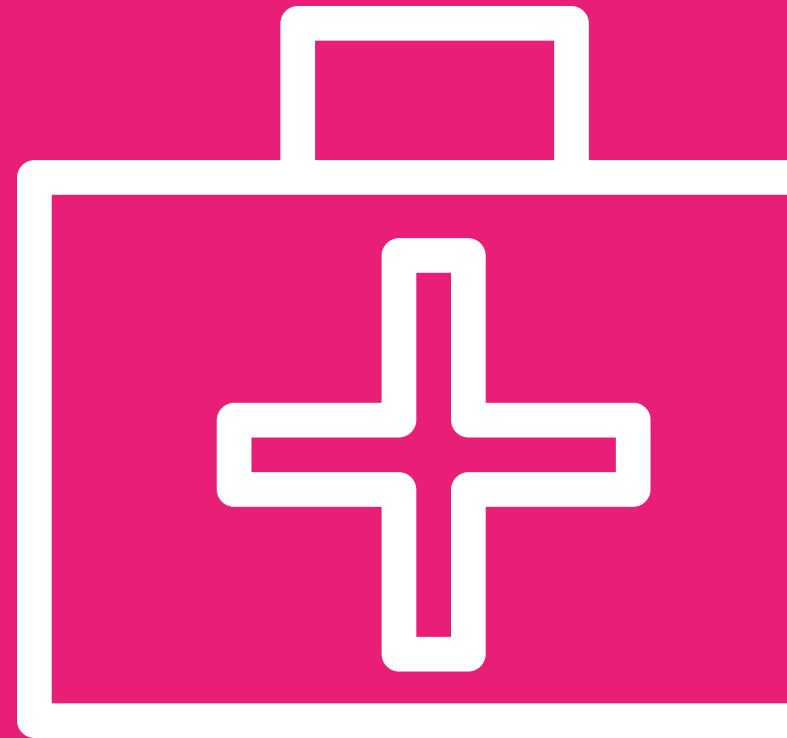
**IN AN ADULT,  
HOW MANY  
COMPRESSIONS  
SHOULD YOU  
DELIVER IN 1  
MINUTE?**



**IN AN ADULT, HOW MANY  
COMPRESSIONS SHOULD YOU  
DELIVER IN 1 MINUTE?**

ANSWER 3

**100  
COMPRESSIONS  
PER MINUTE.**



QUESTION 4

**NAME THE  
TWO  
INDICATIONS  
FOR CPR?**





**NAME THE TWO  
INDICATIONS FOR CPR?**

ANSWER 4

**CARDIAC  
ARREST AND  
RESPIRATORY  
ARREST.**



## QUESTION 5

**DEFINE CARDIAC  
ARREST IN TERMS  
OF CPR.**



**DEFINE CARDIAC ARREST IN  
TERMS OF CPR.**

ANSWER 5

**NO BREATHING NO  
PULSE.**



## QUESTION 6

**HOW LONG  
SHOULD IT TAKE  
TO DELIVER A  
REGULAR  
BREATH?**





**HOW LONG SHOULD TAKE TO  
DELIVER A REGULAR BREATH?**

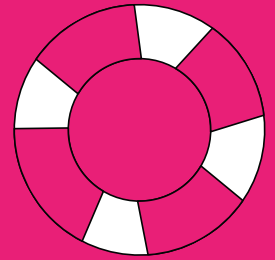
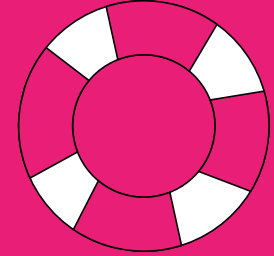
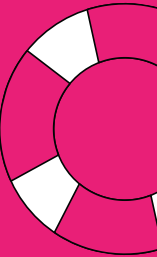
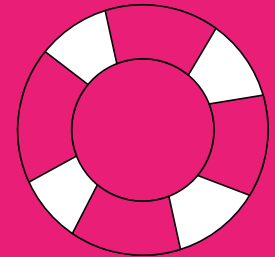
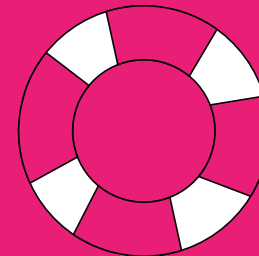
ANSWER 6

**1 SECOND TO  
DELIVER EACH  
BREATH. YOU  
MUST DELIVER  
ENOUGH AIR TO  
MAKE THE  
VICTIMS CHEST  
RISE.**



QUESTION 7

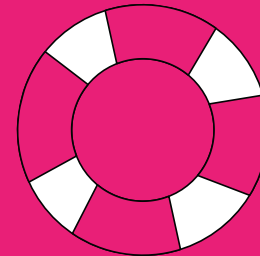
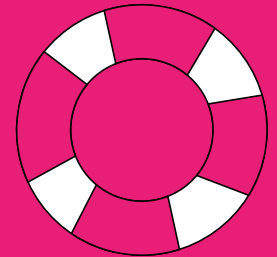
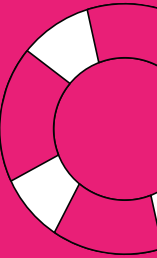
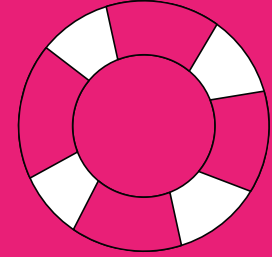
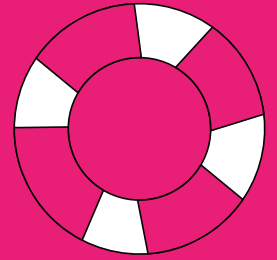
# WHAT ARE THE FOUR COMPONENTS OF THE CHAIN OF SURVIVAL?



# WHAT ARE THE FOUR COMPONENTS OF THE CHAIN OF SURVIVAL?

ANSWER 7

- 1. EARLY ACCESS**
- 2. EARLY CPR**
- 3. EARLY DEFIBRILLATION**
- 4. EARLY ADVANCED  
CARE**



## QUESTION 8

**WHEN YOU SEE  
A PERSON  
NEEDING CPR,  
WHAT DO YOU  
DO 1ST?**





**WHEN YOU SEE A PERSON  
NEEDING CPR, WHAT DO  
YOU DO 1ST?**

ANSWER 8

**CHECK TO MAKE  
SURE THE  
SCENE IS SAFE  
FOR YOU. DO NOT  
BECOME ANOTHER  
VICTIM.**

