



CPR For Kids @ Home

Activity workbook



DRSABCD - Patient Assessment

List four examples of an emergency:

1)

3)

2)

4)

Complete the acronym and provide a short explanation for each stage:

D _ _ _ _

.....
.....

R _ _ _ _ _

.....
.....

S _ _ _

.....
.....

A _ _ _ _ _

.....
.....

B _ _ _ _ _

.....
.....

C _ _

.....
.....

D _ _ _ _

.....
.....

IDENTIFYING DANGERS

What are the five senses you use to check for dangers?

- 1)
- 2)
- 3)
- 4)
- 5)

Provide four examples of a danger:

- 1)
- 2)
- 3)
- 4)

Tick the correct answer:

Who is the most important person in any emergency?

BYSTANDERS

YOU

PATIENT

Who is the next most important person?

BYSTANDERS

YOU

PATIENT

Who is the person that you assist last once everyone else is safe from dangers?

BYSTANDERS

YOU

PATIENT



CHECK FOR A RESPONSE

What is the acronym you use to check for a response?

Complete the table by listing the acronym and the question starting with that letter.

Letter	Question

Can you
hear me?



SEND FOR HELP!

List three types of emergency services that may assist you in an emergency.

1)

2)

3)

What is the 3-digit number you dial to call for help?

For the following scenarios, fill in the emergency service you would need to assist you with the situation:



The kitchen has caught on fire
from a tea towel on the stove

Your friend has an allergic reaction
to some food

What information must you give the emergency service operator? (5P's)

1)

2)

3)

4)

5)

CHECK AIRWAYS

List four things that could find in a patient's airways:

1)

3)

2)

4)

Why is it important to clear the patient's airways?

.....

.....

.....

Tick the correct response:

What is the name of the grip used to assist in checking a patients airways:

a) The gun grip

b) The pistol grip

c) The chin grip

If there are any fluids in the patient's airways what position do you roll them into:

a) Draining Position

b) Side Position

c) Recovery/Lateral Position

d) Plank Position



CHECK FOR BREATHING

To check for breathing, you:

L _ _ _ _

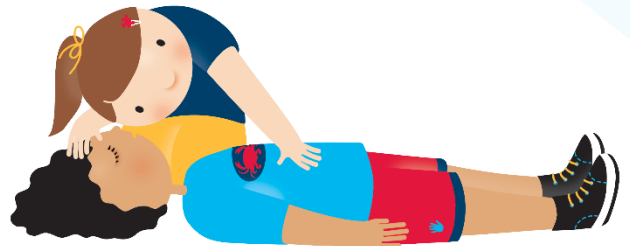
L _ _ _ _ _

F _ _ _ _

Tick the correct response:

If the patient is breathing, what do you do?

- a) Go and have lunch
- b) Stay with them until the emergency services arrive
- c) Start giving them CPR



Complete the following paragraph using the below words:

Listen

Feel

Look

Hand/Cheek

Patient

Chest

Feel

CPR

When checking a patient's breathing you _____ for the sound of air coming out of the patient's mouth. You _____ for warm air/breath coming out of the patient's mouth using your _____. You _____ and _____ for the rise and fall of the patient's _____. If the _____ is unconscious and not breathing normally, you then commence _____.

CPR

What does CPR stand for?

.....

.....

Fill in the correct number of compressions and breaths for CPR into the boxes below:

COMPRESSIONS

BREATHS



Tick the correct response:

You perform compressions on the left-hand side of the chest.

True | False

For an adult, you use two hands to perform compressions.

True | False

You complete 60 compressions on the patient at a time.

True | False

You compress 1/3 of the depth of the chest for a compression.

True | False

You aim to complete 5 cycles in two minutes.

True | False

DEFIBRILLATION - DEFIB

What is a defibrillator used for?

.....

.....

Who brings the defibrillator in an emergency?

.....

List four other locations where you may find a public access defibrillator:

- 1)
- 2)
- 3)
- 4)



Tick the statement that is false:

- ☐ Defibrillation can increase the chance of survival from 5% to over 70%.
- ☐ A defibrillator stops the heart.
- ☐ A defibrillator will shock a patient who is breathing.