

# Fr33 Aid's Fr33 Hearts Quiz

Take this quick quiz to test your knowledge & remind you about the importance of CPR



**1. What factors are important for survival from cardiac arrest?**

- A Rapid defibrillation
- B Someone nearby did CPR
- C Access to advanced medical care after defibrillation
- D All of the above

**2. By what percentage does a person's chance of survival drop with each minute that passes between cardiac arrest and defibrillation?**

- A about 1%
- B about 5%
- C about 10%
- D about 50%

**3. On average, how long does it take for EMS to arrive after a 911 call in Boston?**

- A about 2 minutes
- B about 5 minutes
- C about 7 minutes
- D about 10 minutes

**4. How can you tell if someone is having a cardiac arrest?**

- A Person is unresponsive & not breathing
- B Person seems asleep
- C Person is clutching their throat in distress
- D Person is shouting incoherently

**5. What's the best way to check for responsiveness?**

- A Pinch the person's earlobe
- B Pour cold water on the person
- C Tap the person's shoulder & shout, "Are you OK?"
- D Use smelling salts to get the person to wake up

**6. What is the best position for the victim to be in when you are doing CPR?**

- A in a chair
- B in a bathtub
- C flat on the floor
- D on a sofa

**7. How long should you check for signs of life before starting CPR?**

- A at least 1 minute
- B not more than 5 seconds
- C if the person is unresponsive when you shout and tap her shoulder, and there is no sign of breathing, it's ok to start CPR right away
- D both b and c

**8. If a person arrives with an AED while you're doing CPR, what do you do?**

- A Shout, "Clear!"
- B Follow instructions from the person with the AED.
- C Keep doing CPR until professionals arrive.
- D Check the warranty on the AED.

**9. What are some good songs to help yourself keep the beat while doing CPR?**

- A "What a Wonderful World" by Louis Armstrong
- B "Another One Bites the Dust" by Queen
- C "Stayin' Alive" by the BeeGees
- D both b and c

**10. True or False: The American Heart Association recommends that laypeople provide hands-only CPR without any rescue breaths for adults in need of CPR.**

True

False

**Fr33 Aid started the Fr33 Hearts program to educate people about the importance of voluntary emergency response.**

Cardiac arrest can happen anywhere, at anytime, and the more people who know about CPR, the better chances are for survival.

Chances for survival decrease by about 10% with each passing minute, and some emergency response systems take over 10 minutes to arrive.