

SY 14-15 Raider Challenger Cross Country Rescue First Aid Test Study Guide

1. Q- What is the definition of First Aid?

A- The immediate care given to victim until qualified medical personnel arrives.

2. Q- What is the law designed to protect the rescuer and encourage people to assist others in distress by granting them immunity against lawsuits?

A- The Good Samaritan Law

3. Q- List 6 items in a well-stocked First Aid kit.

A- Bandages, Band-Aids, tape, aspirin, antiseptic cream and cleanser, safety pins, scissors, tweezers, cotton, and tissues.

4. Q- List the 7 steps to Evaluating a Casualty?

A -

1) Consciousness

2) Breathing

3) Bleeding

4) Shock

5) Fractures

6) Burns

7) Head Injury

5. Q- List 3 signs of Shock.

A- Sweaty but cool skin, paleness, restlessness(nervousness), thirst, loss of blood, confusion, fast breathing, blotchy(bluish) skin, vomiting(nausea)

6. Q- What are the ABCD's of First Aid?

A- Airway, Breathing, Circulation, Disability

7. Q- What are the 2 procedures that make up CPR?

A- Mouth-to-mouth resuscitation and closed chest heart massage

8. Q- Only under what circumstance should you use a tourniquet?

A- As the last resort

9. Q- What is the name of the best known method to clear a person's airway?

A- The Heimlich Maneuver

10. Q- What are the 2 types of fractures?

A- Simple and Compound

11. Q- What are the 3 degrees of burns?

A- 1st, 2nd, 3rd

12. Q- What are the 3 types of heat injuries from least severe to most severe?

A- Heat cramps, heat exhaustion, heat stroke (most)

13. Q- What are the 3 types of venom?

A- Neurotoxins, hemotoxins (skin), cardiotoxins

14. Q- What are 4 symptoms of insects bites and stings?

A- Pain at site, itching(hives), weakness, anxiety, headache, breathing difficulty, nausea(vomiting), diarrhea

15. Q- What type of venom does the Black Widow spider produce?

A- Neurotoxins

16. Q- What type of venom does the Brown Recluse spider produce?

A- Hemotoxins

17. Q- What are 2 precautions to avoid poisonous plants?

**A- Dress appropriately;
Avoid areas where poisonous plants grow;
Do not eat plants you don't recognize.**

18. Q- Within how long does shock usually occur after a severe injury?

A-Within the first hour after

19. Q- When treating for shock, you should position the victim on his/her_____;

However, if the victim is having difficulty, allow him/her to_____;

Or if the victim is vomiting, position the person on his/her_____.

A- Back, sit up, side

20. Q- What are the 3 types of bleeding and how do you recognize each?

A- Arterial- bright red blood that spurts with the heartbeat

Venous- steady flow of dark blood

Capillary- slow flow of blood

21. Q- When is the best time to give food/drink to a shock victim?

A- Not to, unless help is not coming for awhile, then give small amounts of fluids with salt every 15 min.

22. Q- Which body part is least likely to be affected by frostbite?

A- Neck

23. Q- List 2 precautions to take to prevent heat injuries.

A- Avoid working outside in hot, humid weather;

Drink at least 1 quart of water every hour;

Limit your exposure to high temp.

24. Q- What are 2 types of cold-weather injuries?

**A- Frostbite, immersion foot/ trench foot, hypothermia, snow blindness,
Dehydration**

25. Q- What is the RICE procedure for muscle injuries?

A- Rest, Ice, Compression, Elevation