2013-2014 FIRST AID/CPR STUDY GUIDE

FIRST AID

1. When arriving at a scene what are the first three steps one should to do in providing care?
   a. C
   b. C
   c. C

2. List four TYPES of open wounds and the four steps in controlling a MAJOR OPEN WOUND.
   b.  2.            
   c.  3.            
   d.  4.            

3. List two ways to control a NOSE BLEED?
   a. 
   b. 

4. Describe the levels of BURNS and the steps for care.
   a. 
   b. 
   c. 

5. How would one give care to a victim with a DISLOCATION?

6. What is an OPEN FRACTURE and what two steps would one take to care for the victim?

7. SPRAIN is damage to the _____________ around a ____________.

8. What care would you provide for that victim with a SPRAIN? (RICE)
   R
   I
   C
   E

9. What is a STRAIN and care would you provide?
   ____________________________________________________________
   ____________________________________________________________

10. In a case of POISON, what are three signs and would two steps are used if it is severe?
    a. 
    b. 
    c. 

11. List three steps to help when a person is having a SEIZURE.
    a. 
    b. 
    c. 

12. What is DIABETES and how would one care in a diabetic emergency?
    What –
    How -

13. What are three HEAT RELATED ILLNESSES and three first aid procedures when provide care?
    a. 
    b. 
    c. 

14. List three signs of a person having a **HEART ATTACK** and three first aid treatments.
   a. 
   b. 
   c. 

15. What is a **STROKE**?

16. List what **F.A.S.T** stands for during a **STROKE**.
   F –
   A –
   S-
   T-

17. What care would one give if they were having an **allergic reaction**?

18. What two care would one do for a person with **MINOR FROSTBITE** on their fingers?
   a. 
   b. 

19. List two procedures when caring for possible **HEAD, NECK, OR SPINAL INJURY**
   a. 
   b. 

20. How would you care for a **BEE STING** and what would one do if person was allergic?

21. List six common signs of **sudden illness**.
   a. 
   b. 
   c. 
   d. 
   e. 
   f. 

22. List five cases when **EMS/911** should be **called**.
   a. 
   b. 
   c. 
   d. 
   e. 

23. What is **SHOCK**?

24. List three signs of a person in **SHOCK**.
   a. 
   b. 
   c. 

25. Three first aid procedures for an individual in **SHOCK**.
   a. 
   b. 
   c. 

26. List three treatments for a victim that has **FAINTED**.
   a. 
   b. 
   c. 

27. What to do if a child swallows **POISON**?

28. What is **Rabies** and what are the dangers if you get **Rabies**?
BEFORE GIVING CARE

1. What is the purpose of Good Samaritan Law and three steps to maintain its integrity?
   Purpose:
   a. 
   b. 
   c. 

2. Never move a victim unless...
   a. 
   b. 
   c. 

3. What do you do if you do not get CONSENT?

4. What are five injuries necessary to call 9-1-1?
   a. 
   b. 
   c. 
   d. 
   e. 

5. What are the UNIVERSAL/STANDARD PRECAUTIONS and what do they protect you against?

6. When and how would you roll victim to their side?
   a. When:
   b. How:

7. List three signals of someone having trouble breathing.
   a. 
   b. 
   c. 

8. List two steps for checking a conscious person.
   a. 
   b. 

9. What are three steps when checking a victim to figure out if they are breathing?
   a. 
   b. 
   c. 

10. How many seconds do you check for breathing?

11. A walk in your home and find unconscious family member, what steps would you do to help?
    a. 
    b. 
    c. 
    d. 
    e. 

12. List four factors that keep people from helping
    a. 
    b. 
    c. 
    d.
ADULT CPR

1. What are four signs of a person that is **CHOKING**?
   a. 
   b. 
   c. 
   d. 

2. What are the two steps that would **help** a person that is **CHOKING**?
   a. 
   b. 

3. What are four signs of a **HEART ATTACK**?
   a. 
   b. 
   c. 
   d. 

4. Links to **cardiac chain of survival**
   a. 
   b. 
   c. 
   d. 

5. How long is each **Rescue breaths** during Rescue breathing and CPR?

6. What are three reasons **rescue breathes** may not go into a victim
   a. 
   b. 
   c. 

7. What makes **CHEST COMPRESSION** effective?
   a. 
   b. 
   c. 
   d. 

8. What is the **DEPTH OF COMPRESSION** on an adult?

9. What is the **RATIO** of breathes to compressions when administering **CPR**?

10. How many **CPR Cycles** would one give in 2 minutes?

11. **Early CPR** important because

12. **Where** does the first provider place their hands on an adult during **CPR**?

13. One would continue **CPR** until
   a. 
   b. 
   c.
CHILD CPR

1. After receiving consent what **three steps** should be taken for a **Conscious child choking**?
   a. 
   b. 
   c. 

2. What is the **cause of cardiac arrest in child**?

3. What are the **two differences** in providing CPR to a **child**?
   a. 
   b. 

4. What is **CPR ratio** for a Child?

5. How many **compressions** would one give in **ONE** minute?

6. How many **CPR cycles** would one give to a **child** in **2 minutes**?

7. What is **depth of compression** on the chest of a **child**?

8. What is the **hand placement and Rate** on a **child** during CPR?

INFANT CPR

1. What are three **signs** of a **choking infant**?
   a. 
   b. 
   c. 

2. If an infant is **choking** and you give care, the **head** of the **infant** should be...
   a. 
   b. 

3. What **care** would you provide for an infant that is **choking**?

4. What are the three **differences** when giving CPR from an **infant to an adult**?
   a. 
   b. 
   c. 

3. What if the **Hand placement** on an **infant** during CPR?

4. What is the **CPR ratio** for an **infant**?

5. When to give CPR on an **infant**?

6. How many **Cycles of CPR** in 2 minutes?

7. How **deep** do you **compress** the chest during CPR?
1. **AED** stands for?
   A
   E
   D

2. Do you use an AED as soon as one is available?

3. Why is it so important to give [early defibrillation](#)?

4. When a “no shock is advised” what should you do?

5. What you should do [before](#) the **AED** analyzes the heart rhythm?

6. Where the **AED** pads are “normally” placed on a victim?
   a. 
   b. 

7. Why do you need to [stand clear](#) and not touch the person when the AED is analyzing or defibrillating?

8. What should you do if the **pads risk touching** each other (like on a small child or infant)?

9. What are the **steps after** turning on the **AED**?

10. With **two providers** what is the **role** of each person?
   a. 
   b. 