



Are you prepared?
TAKE the 2HEALTH one-minute Rescue Quiz!

Give yourself ONLY one minute...

1. A baby or toddler is conscious, choking and looking blue, I will..

- a. call 911/EMS immediately, especially if I'm alone
- b. rescue first and then call 911/EMS, only if I'm alone
- c. perform abdominal thrusts & call 911/EMS

2. If someone vomits while on their back, I will...

- a. prevent choking, let them vomit, clean and re-assess
- b. let them vomit and then clean mouth
- c. roll them to the side because now they are breathing

3. An unconscious person has a suspected spinal injury and I am confident to rescue, I will...

- a. call 911/EMS, roll them over carefully to assess ABC
- b. call 911/EMS and don't touch them
- c. assess response, call 911/EMS, assess ABC, if not breathing carefully roll them onto back & start CPR

4. If someone is not breathing, they are...

- a. definitely choking on something
- b. unconscious
- c. at risk of losing a pulse/ circulation in 1 minute

5. After calling EMS, the person is not responding to my breaths and there's no blood circulation, I will...

- a. start AR and chest thrusts only after 1 minute
- b. perform CPR at the rate of 30:2
- c. perform chest thrusts only, breaths not needed

BONUS: A pregnant woman is unconscious and she still has an airway obstruction, I will...

- a. perform chest thrusts and lift one of her hips
- b. rescue her as I would any other person
- c. avoid thrusts and raise her knees

If your score is not 100%, refresh your First Aid Rescue skills...

Your family's safety is in your hands, literally!

Check the answers below.

QUIZ ONE ANSWERS: 1b;2a;3c;4c;5b; 6a

Building Confidence in YOU to be rescue confident – at-home + at-work first aid training

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