

- 1) A patient was involved in a motor vehicle crash in which he experienced an injury to the liver and spleen. Which body cavity would you identify as being affected?
 - a. Spinal
 - b. Abdominal
 - c. Cranial
 - d. Thoracic
- 2) Scope of practice is best described as:
 - a. The range of duties and skills a first responder is allowed and expected to perform
 - b. Credentialing that occurs at the local level
 - c. Protocols issued by the medical director
 - d. Permission to practice in a particular state
- 3) You describe the elbow as being superior to which of the following?
 - a. Neck
 - b. Wrist
 - c. Head
 - d. Shoulder
- 4) After providing care to a patient, you are preparing to remove your disposable gloves. Which action would you perform?
 - a. Slide two gloved fingers under the first glove at the wrist
 - b. Pull the first glove off by pulling on the fingertips
 - c. Pinch the outside of the second glove with bare fingers
 - d. Remove the second glove by sliding two fingers under it at the wrist
- 5) You check a patient's breathing and count the number of breaths occurring in 10 seconds to be 5. You would determine the breathing rate to be how many per minute?
 - a. 12
 - b. 18
 - c. 24
 - d. 30
- 6) Upon assisting a 65 year old man in response to someone's yell for help, you understand from a bystander that he is having a stroke, you assess that the patient is conscious. Which of the following would you assess first?
 - a. FAST
 - b. Face
 - c. Arm
 - d. Speech
- 7) While assessing a patient for injury/illness, **which is a SIGN** of the injury/illness?
 - a. "My hands are red."
 - b. "My hands feel warm."
 - c. "My hands feel numb and tingly."
 - d. "I've dislocated my fingers before."
- 8) You notice a child that looks panicked and cannot cough, speak or breathe. What life-threatening condition could the child be experiencing?
 - a. Choking
 - b. Asthma attack
 - c. Poisoning
 - d. Allergic reaction
- 9) Which of the following **is** a link in the cardiac chain of survival?
 - a. Early defibrillation
 - b. Early CPR
 - c. early recognition and early access to the EMS system
 - d. all of the above
- 10) How do you care for a person with a possible head, neck or spinal injury?
 - a. Move the injured area so that it rests above the person's heart
 - b. Move the person into a comfortable position as soon as possible.
 - c. Support the head in the position you find it. DO NOT try to align it.
 - d. None of the above

- 11) You see a female student collapse in front of you while entering the lobby of the school building. You check the scene to make sure it is safe, and then check for consciousness, but she does not respond. What should you do next?
- Call or have someone else call 9-1-1 or the local emergency number.
 - Check for breathing
 - Drive the person to the hospital
 - Give 2 rescue breaths
- 12) Following standard precautions' to protect yourself and the injured or ill person, you can-
- Increase the risk of disease transmission
 - Minimize the risk of disease transmission
 - Reduce the number of times you need to wear gloves
 - None of the above
- 13) What should you do if the person does not give consent?
- Do not give care but instead call 9-1-1 or the local emergency number
 - give care but do not call 9-1-1
 - give care and call 9-1-1
 - none of the above
- 14) While in class you over-hear someone in the next room down the hall, shout aloud for help. You go into the room to see what the problem might be. You notice a peer that is on the floor, jerking irrhythmically and uncontrollably. When caring for a person who is having a seizure, you should:
- Place a spoon or wallet in the mouth to hold down the tongue
 - Support/protect the head
 - Remove nearby objects that may harm the person
 - B and C are correct
- 15) While working in the kitchen of the local cafeteria you notice a coworker, a woman, has burned her hand in the lunchroom. You should:
- Cool and cover
 - Cover loosely and put ointment on it
 - Remove her from the source of the burn
 - All of the above
- 16) My best friend in emergency is:
- My parent
 - My friend
 - My guardian
 - 9-1-1
- 17) What sudden illness is usually caused by a blockage of blood to the brain?
- Stroke
 - Heart attack
 - Heat stroke
 - Diabetic emergency
- 18) If an open wound continues to bleed after applying direct pressure:
- Add additional dressing and continue to apply direct pressure
 - Do not remove any blood-soaked dressings
 - Ensure that 9-1-1 or the local emergency number has been called
 - All of the above
- 19) As a first responder at the local grocery store, you are called to aide a person that has fallen at the entrance of the store. You notice a laceration on their forearm and it is bleeding. What is the first step in caring for a wound with significant bleeding?
- Add bulky dressings to reinforce blood soaked bandages
 - Apply direct pressure with a sterile or clean dressing
 - Apply pressure at a pressure point
 - Care for shock
- 20) As the summer begins we should plan on preventing heat related illnesses. Heat related illnesses include the following:
- Fainting and hyperglycemia
 - Heat cramps, heat exhaustion and heat stroke
 - Heat cramps, stroke and insulin shock
 - Hypoglycemia and sunstroke

- 21) This sudden illness results from too much or too little sugar in the person's blood. What is it?
- Allergic reaction
 - Diabetic emergency
 - Seizure
 - Stroke
- 22) The general care for a muscle, bone or joint injury includes the following:
- Reduce, Insulate, Compress and Elevate
 - Rest, Ibuprofen, Cool and Elevate
 - Rest, Immobilize, Cold and Elevate
 - None of the above
- 23) To prevent infection of a minor wound:
- Wash the area with soap and water
 - Apply a pressure bandage
 - Remove all jewelry
 - Wrap the affected area with moist sterile dressing
- 24) After falling down the steps at the entrance to your home, you noticed some scrapes on your elbows and knees. Your family tells you to keep it clean with soap and water and to put antibiotic ointment on the scrapes. You know preventing infection is important. A signal of an infected open wound includes:
- Red streaks from the wound
 - Swelling and redness
 - Affected area is cool to touch
 - A and B are correct
- 25) A 6-year-old girl falls on a sharp object. The object is sticking out of her leg. What should you do?
- Allow area to bleed freely
 - Remove the object and control bleeding
 - Wash the wound with soap and water
 - Stabilize the object in the position you find it
- 26) When spending time outdoors in woods or tall grass, what should you do to prevent bites and stings?
- Wear light colored clothing
 - Use insect or tick repellent
 - Tuck pant legs into boots or socks
 - All of the above
- 27) While on a date to a movie, you observe that the first-responder crew at the theater is performing CPR on a twenty-five year-old movie-goer. The purpose of CPR is to:
- Keep blood to extremities like feet and fingers
 - To save a life
 - To circulate oxygenated blood to all organs and systems
 - All of the above
- 28) Personal protective equipment (PPE) protects the rescuer. Which may be an example of a PPE?
- Lab coats
 - Goggles
 - Breathing barrier
 - All are examples
- 29) After providing care for a laceration on the head of a teammate, you determine bleeding is under control and is now safe to remove your PPE (gloves). The objective of removing gloves:
- To pull off both from the fingers
 - To not touch the outside of the glove with bare skin
 - To use gloves as a mini-biohazard container
 - To protect the patient from germs
- 30) A cousin was visiting when a tooth is knocked-out of the mouth. The best thing to do until further help assists is to:
- Keep tooth moist in a cup of milk/water or a wet paper towel
 - Replace tooth and consult dentist
 - Consult dentist
 - Call the child's parent/guardian
31. Which victim requires CPR?
- A victim who is unresponsive with no normal breathing and no pulse
 - A victim who is unresponsive but is breathing adequately
 - A victim with a pulse who is having trouble breathing
 - A victim with chest pain and indigestion

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32. Why is it important to compress to the appropriate depth during CPR?

- a. Adequate depth of compression is needed to create blood flow during compressions.
- b. Adequate depth of compression is needed to create air flow into the lungs and adequate oxygenation.
- c. Adequate depth of compression is needed to prolong asystole.
- d. Adequate dept of chest compression is needed to stimulate spontaneous respirations.

33. During hand washing, how long should you rub the surfaces of your hands together?

- a. At least 5 seconds
- b. At least 20 seconds
- c. At least 1 minute
- d. At least 5 minutes

34. If someone with an injury or illness at work refuses care, you should

- a. take care of the person anyway.
- b. stay with the person until someone with more advanced training takes over.
- c. take care of the person because the person is a coworker.
- d. leave the person alone and go back to work.

35. In which of the following situations should you suspect that a person is in shock?

- a. The person has warm, red skin, is hungry, and has a headache.
- b. The person has pale, cold, clammy skin and feels weak, dizzy, and thirsty.
- c. The person has warm, dry skin and is not responding.
- d. The person has cold, dry, red skin and is not responding.

36. The first step in assembling an inhaler is to

- a. remove the cap from the front of the inhaler.
- b. shake the medicine.
- c. attach the spacer if available.
- d. put the medicine canister into the inhaler.

37. When giving breaths, you should

- a. press down on the soft part of the neck.
- b. push down on the chest with 1 hand.
- c. watch for the chest to rise.
- d. roll the person to the side position

38. What should you do if you tap and shout and the adult doesn't respond?

- a. Tap the person and shout until the person wakes up.
- b. Phone, or have someone else phone, the emergency response number (911) and get an AED if available.
- c. Check for breathing for at least 10 seconds.
- d. Slap the person on the back to see if an object is lodged in the throat.

39. If an adult's chest doesn't rise when you give a breath, what should you do?

- a. Stop CPR and wait for help to arrive.
- b. Stick a finger in the patient's mouth and look for a foreign object.
- c. Give another forceful breath for 15 seconds to make the chest rise.
- d. Reopen the airway and then give another breath.

40. How hard and fast should you push during adult CPR?

- a. Push straight down at least 2 inches and at a rate of at least 100-120 compressions per minute.
- b. Push straight down no more than 2 inches and at a rate of at least 100 compressions per minute.
- c. Push straight down 2 inches and at a rate of 30 compressions per minute.
- d. Push and hold the chest down 2 inches for at least 5 seconds, then release, and repeat for 1 minute.