

Take a Minute, Save a Life!

How much do you know about the lifesaving skill of Hands-Only CPR? To find out, lightly shade the letter of the best choice for completing each sentence. Then write the shaded letter in the puzzle to the right.

- When a person has a _____ arrest, survival depends on getting immediate CPR from someone nearby.
 A heart B sudden C cardiac D emergency
- Most cardiac arrests in teens and adults are caused by an abrupt onset of an abnormal heart _____.
 A pump B rhythm C muscle D movement
- The first step in Hands-Only CPR is to _____.
 A drive to the hospital B call 9-1-1
 C start chest compressions D look for help
- The second step in Hands-Only CPR is to push _____ in the center of the chest.
 A hard and fast B gently and fast
 C hard and slowly D gently and slowly
- Chest compressions during CPR push _____ through the body.
 A blood B cells C oxygen D carbon dioxide
- When giving chest compressions in Hands-Only CPR, you should use a rate of ____ beats per minute.
 A 75 B 50 C 10 D 100
- When performing Hands-Only CPR, push hard and fast in the center of chest with _____.
 A one hand B both hands, one on top of the other
 C one hand, then the other hand D both hands beside each other
- Hands-Only CPR is recommended for use on _____ who you see suddenly collapse.
 A teens and adults B adults C anyone D children and teens
- Hands-Only CPR pumps blood to the _____.
 A heart and brain B heart and lungs C brain D heart
- CPR can _____ a victim's chance of survival.
 A double B improve C sometimes increase D double or even triple

A	1	2	D
3	D	4	5
6	7	C	8
C	9	10	B

To check your work:

Each letter must appear only once in each row and only once in each column (including the boldfaced letters).