

# Columbia Basin Scouting

## BSA Rank Advancement Worksheet

### First Class, requirement 8d

Scout 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.)

**Select the five most common signs of a heart attack:**

- Chest pain and/or pressure
- Constipation
- Upper Body Discomfort
- Shortness of Breath
- Swelling of the Lymph Nodes
- Racing Heart
- Anaphylactic Shock
- Intense Anxiety and/or Cold Sweat
- Yellowing of the Eyes
- Decrease of Insulin

**What is the benefit of each of the three following procedures in CPR?**

**Procedure 1. Call 911**

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**Procedure 2. Rescue breathing.**

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**Procedure 3. Chest compressions.**

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