## **Columbia Basin Scouting**

## BSA Rank Advancement Worksheet First Class, requirement 8d

cout Name:
Requirement: Tell the five most common signs of a heart attack. Explain the steps procedures) in cardiopulmonary resuscitation (CPR). (Describe each of these items.)
elect the five most common signs of a heart attack:
<ul> <li>Chest pain and/or pressure</li> <li>Constipation</li> <li>Upper Body Discomfort</li> <li>Shortness of Breath</li> <li>Swelling of the Lymph Nodes</li> <li>Racing Heart</li> <li>Anaphylactic Shock</li> <li>Intense Anxiety and/or Cold Sweat</li> <li>Yellowing of the Eyes</li> <li>Decrease of Insulin</li> </ul> What is the benefit of each of the three following procedures in CPR? Procedure 1. Call 911
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rocedure 2. Rescue breathing.
Procedure 3. Chest compressions.

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