

GRADE 9 – CHOKING & CPR WORK SHEET 2

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 11, 12 & 13

1) For Head-Tilt Chin-Lift one hand is on the person's forehead and the fingers of your other hand are _____.

2) List the 8 steps for "One Rescuer CPR":

STEP	KEY POINTS
1)	
2)	
3)	
4)	
5)	L - L - F -
6)	
7)	
8)	

3) Complete these:

- a) You are checking for breathing and suddenly the person takes a breath or two—a sort of gasp or sigh. Sometimes this happens, especially if a person's heart has _____. It will not look like normal breathing. This person is in _____. Start _____.
- b) If you are reluctant to perform mouth to mouth, just do _____. It's better to do _____ than nothing!
- c) After landing marking between the nipples, the heel of your hand should be on the person's _____ and the second hand should overlap this hand with the fingers _____. Arms are _____ with elbows _____. Your shoulders are positioned directly above the _____.

CHOKING

4) If a person has a mildly blocked or partially blocked airway it means they can _____
 _____ and you should encourage the person to _____
 _____. Do not _____.

5) List the four steps to help a conscious adult that has a severely blocked airway:

STEP	KEY POINTS
1)	
2)	
3)	
4)	

6) If the person becomes unconscious or you find an unconscious person with a blocked airway you follow these steps:

STEP	DESCRIPTION
1)	
2)	
3)	
4)	
5)	
6)	
7)	
ADULT FOUND UNCONSCIOUS	
1)	
2)	