

An ABC for life Quiz

1) Name the five S's that you have been taught.

- Safe Surroundings
- Send for help
- Shake and Shout

2) Give three examples of things that might be a danger at the site of an accident.

- Traffic
- Broken glass
- Electricity

3) What telephone number should you phone to get help?

- 999

4) What information should you make sure the emergency operator has?

- Where you are
- That somebody has collapsed

5) What does the A in ABC stand for?

- Airway - making sure that air can get into the persons lungs.

6) Give three examples of things that might be stopping someone from breathing with ease.

- Vomit
- Blood
- Loose dentures
- Food

7) For how long should you check to see if someone is breathing?

- Check for a full 10 seconds, counting out loud to make sure that you don't rush.

8) If someone has collapsed but is still breathing what should you do?

- Put the person into the recovery position so that they can breathe easily and wait for help.

9) If someone is not breathing how many rescue breaths do you give them?

- Give two rescue breaths by pinching the nose and breathing into the person's mouth for two seconds.

10) What does the C stand for in ABC?

- Circulation - checking to see if the person's heart is still pumping normally.

11) How might you check to see if someone's heart is still pumping blood around their body?

- Colour - if the heart is pumping then the person will have a normal pink colour.
- Movement - if the person is moving then their heart is probably still pumping.
- Blinking or limb movements

12) If you find that the person is not breathing but their heart is still pumping how many breaths should you give them every minute?

- It is recommended that you give 15 breaths per minute and check for signs of breathing every minute.

13) If you find that the person's heart has stopped, you begin compressions. What is the ratio between breaths and compressions?

- Two breaths should be followed by 15 chest compressions and this cycle continued.

14) Where should you place your hands when giving compressions?

- The heel of the hand should be placed two fingers widths above the point where the ribs meet in the centre of the chest, make sure that the fingers of the hand do not rest on the ribs.

15) When should you stop giving CPR?

- You should only stop CPR when professional help has arrived and this help is ready to take over the care of the casualty.
- It is also OK to stop CPR if you become exhausted.