CPR Study Guide

Use the video on my website to find the information below.

* To check for responsiveness you “Tap & Shout”
* To check for breathing you “look, listen, & feel”
* What is the chain of survival?
* What are the 4 components of high quality chest compressions?
* How should you position yourself next to the victim?
* Staying Alive, Another One Bites the Dust, & Crazy in Love are all songs with a rate of 100 beats per minute that you can sing to keep you on pace
* There are two AED machines in our building, one in the hall outside the gym and one in the front office

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