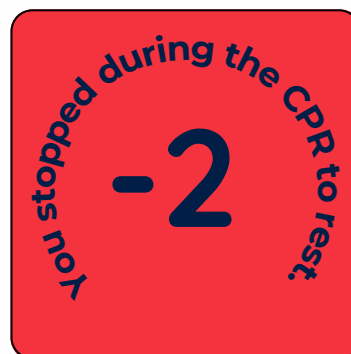
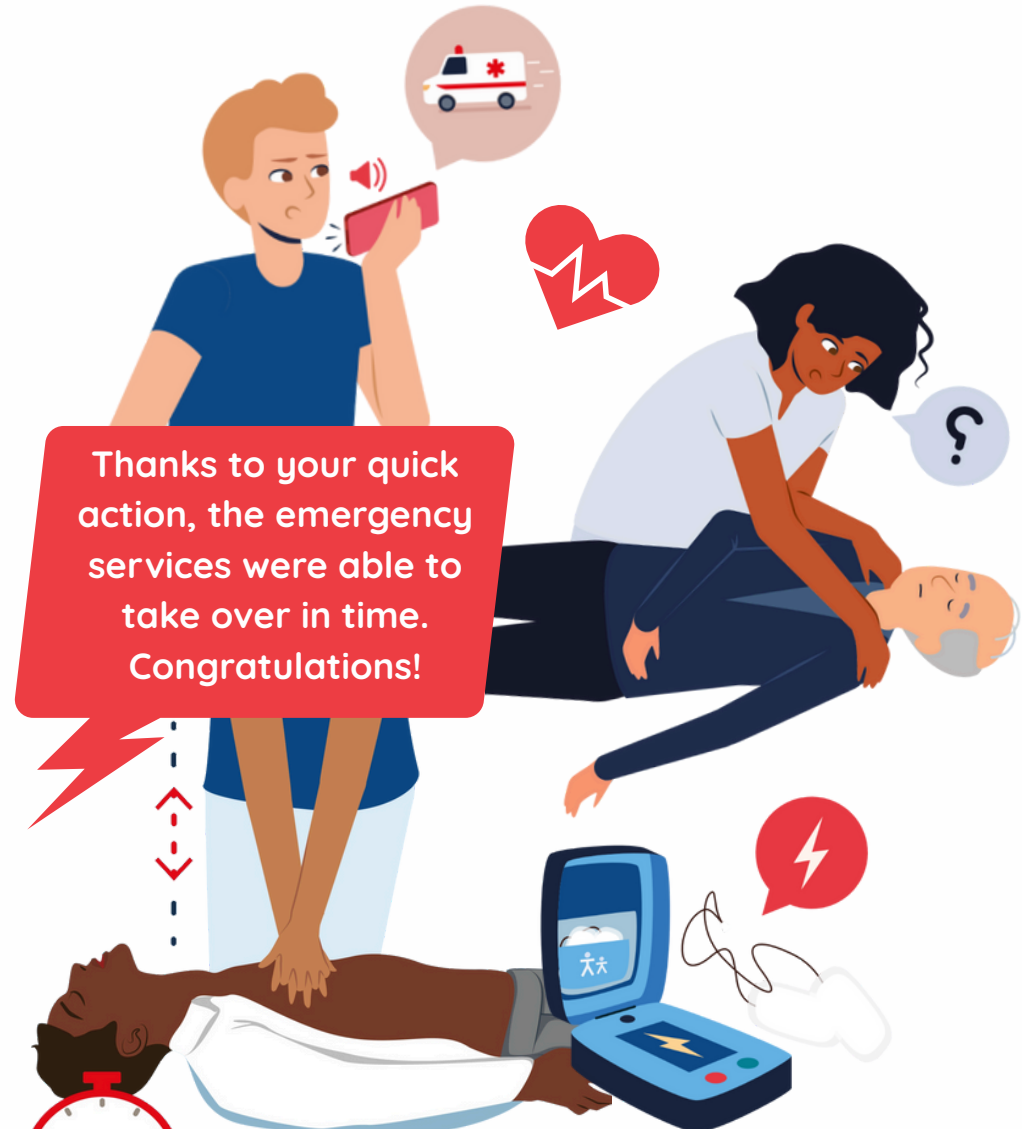
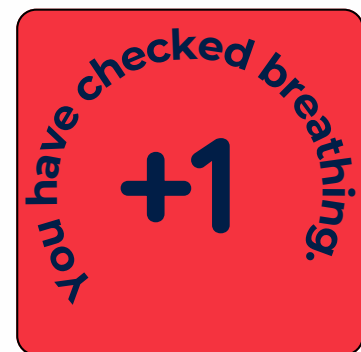
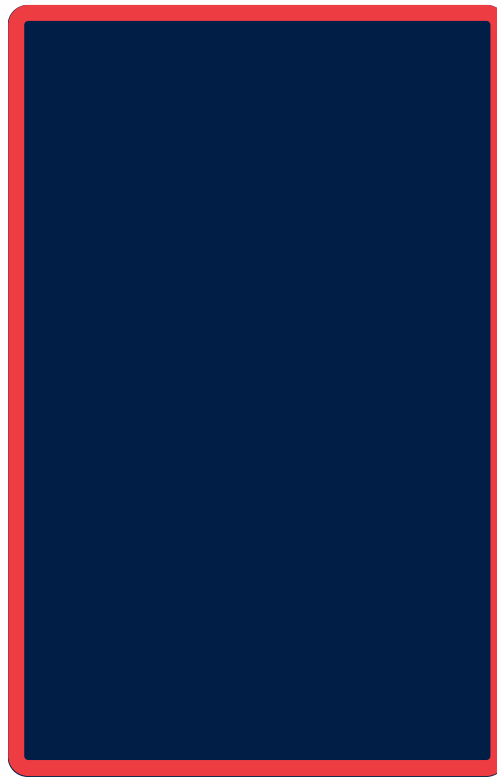
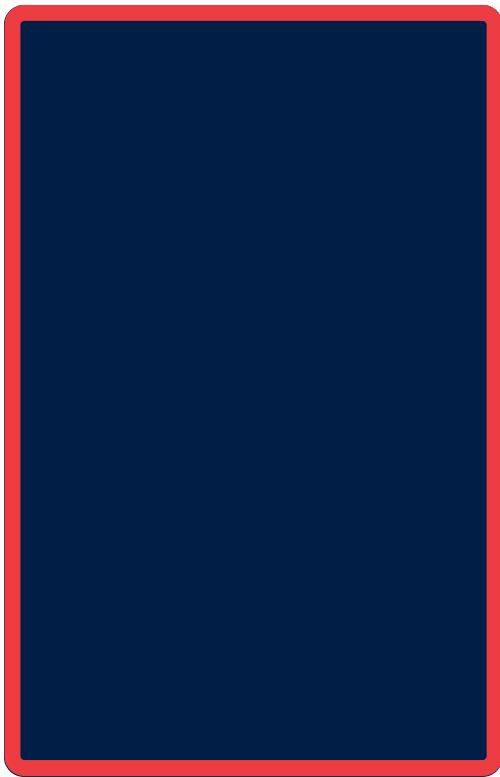


The race for life-saving actions





1

What is the recommended rate of chest compressions (per minute) during CPR?

A: 45-70 B: 180-200
C: 100-120

2

Before starting CPR, what is the first thing to check in an unresponsive person?

A: Their blood pressure
B: Their breathing
C: Their temperature

3

What percentage of victims receive CPR before emergency services arrive?

A: 7% B: 15%
C: 65%

4

How high can survival rates rise if defibrillation is performed within the first few minutes?

A: 15% B: 40%
C: 70%

5

What is the minimum depth (in cm) that chest compressions should reach in an adult?

A: 1-3 CM B: 5-6 CM
C: 12-15 CM

6

What percentage of cardiac arrests occur at home?

A: 23% B: 48%
C: 73%

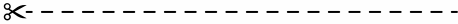
7

What is the survival rate after cardiac arrest outside of a hospital?

A: 45-70 B: 180-200
C: 100-120

Answers:

- 1- C
- 2- B
- 3- B
- 4- A
- 5- B
- 6- B
- 7- C



✂-----

**Perform 15
chest
compressions.**

**Check the
victim's
breathing**

**Demonstrates how
to use an AED
(automated external
defibrillator)**

**Call emergency
services and give
them all the necessary
information.**

**Mimic the
scene of a
cardiac arrest.**

**Check the
victim's
consciousness**

**Explain the first
three things to do
when faced with an
unconscious victim.**

Back of ACTION cards



Global First Aid
Reference Centre

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Raise awareness and provide training in cardiopulmonary resuscitation (CPR) and defibrillator use, combining knowledge and fun practical exercises. The first player to reach the last square has “saved a life” and wins!

Game setup

- 1.The board is placed in the center of a table or on the floor.
- 2.A facilitator/trainer stands around the board.
- 3.Up to five players choose a token and place it on the starting square.
- 4.Build the dice using the template provided or use a dice.
- 5.Place the two packs of cards (“Questions” and “Actions”), which have been cut out and are face down, in their places in the center of the board.

How a round works

- The player rolls the dice and moves their token forward according to the number of spaces rolled.
- Depending on the type of space, the player must:

Type of case	Action to be taken
Question	Pick a “Question” card. Read the question aloud and answer it. If the answer is correct, move forward one space; if not, stay on the space and skip your turn.
Action	Pick an “Action” card. Perform the action. If the action is performed correctly: move forward 2 spaces; otherwise: stay on the space and skip your turn.
Neutral	Follow the instructions printed on the square (move forward or backward).
Final case (21)	“Thanks to your quick action, the emergency services arrived in time. Congratulations!” The player wins the game.

- Then it is the next player's turn, moving clockwise.
- The first player to reach the final square wins the game.
- If a player passes square 21, they move back the number of squares they passed.
- All players can continue playing to determine a ranking.

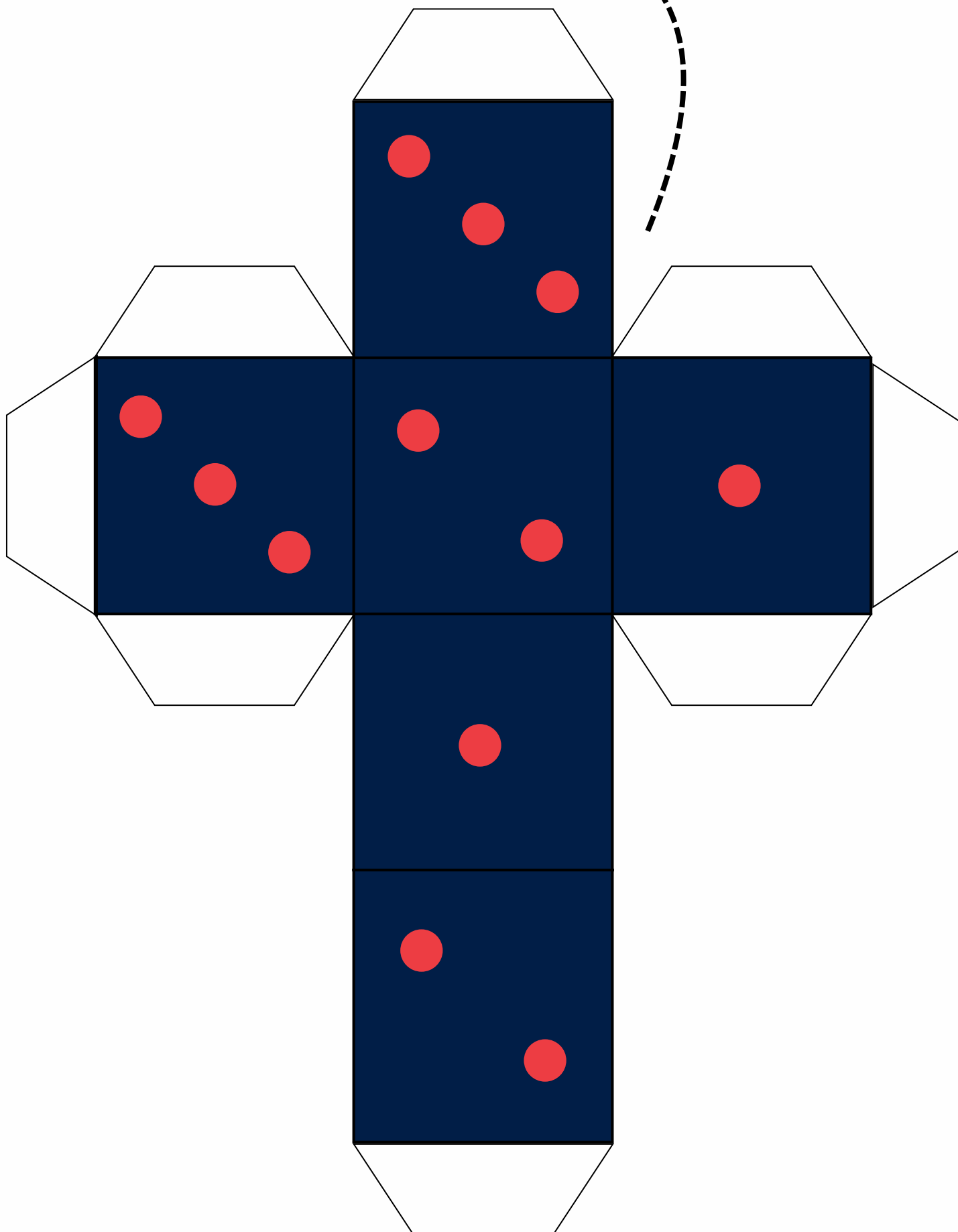
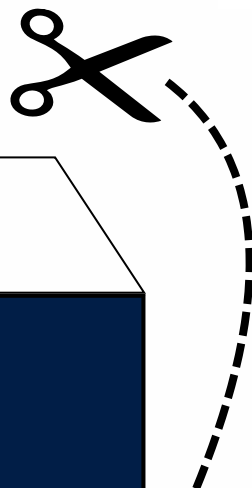
Possible variants:

Chrono RCP: limit the response or execution time to 30 seconds to win the square.
Cooperative mode: all players must reach square 21 before a collective timer runs out.
It is possible to have more than 5 players, and the cards may come back several times, but this is not a problem because “pedagogy is the art of repetition.”

Materials needed:

- The printing tray,
- A facilitator responsible for giving the correct answers,
- 5 pawns,
- 1 dice,
- 7 “Question” cards,
- 7 “Action” cards,
- 1 30-second sand timer (optional for variation),
- 1 training manikin (optional, for chest compressions and AED placement),
- The rules of the game.

Dice pattern:



Token:

Stick to the back of the token

Fold and place face down on the floor.



Stick to the back of the token

Fold and place face down on the floor.

Stick to the back of the token

Fold and place face down on the floor.



Stick to the back of the token

Fold and place face down on the floor.

Stick to the back of the token

Fold and place face down on the floor.

