LIFESAVING SOCIETY
FIRST AID TEST
AUGUST 2001 2ND EDITION

Instructions

1. Questions 1 to 25 are for Emergency First Aid.

2. Questions 1 to 50 are for Standard First Aid.

3. Choose just 1 answer from the alternatives offered, even if in certain cases there are partially correct choices.

4. The pass mark is 75%

5. You may use notes or reference materials.

6. When you have finished, return the test to your instructor.

7. The first aid test is a tool to assist instructors and candidates in assessing level of knowledge. The written test is not a substitute for hands-on practical training and first aid simulations.
Multiple Choice

1. You should stop treatment of a victim when:
   a. EMS takes over
   b. The victim vomits
   c. The victim’s heart stops
   d. A bystander steps forward to help

2. If a victim threatens your safety you should:
   a. Speak forcefully and try to gain their cooperation
   b. Immediately leave to a safe position and wait for EMS
   c. Restrain the victim and provide first aid
   d. Obtain help from bystanders

3. Why is it important to use barrier devices when doing CPR?
   a. Protection for the victim
   b. Protection for you
   c. Protection for you and your victim
   d. Protection for the environment

4. When a victim vomits during rescue breathing, you should:
   a. Stop rescue breathing
   b. Continue rescue breathing
   c. Place the victim in semi-prone position and stop rescue breathing
   d. Place the victim in semi-prone position, clear the airway, and re-assess ABCs

5. After the successful rescue of a near-drowning victim who is conscious, you should be aware of:
   a. The need for a ventilator
   b. The necessity of contacting the next of kin
   c. The possibility of secondary drowning
   d. The need to minimize information given to the press

6. If a wound continues to bleed through a dressing bandage you should:
   a. Remove the dressing and apply a clean one
   b. Elevate the bleeding part further if possible
   c. Apply another dressing on top of the old one
   d. Do both a and b

7. You should put an unconscious victim in semi-prone position because:
   a. This is the best position in which to do mouth-to-mouth
   b. This is the best position in which to take a pulse
   c. This is the best position in which to check breathing
   d. This is the best position in which to allow vomit to drain
True or False

8. In most cases, the proper position for victims of a nosebleed is sitting with their head tilted back.
   True: ____  False: ____

9. Air in the stomach rarely causes vomiting during rescue breathing.
   True: ____  False: ____

10. Victims of heart attacks do not always experience chest pain.
    True: ____  False: ____

11. Two major concerns associated with open wounds are severe bleeding and infection.
    True: ____  False: ____

12. The correct first aid treatment for a conscious choking adult is to deliver 5 back blows:
    True: ____  False: ____

13. Blurred vision, paralysis, headaches are possible signs and symptoms of a stroke.
    True: ____  False: ____

14. The tongue is a common airway obstruction for unconscious victims.
    True: ____  False: ____
Fill in the Blank

15. The correct treatment to control bleeding is:
   R ____________  E ____________  D ____________

16. A wound with bleeding spurting from it is a sign of a cut ____________

17. Three pieces of information you would send with a bystander when activating EMS are:
   _______________  _______________  _______________

18. The three goals of First Aid are:
   P ____________ life  P ____________ injury  P ____________ recovery

19. The correct treatment for Shock is
   W _______________  A _______________
   R _______________  T
   S _______________

20. (Complete the chart)

<table>
<thead>
<tr>
<th>CPR</th>
<th>Adult</th>
<th>Child</th>
</tr>
</thead>
<tbody>
<tr>
<td>Activate EMS</td>
<td>phone first</td>
<td></td>
</tr>
<tr>
<td>Depth of Compression</td>
<td></td>
<td>3 to 4 cm 1 to 1.5 inches</td>
</tr>
<tr>
<td>Compression : Rescue Breathing</td>
<td>15:2</td>
<td></td>
</tr>
<tr>
<td>Number of cycles</td>
<td></td>
<td>20</td>
</tr>
</tbody>
</table>
Match the Diagrams

21. Recovery position  ____  

22. Carotid pulse check  ____  

23. Head-tilt/Chin-lift  ____  

24. Brachial pulse check  ____  

25. Radial pulse check  ____  
Multiple Choice

26. An infant is cyanotic and making a high crow-like sound. You should treat the infant as:
   a. A complete airway obstruction
   b. An asthmatic
   c. A partial airway obstruction
   d. A tracheotomy is required

27. After calling 911 for an unconscious infant, the next thing you should do is:
   a. Give a breath every 5 seconds
   b. Start chest compressions
   c. Reassess breathing every 20 seconds
   d. Open the airway

28. In 2-person CPR, when the second rescuer arrives, what should be reassessed before CPR is resumed?
   a. Pupils and skin colour
   b. Breathing and signs of circulation
   c. Hazards and pulse
   d. Airway and medical conditions

29. Signs and symptoms of hypothermia are:
   a. Shivering, energetic movements, shock
   b. Shivering, loss of muscle coordination, shock
   c. Sweating profusely, red skin, unconsciousness
   d. Blood loss, nausea, dryness

30. A third degree burn is:
   a. Less severe than a second degree burn
   b. Dangerous only if it affects the mouth, eyes or face
   c. Often characterized by black charred skin
   d. Not serious enough to activate EMS

31. If a foreign object punctures a victim’s eye, you should:
   a. Rinse with milk and activate EMS
   b. Remove object, bandage the eye and activate EMS
   c. Treat for shock, do not remove object and contact EMS
   d. Activate EMS, check the airway, and do CPR

32. You should treat victims suffering from deep frost bite on both hands by
   a. Rubbing their hands together to generate heat
   b. Treating for shock
   c. Immersing the affected area in lukewarm water and wrap with gauze
   d. Placing their hands underneath their armpits
True or False

33. A head injury that includes signs of bleeding, fluid discharge and skin damage should be treated with immobilization of the spine.

True: ____  False: ____

34. A victim is having a seizure. You should place something between the victim’s teeth.

True: ____  False: ____

35. After dealing with a stressful accident, critical incident stress syndrome is common among rescuers.

True: ____  False: ____

36. Blisters caused from second-degree burns should be treated with butter.

True: ____  False: ____

37. Treatment for ingested corrosive poisoning involves inducing vomiting with syrup of ipecac.

True: ____  False: ____

38. Victims suffering spinal injuries are always unconscious.

True: ____  False: ____

39. Victims suffering from sucking chest wounds should be positioned injured side down.

True: ____  False: ____
Fill in the Blank

40. The acronym for treating a broken bone is:

R ___________  I ___________  C ___________  E ___________  

41. Diabetes emergencies occur when there is an imbalance between ________ and__________ in the body.

42. S___________ are the indications of the victim’s condition that you can observe.

S___________ are the indications of the victim’s condition that he or she can feel.

43. The acronym for a primary survey is:

Area ___________  A ___________  Ambulance ___________

A ___________  Breathing ___________  C ___________

44. Five vital signs you can monitor on a victim are:

___________________________________________________________________

45. The technique to open the airway on a suspected head or spinal victim is called a

___________________________________________________________________
Match the Diagrams

46. Landmarking

47. Closed fracture

48. Look, Listen, Feel

49. Child CPR

50. Open fracture
Answers:

1. A
2. B
3. C
4. D
5. C
6. C
7. D
8. False
9. False
10. True
11. True
12. False
13. True
14. True
15. Rest, Elevate, Direct Pressure
16. Artery
17. Call 911, Victim Condition, Location
18. Preserve Life, Prevent Further Injury, Promote Recovery
19. Warmth, Rest & Reassurance, Semi-Prone or Semi-Sitting, ABC, Treatment
20. Phone First, 1.5 to 2.0 inches, 5 compressions to 1 breath, 4 cycles
21. B
22. A
23. D
24. E
25. C
26. A
27. D
28. B
29. B
30. C
31. C
32. C
33. True
34. False
35. True
36. False
37. False
38. False
39. False
40. Rest, Immobilize, Cold, Elevate
41. Sugar and Insulin
42. Signs and Symptoms
43. Area, Awake, Ambulance, Airway, Breathing, Signs of Circulation
44. Level of Consciousness, Breathing, Pulse, Skin Condition and Temperature, Pupils
45. Jaw Thrust or Modified Jaw Thrust
46. D
47. A
48. E
49. B
50. C