

FirstAid ONLY Written Test (First Aid)

Do not write on this test. Read each question carefully, then choose the best answer. Circle the correct answer on the separate answer sheet.

1. Which symptom is not consistent with cardiac-related chest pain?
 - A. Squeezing or heavy chest pain
 - B. Drooping face when smiling
 - C. Left or right arm pain
 - D. Jaw pain
2. Which of these is a controllable risk factor of cardiovascular disease or heart attacks?
 - A. Age
 - B. Exercise
 - C. Race
 - D. Gender
3. Which of the following is an important practice when removing gloves?
 - A. Never touch a gloved hand to the outside of the other glove
 - B. Used gloves must be thrown away into a red bag (bio-hazard bag)
 - C. Used gloves must be properly disinfected before throwing them away in the regular trash
 - D. Only touch glove to glove and skin to skin
4. How might a rescuer recognize that a victim is experiencing arterial bleeding?
 - A. Dark red blood oozing from the wound
 - B. Small amount of bright red, coagulated blood oozing from the wound
 - C. Bright red, pulsating or spurting blood, coming from an uncovered wound
 - D. Small amount of dry, dark red blood that has stopped bleeding
5. A patient who has a severe cut appears to have an increased heart rate with skin that is pale, cool, and slightly moist. What is the most likely cause of these symptoms?
 - A. Respiratory distress
 - B. Anxiety attack
 - C. Response to fear because of bad news
 - D. Shock
6. What are the signs and symptoms of heat stroke?
 - A. Sweaty skin with leg cramps
 - B. Sweaty skin with thirst
 - C. Unconscious, hot and dry skin
 - D. Cold skin, sweaty, agitated

7. What should you do if you suspect a person has swallowed a poison?
 - A. Wait at least 5 minutes to see if the poison affects the person
 - B. Make the person vomit immediately
 - C. Drive the person to the hospital
 - D. Call poison control
8. A worker was just hit by a forklift. The scene is safe and you begin to assess the worker. You see that she is conscious and breathing normally, but obviously in pain. What is the purpose of doing a secondary survey on this victim?
 - A. To discover potentially life threatening injuries that may not be immediately apparent
 - B. To get the victim's insurance and contact information
 - C. To find an accurate pulse rate, breathing rate, and blood pressure
 - D. To find out if the person is responsive and breathing normally
9. What are the first signs of hypothermia?
 - A. Tiredness and thirst
 - B. Hot, sweaty, and tired
 - C. Emotional, cold skin, and rapid heart rate
 - D. Cold limbs, shivering, loss of feeling in extremities, confusion
10. You find a person that just fell down a flight of stairs. How would you start an assessment for a head, neck, or back injury?
 - A. Start with the feet to see if there is movement and feeling. Then move up towards the head.
 - B. Ask the person if he or she has sharp pain in the head, neck, or back
 - C. Help the person stand up. If the person gets dizzy, call 911.
 - D. Check for responsiveness and normal signs of breathing. Start at the head, looking for signs of injury.
11. A female coworker has just collapsed to the ground and had a seizure. What should you do to help her?
 - A. Call 911. Stay away from the person until emergency medical personnel arrive.
 - B. Call 911. Protect the person from injuring herself.
 - C. Wait at least 2 minutes after the seizure to see if the person recovers. If not, call 911.
 - D. Do not call 911 unless the person stops breathing.
12. An 11-year-old boy was playing soccer when he was kicked in the knee. He fell to the ground in pain. What would make you suspect this injury is more serious and may need emergency treatment?
 - A. The boy states that his knee really hurts
 - B. The boy says he heard a snap
 - C. The boy is holding his knee and not letting anyone touch it
 - D. The knee looks deformed

13. When a person suffers from a severe allergic reaction and has been prescribed an EpiPen, what order of steps best fits the proper use of an EpiPen?
- A. Place thumb over end of pen, shake well, remove cap, push and hold EpiPen against outer thigh for 5 seconds
 - B. Check expiration date, remove cap without placing thumb over end, push and hold EpiPen against outer thigh for 5 seconds
 - C. Check expiration date, remove cap without placing thumb over end, push and hold EpiPen against outer thigh for 10 seconds
 - D. Check expiration date, remove cap, push and hold EpiPen against inner thigh for 10 seconds
14. If a victim has a sharp object stuck in one eye, what would be the correct treatment?
- A. Rinse the eye for no more than 15 minutes and transport to hospital
 - B. Try to remove object with tweezers, rinse eye for 15 minutes, place gauze over eye, and transport to hospital
 - C. Place a cup over the affected eye, a pad over the non affected eye, and wrap gauze around both eyes and head to hold them in place.
 - D. Use a magnet to get the sharp object out of the eye. Then rinse for 15-20 minutes with saline and cover both eyes with gauze bandages and transport to the hospital.
15. A co-worker was sanding an object on a belt sander when he slipped. He has an abrasion on his elbow that is about 3 inches long and 2 inches wide. The wound bled a little at first but has stopped. What type of bleeding is this most likely to be?
- A. Capillary
 - B. Venous
 - C. Arterial
 - D. Both venous and arterial
16. A person at a park has burned his arm on a hot grill. You see a large area about 6 inches long that has blisters, redness, and some dark areas that look deeply burned. How would you treat this person?
- A. Wrap wet gauze around the burned area to make a pressure bandage
 - B. Place the victim in the recovery position
 - C. Apply cool water to the entire burn for 5-10 minutes
 - D. Apply vaseline or other lotion
17. What are the signs and symptoms of an anaphylactic reaction?
- A. Swollen tonsils, upset stomach with laryngitis
 - B. Sneezing, watery eyes, itchy red skin, and sore throat
 - C. Severe abdominal pain, rigid abdomen, pale skin, and anxiety
 - D. Pale skin, swollen and/or itchy tongue, difficulty breathing, rapid heart rate

18. You have a 31-year-old male who was bitten by a venomous snake while working in the yard. The scene is now safe. Choose the answer that best lists the proper steps for treating a venomous snake bite of the hand.
- A. Walk the victim to their vehicle, apply a tourniquet to the affected arm, cover the victim with a warm blanket
 - B. Keep the victim standing, raise the affected limb above their heart, apply a tourniquet to limb and walk the victim to their vehicle
 - C. Encourage the victim to sit, make a small incision over the snake bite using gentle pressure, suck the venom out of the wound site, and then apply a tourniquet
 - D. Keep victim calm, lower the affected limb below their heart, call 911, apply a pressure dressing over snake bite, and treat for any other complications.
19. When would you immediately call 911?
- A. When you think the victim is going to vomit
 - B. When the victim says they have a headache
 - C. When the victim goes unconscious at any point after the injury
 - D. If the victim doesn't know what happened
20. You are in a restaurant when you see a man standing at the side of his table looking panicked. He appears to be gagging but not making any sounds. The scene is safe so you move toward the person. What is the first thing you should do?
- A. Ask if he is choking to see if he can respond verbally
 - B. Lay him on the floor and begin CPR compressions
 - C. Slap him 5 times on the back and then call 911
 - D. Assume he is having a heart attack and call 911