

Name: \_\_\_\_\_

## **Unit 1 – Intro to Resuscitation**

### **Lesson 1.1 – History of Resuscitation**

Describe (don't just give the name of the method) THREE different methods that people have tried for resuscitation before deciding on A.R. and C.P.R.

1) \_\_\_\_\_

2) \_\_\_\_\_

3) \_\_\_\_\_

How often are resuscitation procedures being revised? \_\_\_\_\_

What organization is responsible for setting the resuscitation standards in Canada?

\_\_\_\_\_

What is the most significant difference between resuscitation on T.V. and in real life?

\_\_\_\_\_

### **Lesson 1.2 – Legal Issues in Resuscitation**

What is the name of the law protecting you from liability if you stop at the scene of an accident?

\_\_\_\_\_

### **True or False**

\_\_\_\_\_ You are protected from liability if doing first aid is in your job description.

\_\_\_\_\_ A patient has the right to refuse first aid treatment

\_\_\_\_\_ If someone is unconscious, consent is implied

\_\_\_\_\_ If you are resuscitating someone and find a "No C.P.R." bracelet, then legally you must stop doing C.P.R.

\_\_\_\_\_ Involuntary Active Euthanasia (aka "mercy killing") is legal in Canada

If you are working as a First Aid Attendant and do something wrong, what three things would have to be proven to establish negligence

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_

**Lesson 1.3 – Personal Protection**

What is Hepatitis and why is it a concern in First Aid?

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What do you do if you might have been exposed to a blood borne pathogen?

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_

How do you protect yourself from disease when doing Rescue Breathing?

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**Lesson 1.4 – Priority Action Approach**

What are the first three steps of the Priority Action Approach?

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_

What does SAFE stand for?

- S = \_\_\_\_\_
- A = \_\_\_\_\_
- F = \_\_\_\_\_
- E = \_\_\_\_\_

What are the four steps of the primary survey?

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_
- 4) \_\_\_\_\_

**Lesson 1.5 – EMS**

When you phone 9-1-1, what are the three services available? Give an example of when you might need each one.

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_

What can you do while waiting for EMS to arrive to help ensure the patient is transferred quickly to advanced care?

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_

**Lesson 1.6 – Adult CPR (with no AED)**

When giving CPR, what is the correct ratio of breaths to compressions? \_\_\_\_\_

Why might you have to expose the patient’s chest? \_\_\_\_\_

How deep should you push down? \_\_\_\_\_

How fast should you push? \_\_\_\_\_

If you have two rescuers, how often should you switch? \_\_\_\_\_

If you are by yourself with no phone, what should you do?

\_\_\_\_\_

**Lesson 1.7 – Critical Incident Stress**

Why is it important to have an understanding of Critical Incident Stress before you are in a critical situation?

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