

GRADE 9 – CHOKING & CPR WORK SHEET 1

Name

Period

Read and use your CPR manual to complete the following before tomorrow. At the end of class hand in your Student Manual (with your name on it) and tuck your worksheet inside.

Read Pages 3, 4 & 5

1) Copy the Chain of Survival links and the description of each:

LINK NAME	DESCRIPTION
1)	
2)	
3)	
4)	
5)	
6)	
7)	

2) Define each of these terms:

a) Angina: _____

b) Infarction: _____

c) Heart Attack: _____

d) Fibrillation: _____

e) CPR: _____

f) Defibrillation: _____

g) Heart Disease: _____

g) Stroke: _____

3) Complete these:

Without oxygen, serious damage to the brain _____.

The four "R's" of CPR are _____.

Many people take nitroglycerin spray when they get angina. It helps _____.

_____.

Read Pages 6, 7, 8, 9 & 10 (The 4 R's)






4) List the Risk Factors of Heart Disease & Stroke

RISK FACTOR	DESCRIPTION
1)	
2)	
3)	
4)	
5)	
6)	
7)	
8)	

5) List the Five Signals of a Heart Attack:

SIGNAL	DESCRIPTION
1)	
2)	
3)	
4)	
5)	

6) Read these Five Signs of a Stroke (also remember DENIAL and FEAR):

SIGN	DESCRIPTION
	Weakness - Sudden loss of strength or sudden numbness in the face, arm or leg, even if temporary.
	Trouble speaking - Sudden difficulty speaking or understanding or sudden confusion, even if temporary.
	Vision problems - Sudden trouble with vision, even if temporary.
	Headache - Sudden severe and unusual headache.
	Dizziness - Sudden loss of balance, especially with any of the above signs.

7) List the Five ways we react if a person has a Heart Attack or Stroke

REACTION	DESCRIPTION
1)	
2)	
3)	
4)	
5)	

8) What is PLT?

SIGNAL	DESCRIPTION
P-	
L -	
T -	

9) To Resuscitate a person we follow ABC & D!

SIGNAL	DESCRIPTION
A-	
B -	
C -	
D -	

10) The purpose of CPR is to _____

