**CPR Training**

1.) What are the three things you look for when you approach someone who appears to be unconscious?

2.) If there is an adult who is unconscious, when do we call 911?

3.) If there is an infant of child who is unconscious, when do we call 911?

4.) If you are alone and choking, what do you do to make sure you are going to receive help?

5.) If you cannot give breath to a person, how many chest compressions do you give right away?

6.) What do you do in one round of CPR?

7.) How many rounds of CPR do you give in one cycle?

8.) If someone is choking what do you ask them?

9.) What do you do when someone is shorter than you and you have to give the Heimlich maneuver?

10.) What do you do when someone is too big for you to put your arms around them to give the Heimlich maneuver?

11.) What do you do if a woman is pregnant and they are choking? Where do you give compressions?

12.) The A.E.D. device does what to the heart?

13.) If you are tired after giving chest compressions and there is someone there with you, what do you do?

14.) Why do you have to tilt the person’s head back when giving breaths during CPR?

15.) Who is it okay to give breaths to when performing CPR?

16.) How many minutes of exercise are needed daily to be healthy?

17.) How many days a week do you participate in moderate to vigorous activity?

18.) How do you know you are doing vigorous activity?

Reflection: OPEN RESPONSE ANSWER

Staying active, eating healthy food and getting enough sleep is important for your body. How do these things also help your mood?