FIRST AID TEST

1) Your check of the scene suggests that a victim has suffered an electrical shock. The first thing to do is....
   a) Cover all burns with a dry loose dressing.
   b) Ask a bystander to help you move the victim.
   c) Place the victim on one side with the head down.
   d) Make sure the power is turned off.

2) A victim of a car accident has just vomited and now appears to be coughing up blood. He is breathing very quickly and his pulse is weak and fast. What is most likely wrong?
   a) He is having a seizure.
   b) He has internal bleeding.
   c) He is having a heart attack.
   d) He is having a diabetic emergency.

3) You are caring for a victim with a burned hand. Put the hand in cool water if....
   a) The burns are very deep
   b) There are burns with open blisters.
   c) The burns are minor with no open blisters.
   d) You should put the hand in cool water for all of the above.

4) In general a splint should be....
   a) Loose, so that the victim can still move the injured limb.
   b) Snug, but not so tight that it slows circulation.
   c) Tied with cravats over the injured area.
   d) None of the above.

5) A victim has lost a lot of blood through a deep cut in his leg. He is breathing fast and seems pail and restless. He is probably....
   a) Having a stroke.
   b) Having a heart attack.
   c) In shock.
   d) Choking.

6) You suspect that a person has been poisoned. She is conscious. Your first call should be to....
   a) The Poison Control Center or your local emergency phone number.
   b) The victim's physician.
   c) The hospital emergency department.
   d) The local pharmacy.

7) Which would you do when caring for a seizure victim?
   a) Remove nearby objects that might cause injury.
   b) Place a small object, such as a rolled up piece of cloth, between the Victim's teeth.
   c) Try to hold the person still.
   d) All of the above.

8) Splint an injury to a muscle, bone, or joint only when....
   a) You have to move or transport the victim.
   b) You can do so without hurting the victim.
   c) You have splinting materials available.
   d) Both a and b

9) For which of the following burn victims should you immediately call your local emergency phone number?
   a) A 40 year old man who has burned his hand with hot coffee.
   b) A 68-year-old woman who has a blistered grease burn on her hands and arms.
   c) A 26-year-old woman who has a sunburn on her shoulders.
   d) All of the above.

10) A 15-year-old boy has just splashed a chemical on his face. After sending someone to call for an ambulance, you would....
a) Cover the burned area.
b) Have the victim stay calm until ambulance arrives.
c) Flush the burned area with large amounts of water until the ambulance arrives.
d) Immediately drive the victim to the hospital.

11) Why should you cover burns with a clean or sterile dressing?
a) To prevent infection.
b) To cool burned area.
c) To keep the burned area warm.
d) Both a and c

12) You find a person at the bottom of the stairs. He appears to have fallen and seems badly hurt. After sending someone for help, you would....
a) Roll the victim onto his stomach keeping the head and back in a straight line.
b) Roll the victim onto one side.
c) Position victim onto one side.
d) Attempt to keep the victim from moving.

13) A victim has a large piece of glass sticking out of her leg. You should....
a) Leave the glass in her leg and control the bleeding.
b) Call your local emergency phone number.
c) Remove the glass and then control the bleeding.
d) Both a and b

14) What should be your first concern at the scene where a person has been seriously burned?
a) Checking the scene for safety.
b) Checking the victims breathing and pulse.
c) Calling your local emergency phone number.
d) Cooling the burned area.

15) A woman has fallen and burned her ankle. She says she heard something snap. She looks pale and is sweating. What should you do?
a) Have the victim walk on the injured ankle.
b) Care for the injury as if it were serious.
c) Apply heat and elevate the injury.
d) Apply a dressing and loosely bandage.

16) Which of the following should be done for a person experiencing a heat related illness.
a) Keep the victim warm.
b) Force the victim to drink fluids.
c) Apply cool wet cloths.
d) Place the victim in warm water.

17) You feel a sudden sharp pain in the bottom of your left foot. You look at the bottom of your left shoe and see a tack sticking in your shoe. What type of wound do you probably have?
a) Avulsion
b) Bruise
c) Scrape
d) Puncture

18) Which should be part of your care for a severely bleeding open wound?
a) Allow the wound to bleed in order to minimize infection.
b) Apply direct pressure and elevate the injured area. (If no broken bones)
c) Use a tourniquet to stop all blood flow.
d) Both b and c

19) What should you do if you think a victim has serious internal bleeding?
   a) Apply heat to the injured area.
   b) Call your local emergency phone number for help.
   c) Place the victim in a sitting position.
   d) Give fluids to replace blood loss.

20) Which of the following behaviors reduces your risk for injury?
   a) Always wearing a safety belt when riding in automobiles.
   b) Limiting intake of alcohol.
   c) Limiting intake of foods high in cholesterol.
   d) Both a and b

21) Which is the first step when caring for bleeding wounds.
   a) Apply direct pressure with a clean or sterile dressing.
   b) Apply pressure at the pressure point.
   c) Add bulky dressings to reinforce blood soaked bandages.
   d) Elevate the wound.

22) How can you reduce the risk of disease transmission when caring for open, bleeding wounds?
   a) Wash your hands immediately after giving care.
   b) Avoid direct contact with blood.
   c) Use protective barriers such as gloves or plastic wrap.
   d) All of the above.

23) You have tried to control a victim's bleeding with direct pressure and elevation, but the bleeding doesn't stop. Where would you apply pressure to slow the flow of blood to a wound on the forearm?
   a) Outside the arm midway between the shoulder and the elbow.
   b) On the inside of the elbow.
   c) Inside the arm between the shoulder and the elbow.
   d) Any of the above will slow the flow of blood.

24) Dressing and bandages are used to....
   a) Reduce the victim's pain.
   b) Reduce internal bleeding.
   c) Help control bleeding and prevent infection.
   d) Make it easier to take the victim to the hospital.

25) Most injuries are due to situations that....
   a) You have no control over or could not have been prevented.
   b) You have some control over or could have been prevented.
   c) Involve five or more people.
   d) Involve water sports.

26) Where is the carotid artery located?
   a) Inside the wrist just above the hand.
   b) On the neck to the right or left of the windpipe.
   c) Behind the kneecap.
   d) Inside the arm between the elbow and shoulder.

27) On an infant, where would you check the pulse?
   a) Inside the wrist just above the hand.
   b) On the neck to the right or left side of the windpipe.
   c) Behind the kneecap.
   d) Inside the arm between the elbow and shoulder.

28) For an infant who is choking, you would perform....
   a) The Hiemlick maneuver.
   b) CPR
   c) Back blows and chest thrusts.
   d) Hold the infant upside down and strike between the shoulder blades.

29) Breathing emergencies may be caused from....
a) Asthma or Allergic reaction
b) Hyperventilation
c) Injury to a muscle or bone in the chest
d) All of the above

30) A person, who is unconscious, not breathing, has a weak pulse, needs....
a) CPR
b) Hiemlick maneuver.
c) Rescue breathing.
d) Back blows and chest thrusts.

31) When helping an unconscious choking victim, you would give an adult____ chest thrusts. For an infant you would give____ back blows and____ chest thrusts.
a) 3,3,3
b) 5,3,3
c) 5,5,5
d) 3,5,5

32) Which is not a symptom of heart attack.
a) Chest pain.
b) Red, hot or dry skin.
c) Pale or bluish in color.
d) Profuse sweating.

33) When performing adult CPR you give....
a) 2 slow breaths & 15 chest compressions.
b) 1 slow breath & 10 chest compressions.
c) 5 slow breaths & 10 chest compressions.
d) 3 slow breaths & 15 chest compressions.

34) When performing CPR on a child you give....
a) 4 slow breaths & 20 chest compressions.
b) 1 slow breath & 5 chest compressions.
c) 2 slow breaths & 10 chest compressions.
d) 2 slow breaths & 15 chest compressions.

35) A wound where there is damage to the soft tissue and blood vessels under the skin is called.....
a) A scrape
b) A cut
c) A bruise
d) An avulsion

36) When giving care for external bleeding, what should you do first?
a) Elevate the injury.
b) Apply direct pressure.
c) Apply a loose dressing.
d) Apply a tourniquet.

37) Bandages are used for....
a) Applying directly to a wound to soak up blood.
b) To hold dressings in place, apply pressure and control bleeding.
c) Ease pain.
d) Small cuts only.

38) Dressings and pads....
a) Should be removed when blood soaked. New ones should be applied.
b) Are used to help control bleeding and keep germs out.
c) Are not included in a first aid kit.
d) Should be applied to a sucking chest wound.

39) Elastic bandages are used....
a) To control bleeding
b) Control swelling and support injuries such as sprains or strains.
c) To allow circulation to a severed limb.
d) When applying a splint.

40) When caring for a victim who has an object impaled in their hand, you should....
a) Remove the object, flush with cool water, and transport to hospital.
b) Immobilize the object by placing several dressings around it.
c) Break object off where it sticks out, and bandage injury.
d) None of the above.

41) When caring for a victim with a bloody nose you would not.....
a) Apply an ice pack to the bridge of the nose.
b) Apply pressure to upper lip just beneath nose.
c) Have the victim sit with head tilted slightly backward while pinching the nostrils together.
d) Have the victim sit with head tilted slightly forward while pinching the nostrils together.

42) A student on your bus has been hit in the mouth and a tooth was knocked out you should....
a) Control the bleeding and have student bite down on a rolled sterile dressing in the space left by the tooth.
b) Save the tooth by placing it in milk or water.
c) Wrap the tooth in a dry tissue and give to student to take to dentist.
d) Both a and b

43) Which symptoms would indicate internal bleeding?
a) Rapid weak pulse, Excessive thirst.
b) Skin that feels cool or moist, or looks pale or bluish.
c) Tender, swollen, bruised, or hard areas of his body, such as the abdomen.
d) All of the above.

44) Wounds that would require stitches are....
a) Over an inch long.
b) Bleeding from an artery or uncontrolled bleeding.
c) Human or animal bites.
d) All of the above.

45) Which is not a symptom of shock....
a) Strong thirst, nausea, or vomiting.
b) Chest or abdominal pain, breathing difficulty.
c) Restless or irritability.
d) Rapid breathing or rapid pulse.

46) A first degree burn....
a) Involves only the top layer of skin.
b) Is red and blistered.
c) Destroys all layers of skin.
d) Is the most serious of burns.

47) When caring for a victim who has a large burn on their forearm, you....
a) Use large amounts of cool water to cool the burn.
b) Use ice or ice water to cool the burn.
c) Remove any cloth that has stuck to the burn and apply burn cream.
d) All of the above.

48) When caring for someone who has suffered an electrical burn, you would **not**....
a) Check breathing and pulse.
b) Check for possible fractures.
c) Cool the burned area.
d) Treat for shock.

49) You should suspect that a victim has head and spine injuries for....
   a) An incident involving a lightning strike.
   b) A person found unconscious for unknown reasons.
   c) A fall from the height greater than the victim's height.
   d) All of the above.

50) You may suspect that a student has been poisoned if they....
   a) Are experiencing nausea, vomiting or diarrhea.
   b) Have chest or abdominal pain, breathing difficulty.
   c) Burns around the lips, tongue, or on the skin.
   d) All of the above.

51) When caring for a student who is allergic to bees and has just been stung, you should....
   a) Give them an injection with their Epi-pen.
   b) Apply a heat pack to ease pain.
   c) Apply a cold pack.
   d) Both a and c

52) Signals of an allergic reaction to a bee sting are....
   a) Feeling of tightness in the chest and throat.
   b) Swelling of the face neck and tongue.
   c) Rash, dizziness, or confusion
   d) All of the above.

53) When caring for a student who is suffering from heat cramps.
   a) Apply cold packs.
   b) Give cool water or sports drink.
   c) Have student keep walking slowly to work the cramp out.
   d) Massage the muscle vigorously to increase circulation.

54) What symptoms are associated with heat exhaustion....
   a) Cool, moist, pale, or flushed skin.
   b) Rapid weak pulse.
   c) Rapid, shallow breathing.
   d) All of the above.

55) Heat stroke....
   a) Causes very high body temperature.
   b) Hot red or dry skin.
   c) Rapid weak pulse, shallow breathing.
   d) All of the above.

56) When caring for someone who is suffering from frostbite, you should not....
   a) Soak effected part in warm water 100 to 105 degrees.
   b) Rub vigorously until skin appears red and feels warm.
   c) Handle area gently.
   d) Avoid breaking blisters.

57) Hypothermia....
   a) Is not life threatening.
   b) Victims must be heated up as fast as possible.
   c) Is caused by exposure to temperatures below freezing.
   d) Can be caused by swimming in waters below 70 degrees.

58) Snakebites can be very serious. When caring for a snakebite victim, which should you **not** do?
   a) Wash wounds.
   b) Apply ice.
   c) Keep bitten part still and below the heart.
   d) Get professional medical care within 30 minutes.

59) When performing infant CPR or rescue breathing, what kind of breaths should you give to avoid forcing air into the infant's stomach?
   a) Hard and fast.
   b) Smooth and fast.
   c) Slowly and gently.
   d) Long and hard.

60) Your role in making the EMS system work effectively includes four steps.
   a) Elevate, Identify, decide, execute.
   b) Check, call, care, protect.
   c) Recognize, decide, call, provide.
   d) None of the above.

61) When should you give rescue breathing?
   a) Conscious choking victim.
   b) Unconscious choking victim.
   c) Unconscious, no pulse, not breathing.
   d) Unconscious, not breathing, but has a pulse.

62) What would you do if a victim had a body part torn or cut off?
   a) Wrap severed body part in sterile gauze.
   b) Place in a plastic bag.
   c) Put the plastic bag on ice and take it to the hospital with victim.
   d) All of the above.

63) What would you do for a victim who has internal bleeding?
   a) Keep the victim quiet and lying down.
   b) Bend knees to make them comfortable.
   c) Both a and b
   d) None of the above.

64) To care for a victim with a sucking chest wound, you would?
   a) Cover the wound completely with a sterile gauze pad.
   b) Cover the wound with a dressing that doesn't allow air to pass through.
   c) Apply ice pack to the wound.
   d) Both a and c

65) Internal bleeding can be caused by:
   a) Injury
   b) Illness
   c) Medication
   d) All of the above.

66) When caring for a choking infant, what position is the infant held in?
   a) Upside down by the ankles and shoulders.
   b) Face up on a flat surface.
   c) Face down on your forearm with head lower than the body.
   d) Face down on your knee, with head lower than the body.

67) Soft tissue wounds should be cared for by:
   a) Heat and elastic bandages.
   b) Ice and elevation.
   c) Apply direct pressure on the area to cut down on bleeding under skin.
   d) Both b and c

68) What do you do for a chemical burn?
   a) Flush with water, dry, and cover.
   b) Flush with large amounts of water and cover.
   c) Flush with large amounts of warm water until help arrives.
   d) Flush with large amounts of cool water until help arrives.

69) What is the most common reason an infant's heart stops?
a) Allergies
b) Injury
c) Breathing problems.
d) SIDS (sudden infant death syndrome)

70) When can you move a victim?
a) When you need to care for another victim.
b) When the victim is in danger.
c) When it would be easier to care for the victim.
d) All of the above.

71) What do you do for a victim who has a bleeding injury to the mouth and you are sure that there is no head, neck, or spine injury.
a) Keep victim seated with head tilted slightly forward.
b) Keep victim seated with head tilted slightly backward.
c) Have the victim lie down on their side.
d) Either a or c

72) What is more serious?
a) Heat Stroke
b) Heat Exhaustion
c) Heat Cramps
d) Heat Rash

73) To encourage people to help others in emergency situations, most states have enacted laws, which protect you, as a rescuer, from being sued. This is called.
a) The Good-Will Law
b) The First Aid No-Fault Law
c) The Good Samaritan Law
d) There is no such law

74) Signals of head and spine injuries are:
a) Blood or other fluids in the ears or nose.
b) Unusual bumps or depressions on the head or over the spine.
c) Has seizures, severe headaches, or slurred speech.
d) Both a and b

75) Shock is a condition where:
a) The respiratory system fails to deliver air to the lungs.
b) The cardiovascular system fails to deliver blood to the heart.
c) The circulatory system fails to deliver blood to all parts of the body.
d) All of the above.

76) A boy on the bus goes into diabetic shock, what do you do?
a) Drive the bus straight to the hospital
b) Ask him where his insulin is and give him a shot
c) Do not give him food or drink
d) Make him comfortable; give him a non-diet drink, candy, or something with sugar in it.

77) A student on your bus has a severe cut in the groin area, what do you do?
a) Cover the wound with a sterile dressing applying direct pressure
b) Elevate the student's feet and apply a sterile dressing to the wound, apply pressure to groin area.
c) Drive the bus to the nearest hospital or fire station
d) Cover wound with sterile dressing & apply pressure to femoral artery pressure

78) A boy on your bus has been coughing for over a minute, what should you do?
a) Begin rescue breathing and call 911
b) Get medical attention as quickly as possible
c) Encourage the boy to cough and get medical attention a.s.a.p.
d) Encourage the boy to cough and begin giving abdominal thrusts

79) You have a person who is conscious and refuses help, they laps into an unconscious state, what should you do?
a) Permission is "Implied" if the victim is unconscious.
b) Call 911 and begin to give care.
c) Call 911 and wait until professional help arrives.
d) Both a & b

80) A girl at one of your bus stops indicates that she was bitten by a snake, What do you do?
a) Apply ice to the wound and take to the nearest fire station or hospital
b) Wash the wound, keeping injured area lower than the heart; get professional medical care within 30 minutes.
c) Cut a 1" cross at the site if injury and suck the poison out, apply ice.
d) Elevate injured area, apply ice, and get professional medical care within 30 minutes.

81) A boy with frostbite on his feet, what should you do?
a) Rub his feet vigorously until feeling and color return.
b) Apply hot moist towels to feet and message gently.
c) Soak feet in warm water not more than 105 degrees, bandage with dry sterile dressing.
d) Soak feet in warm water not more than 90 degrees; rub feet gently until feeling and color return, then wrap with sterile dressing.

82) A man is having a heart attack, he has medication with him, what should You do?
a) Give the medicine to him placing it under the tongue, Call 911.
b) Assist him with the medicine, Call 911, reassure him until help arrives.
c) Call 911, place medicine in mouth and begin CPR.
d) Have the victim lay down, Call 911.

83) A boy enters your bus, you smell alcohol, he passes out before you get to His bus stop, what should you do?
a) Take the boy back to school
b) Stop the bus, check for breathing and pulse, Call 911.
c) Allow the boy to sleep it off and take him home.
d) Drive the boy to the nearest fire station or hospital.

84) A girl has her tooth knocked out and she has found the tooth, which is the best action to take:
a) Place the tooth under her armpit and take her to the dentist.
b) Wrap the tooth in sterile gauze and take her to the dentist.
c) Place the tooth in a closed container of cool milk or water, until she reaches the dentist
d) Have her place the tooth under her tongue until she reaches the dentist.

85) A girl is not breathing but has a pulse, what would be the best course of action?
a) Call 911, and begin CPR immediately.
b) Call 911, and begin rescue breathing.
c) Call 911, check for blocked airway, begin CPR.
d) Call 911, and wait for professional medical help to arrive.

86) Where would you check the pulse on a 12-year-old boy?
a) On the inside of the arm between the elbow and shoulder.
b) At the side of the neck
c) On the inside of the wrist.
d) Both b & c

87) A boy has his finger severed off, what action would be the best?
a) Put the severed end of the finger back in place, wrap entire finger in Sterile gauze and transport to hospital immediately
b) Wrap the severed finger in sterile gauze, place it in a plastic bag, put the bag on ice transport both finger and the victim to the hospital.
c) Place the severed finger in a plastic bag, have the boy place the bag under his armpit, transport immediately to the hospital.
d) Place a tourniquet at the stub where the finger was severed to control bleeding transport to hospital immediately.

88) What is the CPR procedure for a six-year-old boy?
a) 15 compressions, 1 breath, 5 cycles in 1 minute
b) 15 compressions, 2 breaths, 4 cycles in 1 minute
c) 5 compressions, 1 breath, 12 cycles in 1 minute
d) 3 compressions, 1 breath, 20 cycles in 1 minute

89) What is the first thing you should do for someone you suspect has an electrical burn?
a) Check for breathing and a pulse
b) Check to see if electricity is turned off
c) Check for severe bleeding
d) Check for shock

90) A boy is shot with an arrow through the chest and out the back, what would be the best course of action?
a) Remove the arrow and apply sterile gauze to the wound.
b) Do not remove the arrow, place several dressing around the arrow to keep it from moving, bandage the dressings in place around the arrow.
c) Do not remove the arrow; break off the part out the back, bandage with dressing around the arrow to hold it in place.
d) Remove the arrow, wash the area, and bandage with sterile gauze.

91) A girl is unconscious, she is heavily dressed and her skin is reddish, dry and hot, what should you do?
a) Call 911, begin CPR.
b) Call for an ambulance; loosen tight clothing, check for breathing and pulse.
c) Check for breathing and pulse, Call 911, get the girl out of the heat, loosen tight clothing, and cool her off any way you can.
d) None of the above

92) A boy has a sliver in his eye, you should....
a) attempt to remove the splinter with tweezers.
b) flush the eye with cool water or milk.
c) Leave the sliver in, Call for help.
d) Wrap sterile gauze around the head covering both eyes.

93) Your driving your route and you come across a victim lying in the middle of the road that appears to be unconscious, you should....
a) pull the bus safely to the side of the road place your reflectors around the injured person and call 911.
b) Position your bus to protect the victim, turn on your flashing red lights, call 911.
c) Pull the bus safely to the side of the road, drag the victim out of the roadway, call 911.
d) Continue driving to the nearest phone, Call 911.

94) When performing CPR on a child, how deep should the chest compressions be?
a) 1½ inches.
b) 2 inches
c) 2½ inches
d) 3 inches

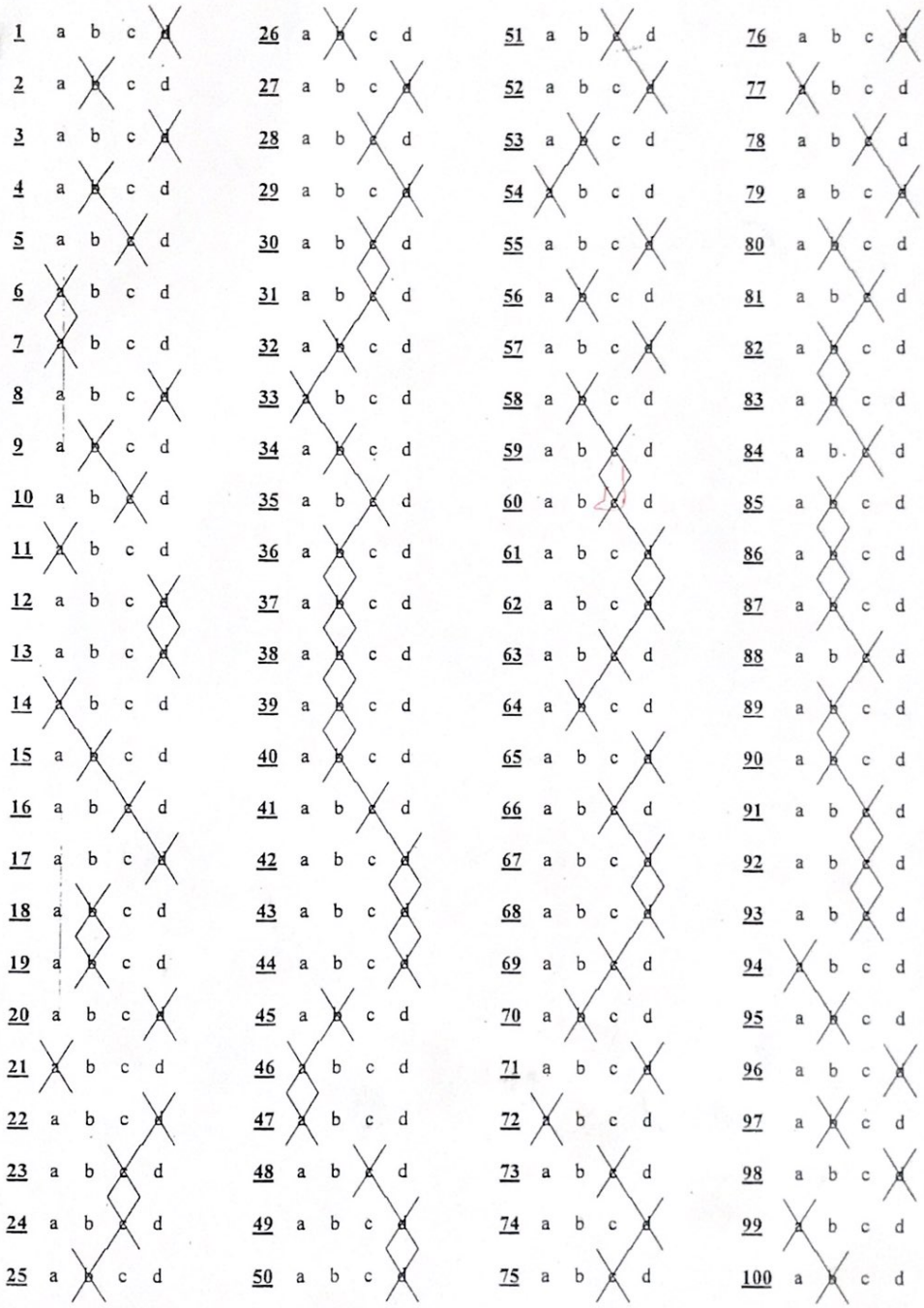
95) When performing CPR on an adult, how deep should the chest compressions be?
a) 1½ inches.
b) 2 inches
c) 2½ inches
d) 3 inches

96) A first aid responder should move a victim when....
a) it would make it easier to administer first aid.
b) The victim is in a dangerous position.
c) Never
d) Both a & b

97) There are three basic steps you can take in an emergency:
a) Call, Check, Care
b) Check, Call, Care
c) Recognize, Decide, Call
d) Decide, Execute, Call

98) You approach a victim that is unconscious and wearing a medical alert tag indicating a diabetic condition. You would:
a) Begin Rescue Breathing
b) Begin CPR
c) Administer the victims insulin
d) Check victim for breathing & pulse

99) An eight year old child is unconscious and the airway is blocked. You should:
a) Give abdominal thrusts
b) Begin CPR
c) Begin Rescue Breathing
d) All of the above

100) A victim is coughing up blood with bleeding from the mouth and is tender in the abdomen. Pulse is weak and rapid. The victim is having signs of
a) Massive head injuries
b) Internal Bleeding
c) Drug Overdose
d) Possible Poisoning

ANSWER KEY
FIRST AID TEST