First Aid For Stopped Breathing Quiz

1. When someone stops breathing, you have to act quickly to prevent death or brain damage.
   a. True  b. False

2. If you’re prepared to provide mouth-to-mouth resuscitation, you don’t need to call for medical help.
   a. True  b. False

3. To determine if someone is breathing, you first:
   a. Place your hand on the person’s heart
   b. Tap the person and ask, “Are you OK?”
   c. Place your ear on the person’s mouth

4. For mouth-to-mouth resuscitation, the victim should be:
   a. Lying on his or her side
   b. Sitting up
   c. Lying on his or her back

5. You tilt the victim’s head back and lift the chin in order to:
   a. Open the airway
   b. Check for breathing
   c. Prepare the victim for medical professionals

6. Before you start to blow into the victim’s mouth, you pinch his or her nose.
   a. True  b. False

7. When you give artificial respiration, you blow into the victim’s mouth:
   a. Every 30 seconds
   b. Every 15 seconds
   c. Every 5 seconds

8. It’s safe to move a person who’s not breathing to another area while you wait for medical help.
   a. True  b. False

9. You breathe into a child’s mouth at the same pace you do an adult’s.
   a. True  b. False

10. If in doubt about how to help a person who’s not breathing, you should:
    a. Try to practice CPR
    b. Call immediately for medical help and wait for its arrival
    c. Call your boss