

# CPR + AED

## Theory Prep Checklist



STUDENT NAME

DATE

CATEGORY

CHECKLIST ITEM

CHECKBOX

### UPDATED LEARNING RESOURCES



Download or update the DVSA theory test app

Get updated print guides ("Essential Skills" and "Theory Test" guides)

### UNDERSTAND CPR BASICS



Correct hand placement

Compression rate and depth (5-6 cm)

Rhythm timing (100-120 compressions/min)

### LEARN HOW TO USE AN AED



Recognise an applicable scenario

Correct pad placement

Follow device prompts (voice & light)

### TAKE PRACTICE TESTS



Complete at least two timed full theory test mocks

Include first-aid/CPR questions

Review wrong answers carefully

### PRACTICE MAKES PRECISE



Do physical practice on a pillow to judge depth

Use mnemonic devices for AED steps (e.g., Check, Attach, Deliver)

### KEEP CALM, STAY PREPARED



Read question carefully in the test

Apply logic and basic first-aid knowledge

Remember: every correct answer is also a potential lifesaver