

Full name _____ Male Female

Age and date of birth _____

Have you received prior training in basic life support?

If yes, when and where _____

(Tick the answer you think is most appropriate. Only tick one box for each question.)

1: What is a cardiac arrest?

- The body is taking a break
- A cardiac arrest means that the person is dead and nothing more can be done
- Cardiac arrest is something only doctors can treat
- The person is unconscious and not breathing normally (correct)

2: Suddenly a person becomes unconscious and collapses. What do you do?

- Nothing
- Call for help and then shake the person to see if he/she wakes up (correct)
- Shake the person hard to see if he/she wakes up, and then wait for help
- Start CPR

3: How do you know if a person is breathing normally?

- If I hear gasping, slow or strained breathing, I must assume that the person is breathing
- To determine whether the person is breathing normally I have to clear the airway
- As long as the person is not looking completely blue or strange, I assume that he/she is breathing
- I put my ear over the mouth looking for the chest to rise

4: Who do you call in a cardiac arrest situation?

- My parents
- The Emergency Medical **112** (Correct)
- The police **114**
- A doctor

5: What is basic life support?

- 40 chest compressions in the middle of the chest followed by 2 ventilations
- 30 chest compressions in the middle of the chest followed by 2 ventilations (correct)
- 20 chest compressions in the middle of the chest followed by 4 ventilations
- 10 chest compressions in the middle of the chest followed by 4 ventilations

TURN OVER!

6: How do you perform artificial ventilation to an unconscious person?

- As it is not included in basic life support, I will not do it
- By blowing as much as I can into the mouth or nose, a bit like blowing up a balloon
- Two breaths into the mouth or nose until the chest rises (correct)
- By blowing rapidly into the person's mouth or nose until I can no longer breathe myself

7: What do you do if you are in doubt whether the person is having a cardiac arrest?

- Wait for rescue workers to arrive, and then let them make the decision
- Place the person in recovery position and wait for the assistance to arrive
- Wait for five minutes and then try shaking the person again
- If in doubt, I start basic life support (correct)

8: What is an AED?

- I have no idea
- An electronic device that can potentially restart the beating of the heart (correct)
- An electronic device that only doctors, nurses and paramedics use in cardiac arrest situations
- Something that belongs in a hospital

9: To what extent do you feel able to perform basic life support?

- I am completely unable
- I am very uncertain and would probably not be able to help
- I know the theory but not what to do in practice
- I feel well prepared and will take action if a person falls over

10: You witness a person suffering a cardiac arrest, and the person is in need of your help

Enter your fear on a scale of 0-10, with 10 being the worst imaginable fear: _____

Describe in one sentence what you fear the most about being the first person present at the scene of a cardiac arrest:

Thank you for your help!