

“STUDY GUIDE”

What is the laymen's term for Trachea?

- A. Voice Box
- B. Windpipe
- C. Lung
- D. Nose

Why do you put a hand under the victim's neck, and the palm of your other hand on their forehead?

When do you stop doing the Heimlich Maneuver?

- A. when the victim is awake
- B. when the victim starts coughing, or when the object they are choking on comes out
- C. when the victim is sitting down
- D. when the victim asks you to stop

Where do you put your arms when you're going to do the Heimlich Maneuver?

- A. around the victim's waist
- B. under the victim's armpits
- C. on the victim's back
- D. on the victim's hips

What is the second step in preparing to do Mouth to Mouth Breathing?

What is the first thing a person should do for the Heimlich Maneuver?

- A. Look, Listen, and Feel
- B. Check for breathing
- C. Look for the Universal Sign

What motion do you make with your hands when doing the Heimlich Maneuver?

- A. Outward and down
- B. Inward and upward
- C. Sideways
- D. Inward and stop

When you are doing Mouth to Mouth breathing; you have one hand under the victim's neck and the other hand on their forehead - as you open the airway, what are you also doing with the hand on the forehead?

- A. Cover their eyes
- B. Plug their ears
- C. Plug their nose
- D. Push their hair out of the way

How do you put your hands in position to do the Heimlich Maneuver?

- A. Thumb against stomach
- B. fingers around thumb, and grasp with other hand, placed in the middle
- C. fist just below belly button
- D. hands on their waist

In Mouth to Mouth breathing, why do you do the finger sweep?

Where should you put your hands when you are opening the airway to do Mouth to Mouth?

- A. Nose and mouth
- B. Neck and nose
- C. Back of head and top of head
- D. Under neck and on forehead

When doing the Heimlich Maneuver, why do you put your arms under the victims arms?

What are the three steps, in order, for doing Mouth to Mouth breathing?

- A. Airway Step, Breathing Step, Check Step
- B. Breathing Step, Check Step, Airway Step
- C. Check Step, Airway Step, Breathing Step, Check Step

What are the three words we talked about in the Check Step?

Where do you place your arms when you do the Heimlich Maneuver?

- A. Around the victims neck
- B. Around their chest
- C. Around the victim's waist and under their arms
- D. Around their hips

How do you know when a conscious victim is choking on something they've swallowed?

What "letter" describes the direction your thrusts should go, in doing the Heimlich Maneuver?

What is the scientific name for the "voice box"

How did we decide to remember the scientific name for "voice box".

Why is it NOT a good idea to hit a victim on the back, when they are choking?

Explain what "Look, Listen, and Feel" means, why do you do each of them?

Why do we lift on the victim's neck and push down gently on their forehead at the same time?

WHO do you do the Heimlich Maneuver on?

Why do you turn the victim's head to the side to do the finger sweep?

What is the Universal Sign for choking?

Why are there tons of tiny air sacs in your lungs, instead of just one big bag?

What is the muscle below the lungs?

What is the fancy term for windpipe?

What do you do when you look, listen, and feel?

What do you do first, if you have an unconscious victim?

- A. Do the finger sweep

- B. Give them a breath
- C. Check to see if they're breathing, by placing your ear to their mouth
- D. Shake them

What do you do in the Airway Step?

What is the scientific term for the tiny air sacks in the lungs?

You must tilt the victim's head back to _____.

Before giving a breath in the Breathing Step, you have to pinch shut the _____.

What is the WRONG WAY to tell if a person is choking?

- A. They'll have to tell you they're choking
- B. You see the Universal Sign for choking
- C. They can't breathe at all
- D. They can't speak at all

In the first step of Mouth to Mouth Breathing, how do you do the check step?

List the parts of the Respiratory System

What is the best artery to use in checking the victim's pulse?

What's next, after you look, listen, and feel?

In the Respiratory System Diagram, list the science terms on the left (in no particular order), and the laymen's terms on the right (in no particular order), and then match them up.

Why don't you do the finger sweep with the victim's head facing up?

If you are home alone, and start to choke on something you have swallowed - what are some things you could use to give yourself the Heimlich Maneuver?

The tiny air sacks in the lungs are called...

- A. ravioli
- B. alveoli
- C. avacados
- D. mini-lungs

Explain in detail how to open the victim's airway

If the victim is still not breathing after you have given them 2 full breaths, what do you do now?

Why is it important to get a good seal with your mouth AROUND the victim's mouth?