Basic First Aid Written Exam

Annotated Exam Key, Version C

1. What is the most important thing to do if you think someone is having a heart attack?
   A. Give aspirin and wait to see if it helps.
   B. Help the person lie down.
   C. Call the person’s doctor.
   D. Call 911 (activate EMS)

   Workbook Topic: Heart Attack; Treatment, “1. Call 9-1-1 (activate EMS). Send a bystander if possible. Do not transport the person to the hospital yourself.”

2. How should you REACT to an emergency?
   A. Assess the scene for safety.
   B. Estimate the number of victims, and call 911.
   C. Get the first aid kit and put on personal protective equipment before helping.
   D. All of the above

   Workbook Topic: REACT, “Size-up the scene for danger before you enter…Size-up the victim from a safe distance. - How many victims?... Call 9-1-1... At every emergency scene you will assess the scene for safety, get the first aid kit and AED, put on personal protective equipment, and assess the victim.”

3. For a responsive victim, get consent to help then assess the person by doing the following:
   A. Ask questions to help find out what is wrong.
   B. Watch and listen for difficulty breathing.
   C. Look head to toe for injuries, and check for medical alert jewelry.
   D. All of the above

   Workbook Topic: Assessing a Victim; Initial Assessment, “Assess Response... - Responsive: Introduce yourself, tell the person you are trained in first aid, and ask if you can help. Ask what is wrong. Ask what happened... Assess Breathing: - Look for difficulty breathing. Listen for noisy breathing. Can the person speak? Assess Head-to-Toe: - Look for obvious signs of injury... Medical Alert Jewelry: - Check for medical alert jewelry which might indicate diabetes, seizure disorder, asthma, or allergy.”

4. What is the best way to control bleeding?
   A. Direct pressure
   B. Use of a tourniquet
   C. Elevation
   D. Pressure points

   Workbook Topic: Bleeding Shock and Trauma; External Bleeding, “The most important treatment for an open wound is to stop the bleeding with firm direct pressure.”
5. To treat a nosebleed, hold pressure on the bridge of the nose and have the person:
   A. Lean slightly back
   B. **Lean slightly forward**
   C. Apply a heat pack to the nose
   D. Lie flat on the floor

*Workbook Topic: Bleeding Shock and Trauma; Nosebleeds, “Treatment: 1. Sit the person in a chair and tilt head slightly forward.”*

6. Always suspect shock if a person:
   A. Is mean, slurs his words, and smells of alcohol
   B. **Is bleeding heavily**
   C. Stopped exercising from a leg cramp
   D. Stepped on a nail

*Workbook Topic: Bleeding, Shock and Trauma; Shock, “Suspect Shock if: - Severe bleeding: Large open wounds...”*

7. If you suspect a head or neck injury:
   A. **Support the head and neck in the position found.**
   B. Move the head until the neck is straight.
   C. **Always** place in the recovery position.
   D. Have the victim sit up

*Workbook Topic: Head, Neck and Back Injuries; Treatment, “2. Stabilize the head and neck together in the position found.”*

8. To flush an eye that has been exposed to a chemical, have the injured eye______ the unaffected eye.
   A. Higher than
   B. **Lower than**

*Workbook Topic: Head, Neck and Back Injuries; Eye Injuries, Chemical in the Eye: “Tilt the head so the affected eye is lower than the unaffected eye and flush gently with running water.”*

9. If a permanent tooth is knocked out, put it in a container of milk and see a dentist within:
   A. 15 minutes
   B. **30 minutes**
   C. 2 hours
   D. 24 hours

*Workbook Topic: Head, Neck and Back Injuries; Knocked-Out Adult Tooth, “If a permanent tooth is knocked out, try to see a dentist within 30 minutes to replant the tooth.”*
10. To treat strains and sprains, use the acronym RICE, which means ____________:
A. Rest, Ice, Compress, Elevate
B. Run Inside, Call, EMS
C. Rescue, Incline, Compress, Eliminate pain
D. Rub, Ice, Crutches, Elevate

Workbook Topic: Muscle, Bone and Joint Injuries; R.I.C.E, “Use R.I.C.E. to treat a contusion or a possible sprain or strain... Rest... Ice... Compress... Elevate...”

11. What should you do for a diabetic person who acts confused or irritable?
A. Call the doctor
B. Give sugar to eat or drink
C. Assist by giving a shot of insulin
D. Wait to see if the person improves

Workbook Topic: Diabetic Emergencies; Treatment (list), “2. If the person is alert enough to sit up and swallow, give sugar to eat or drink (juice, regular soda, sugar dissolved in water, honey, glucose tablets.” Tip, “Give sugar in all diabetic emergencies. Untreated low blood sugar may cause serious brain damage.”

12. An epinephrine auto-injector is used to treat:
A. Severe allergic reaction (anaphylaxis)
B. Mild allergic reaction
C. Chest pain
D. Low testosterone

Workbook Topic: Allergic Reactions, “People with known severe allergies may carry an epinephrine auto-injector to combat the allergic reaction.”

13. Difficulty breathing may be a sign of:
A. Heart attack
B. Asthma attack
C. Anaphylaxis (severe allergic reaction)
D. All of the above

Workbook Topic: Difficulty Breathing, “Severe difficulty breathing is a medical emergency. Some of the causes include injury, heart attack, stroke, allergic reaction, choking, poisoning, respiratory infection, and asthma.”

14. Signs of anaphylaxis (a severe allergic reaction) may include:
A. Swollen face, eyes, throat, tongue
B. Difficulty breathing
C. Symptoms start quickly
D. All of the above

Workbook Topic: Allergic Reactions, “Allergic reactions tend to get worse with each subsequent exposure. The quicker the onset of symptoms, the more severe the reaction.” Signs and Symptoms (list): - Swollen face, eyes, throat, tongue; - Difficulty breathing”
15. A poison can enter the body through eating, drinking, inhaling, absorption through the skin, and
_________.
A. Injection
B. Intolerance
C. Imbalance of electrolytes
D. None of the above

Workbook Topic: Poisoning; Poisoning can occur through, “Injection: A poisonous bite, sting or hypodermic needle can result in poisoning.”

16. What should you do for a person who shows signs of heat stroke?
A. Stretch and massage cramping muscles.
B. Have the person put on a hat to protect from the sun.
C. Help the person walk slowly to cool down.
D. Rapidly cool the person by immersing (dunking) in water up to the neck.

Workbook Topic: Heat-Related Emergencies; Heat Stroke, “Treatment (list): 1. Call 9-1-1 (activate EMS). 2. Quickly cool the victim by immersing in water up to the neck; spraying, sponging or showering with cool water; placing ice packs against the groin, armpits and sides of the neck.”

17. What should you do if you get a chemical in your eye?
A. Cover both eyes and wait for EMS.
B. Flush with water immediately and continue for at least 20 minutes.
C. Cover the injured eye and drive yourself to the hospital.
D. None of the above

Workbook Topic: Head, Neck and Back Injuries; Eye Injuries, “Chemical in the Eye: Flush for at least 20 minutes, then seek medical care. Call 9-1-1 for a caustic chemical.”

18. What is the best way to remove a tick?
A. Smother it in butter.
B. Lift it out carefully with tweezers.
C. Scrape it off with a hard, flat object like a credit card.
D. Burn it off with a hot match.

Workbook Topic: Bites & Stings; Tick Bites, “Tick removal and treatment (list): 1. Use fine-tipped tweezers to grasp the tick close to the skin. 2. Firmly and steadily lift the tick straight out. Do not twist the tick...”
19. What should you do if you think someone has a broken leg?
   A. Splint in the position found with a heating pad on the injured area. Wait for EMS.
   B. **Keep the person calm and still in the position found until EMS arrives.**
   C. Place in the recovery position while waiting for EMS.
   D. Place on a hard, firm, flat surface, and wait for EMS.

   **Workbook Topic: Muscle, Bone and Joint Injuries; Fractures and Dislocations, “Treatment (list): … 4. Stabilize and support the injury in the position found… 8. Splint the injury only if emergency responders are delayed, or if you decide to transport the victim yourself for a minor injury or from a remote location.”**

   **Answer A:** While splinting may be required in certain settings, the use of a heating pad in answer A makes it incorrect, “5. Apply an ice pack wrapped in a moist cloth for 15-20 minutes.”

20. What should you do for a person with an object, like a knife, stuck in their leg?
   A. Rinse the wound with water, and apply antibiotic ointment and a sterile dressing.
   B. Quickly remove the object and apply direct pressure to stop the bleeding.
   C. Always cut the object shorter to make it easier to transport the person.
   D. **Call 911, control bleeding, and stabilize the object in place.**

   **Workbook Topic: Bleeding, Shock and Trauma; Traumatic Injuries, “Impaled Object: Foreign body penetration (list): - Do not remove the object. – Stabilize in place with a bulky dressing and tape.”**