

First Aid and Hands Only CPR

**HARTLAND
DEERFIELD FIRE
AUTHORITY**



**Fire Safety Squad – Home
Edition
Challenge #6**

Name _____

Quiz Time!

1. If a burn is bigger than the _____ of your _____ get medical help.
2. If you suspect that someone ingested something that may be poisonous immediately call Poison Control at _____.
3. Put _____ on any cut that is bleeding.
4. When doing chest compressions for Hands Only CPR press down
on an adult or child _____ inches
on an infant _____ inches

Practical Tasks

1. Add the Poison Control Number to your phone's contact list.
2. With an adult, make sure all chemicals are out of the reach of children.
3. Look up Stain' Alive by the Bee Gees. That's the beat to do chest compressions at.
4. Find a stuffed animal or doll. Use them to run through a CPR scenario from start to finish.
 - find them on the ground unconscious
 - check to see if they will wake up
 - check to see if they are not breathing normally
 - pretend to call 9-1-1
 - practice your CPR skills
5. Print out the reference sheets for Challenge 6 and hang them somewhere easy to find.