



\_\_\_\_\_  
Pathfinder's Name

## **CPR - Cardiopulmonary Resuscitation**

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1. Successfully complete a class sponsored by either the American Heart Association, the American Red Cross, or an equivalent under a certified instructor in order to properly learn and demonstrate one-person CPR. This must be within the past 12 months.

Date course completed: \_\_\_\_\_

2. Know and understand the location and function of the heart and lungs.

Location: \_\_\_\_\_

Function: \_\_\_\_\_

3. Define CPR and tell five conditions under which it would be used.

Definition: \_\_\_\_\_

Conditions of use:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

4. Understand Prudent Heart Living.

\_\_\_\_\_  
\_\_\_\_\_

List five things a person can do to maintain a healthy heart.

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

- ❑ 5. Develop, maintain, and keep a record of a personalized program in exercise, health, and diet habits for one month.
- ❑ 6. Learn the significance of the colors and design used on the honor token for this honor as follows:
  - a. The person needing CPR is white, signifying no circulation.
  - b. The person giving CPR is red, signifying a very alive person.
  - c. The background of purple signifies loyalty or commitment.
  - d. The border of gold speaks to the value of the human life.
  - e. A heart is formed by the head, shoulders, and arms of the person performing the CPR, signifying compassion for another individual.

Date completed \_\_\_\_\_

Instructor's Signature \_\_\_\_\_