

take only 1 minute to
complete the
2HEALTH quiz!



1-minute
quiz

2HEALTH ONE-MINUTE CPR quiz

1. For a choking baby, I will...

- a. send someone to call 911 then do abdominal thrusts
- b. rescue first, then call emergency (if I'm alone)
- c. perform back blows while they're sitting

2. If someone is not breathing, they...

- a. may lose circulation in 1 minute
- b. are unconscious
- c. are definitely choking on something



3. What's the order for an unconscious airway obstruction rescue (after calling EMS/911 and confirming they are unconscious)?

- a. Tilt head. Clean mouth. Listen for breathing. Start CPR + breaths
- b. Clean mouth. Tilt head. Look, listen, feel. Give breaths. Start CPR
- c. Clean mouth. Listen for breathing. Give breaths. Start CPR 30:2

4. Which statement is FALSE about vomiting?

- a. Keep them on their side because now they are breathing + okay
- b. Let them vomit in recovery position, clean and re-assess ABC
- c. Air in the stomach may have caused vomiting (gastric distention)

5. An adult fell from a ladder, unconscious + I'm confident to help.

- a. Call EMS/911 and be with them
- b. Recruit help to roll person over carefully to assess breathing
- c. Call EMS/911 + check breathing. No breaths - roll on back for CPR

Hopefully, your score is 100%

check your answers... 1b, 2a, 3b, 4a, 5c

If your score is not 100%, consider a **2HEALTH** First Aid course to help you be rescue-confident!



Top Ten of why first-aiders choose 2HEALTH COURSES:

1. Practice what to do in the first minute of an emergency.
2. Discover 'what to do until 911 arrives' - for up to 10 minutes.
3. Learn rescue skills for at least 5 life-threatening scenarios.
4. Understand how the skills are done with simple explanations.
5. Hands-on experience on your partner + on the CPR mannequin.
6. Gain rescue confidence with one-minute role-play scenarios.
7. Comfort of learning with family and friends at your location.
8. Take away a valuable resource package + homework via email.
9. Gather useful prevention and preparedness tips.
10. 2HEALTH experience is convenient, invaluable + fun!



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