



# TEST YOURSELF CPR – CARDIO PULMONARY - RESUSCITATION

## Structure of pamphlet

Test your own knowledge on the subject CPR –CARDIO PULMONARY RESUSCITATION - solve a few assignments.

Find background knowledge in "Medical Guide for Seafarers" pp 79 - 81 and 159-163 and in the videos related to the book.

Find the correct answers at the end of the pamphlet.  
However, test your knowledge, before you read the answers.

**Stay up-dated**

**Find all self-training  
assignments at our  
webpage  
[www.dma.dk](http://www.dma.dk)**

**You may ask us  
questions at  
[cms@dma.dk](mailto:cms@dma.dk)**

**You may phone us at  
**+45 7219 6004****

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You may want to read chapters 11 and 22 in: “Medical Guide for Seafarers” and watch video number 2.

### Assignment 1

When would you initiate CPR?

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How long would you continue?

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### Assignment 2

List different symptoms of cardiac disease:

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### Assignment 3

List first aid to a person with cardiac pain:

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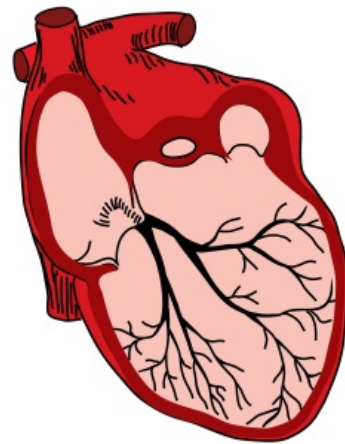
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*When you perform CPR, do mouth-to-mouth until the mobile resuscitation equipment arrives.*

*Once the mobile resuscitation equipment arrives, use the ventilation mask connected to the oxygen, with a flow of 15 l/min.*

*It is important to make sure the mask fits tightly to the face.*

## **Did you know ?**

CPR in Danish is HLR

Heart

Lung

Resuscitation

## **CPR – how?**

Start with 30 compressions followed by 2 breaths.

If you have a ventilation bag available – use it with oxygen flow 15 l/min.

Give at least 100, but no more than 120, compressions per minute.

Remember, keep your arms straight during compressions. Let the weight of your body do the work.

Apply pressure in the middle of the chest, on the sternum. Compress the chest at least 5 cm, but no more than 6 cm (2-2½ inches) on an adult person.

If several people are present, then take turns – every 2 minutes.

CPR is hard work!

## Answers to the assignments:

### Assignment 1

When would you initiate CPR?

When there is no breathing, abnormal/gasping breathing or no signs of life.

“Medical Guide for Seafarers”, pp 79-80

How long would you continue?

Continue until sign of life or Radio Medical Denmark tells you to stop – or if you are completely exhausted and unable to continue.

### Assignment 2

List different symptoms of cardiac disease:

- Squeezing or crunching sensation in chest or chest region.
- A suffocating sensation, in neck/throat region. Breathing difficulty.
- Pain radiating to arms, jaw, teeth, abdomen or between shoulder blades.
- Sensation of heaviness, numbness or tingling in arms, shoulders or elbows
- Face is pale, or even greyish. Cold clammy skin. Sweating profusely.

### Assignment 3

List first aid to a person with cardiac pain:

ABC -including Oxygen 9 liters/min.

Give 9.1 Glyceryl trinitrate, place person in sitting position, and loosen belt and clothing.

Apply mental first aid.

“Medical Guide for Seafarers”, pp 160-162

**Call Radio Medical Denmark without delay.**