*Use the following statement when answering questions 1 and 2.*

When you are providing first aid to someone in the community (away from your work location)

* 1. wear personal protective equipment (PPE)
  2. only wear PPE if the person is someone you do not know
  3. not be concerned about PPE if you wash your hands
  4. use cloth gloves to protect your hands

1. 1. seek expressed consent to provide care
   2. Identify yourself and your level of training
   3. Check for identification bracelets/necklaces
   4. All of the above
2. 1. Dial 9-1-1 or the local emergency number and notify them if you are uncomfortable with the situation
   2. You do not have to anything because you are outside of your work location/ scope of work
   3. Let people see you panic
   4. Hang around and tell everyone you are in charge, then take over, clear bystanders and open up your first aid kit and show your first aid card
3. When you phone for help, you should stay on the line with the dispatcher until
   1. More advanced trained people show up
   2. The dispatcher tells you it’s ok to hang up
   3. You could walk away while talking to the operator anyway
   4. You didn’t even need to call because someone else already did
4. After giving first aid, you
   1. Can talk about what happened with anyone you want
   2. Cannot discuss anything with coworkers; you must keep private things private
   3. Can speak to a reporter about the incident
   4. Can discuss the incident with your immediate coworkers only
5. You should wash your hands for at least
   1. 10 seconds
   2. 15 seconds
   3. 20 seconds
   4. 3 minutes
6. Hand sanitizer is MOST effective after washing hands with warm water and soap.
   1. True
   2. False
7. When assessing the scene, you should consider which of the following (choose all that apply):
   1. Danger to yourself and others
   2. How many people are injured or ill
   3. Where the location is
   4. Where the nearest telephone is
8. When giving abdominal thrusts to an adult who is choking, you should:
   1. Place your hands near the throat
   2. Place your hands near the left side of the lower abdomen
   3. Put the thumb side of your fist slightly above her navel (belly button) and well below the breastbone
   4. Be sure air is forced from the lower lobe of the lungs through the abdomen out through the upper airway
9. Signs of a severe allergic reaction include trouble breathing, swelling of the face and tongue, and the person may stop responding.
   1. True
   2. False
10. The use of an EPIpen© or AuviQ© is best when the victim is in control
    1. True
    2. False
11. These devices may be injected into an IV therapy.
    1. True
    2. False
12. A person with a \_\_\_\_\_\_ is usually awake and can talk but may have an uncomfortable feeling, such as pain or pressure, in the chest.
    1. Stroke
    2. Seizure
    3. Spontaneous pneumothorax
    4. Heart attack
13. The warning signs of \_\_\_\_\_\_\_ include sudden numbness or weakness of the face, arm, or leg, especially on one side of the body.
    1. Fainting
    2. Stroke
    3. Heart attack
    4. Seizure
14. If someone with low blood sugar is responding and can sit up and swallow, give her
    1. Smarties (candy)
    2. A diet coke
    3. Water
    4. All of the above is ok
15. To stop bleeding that you can see, put firm pressure on a dressing or bandage over the bleeding rea.
    1. True
    2. False
16. When placing a bandage over a bleeding wound, you should:
    1. Place it snug starting proximal moving distally
    2. Check for a pulse/circulation below the injury after bandage is in place
    3. Place it snug moving proximal starting distally
    4. Add more dressing over top if bleeding comes through initial compress
    5. All are correct except A
17. A person with a nosebleed should:
    1. Tip head down
    2. Tip head up
    3. Lean forward with pressure on the bridge and adding ice as needed over bridge; thus the head is in the sniffing position
    4. Hold nostrils closed and look up
18. If a stick, a piece of mulch, or a knife or pencil has been pushed into someone’s body, you, the rescuer, should:
    1. Remove it as quickly as possible
    2. Remove it but add pressure immediately upon extracting the object and use antibacterial soap to clean it
    3. Leave it in place and lace bandages around it to control bleeding
    4. Use a tourniquet above the injury to control internal bleeding then remove it
19. If someone falls down and then becomes sleepy or confused, vomits or complains of a headache, the person may have:
    1. A hair-line fracture to the skull
    2. A traumatic brain injury
    3. An epidural hematoma
    4. Raccoon eyes
20. To give first aid for a smaller burn on the arm, cool the burn with:
    1. Lukewarm water
    2. Ice directly on the skin
    3. Cold, but not ice-cold water
    4. A chemical cold pack works
21. Someone who has been bitten by an insect or bee may have a severe allergic reaction and should be watched for at least \_\_\_ minutes.
    1. 10
    2. 20
    3. 30
    4. 60
22. Remove ticks using:
    1. A hot match stick
    2. Lots of rubbing alcohol on the skin
    3. Use tweezers
    4. Use the edge of a credit card
23. Which of the following reduces the risk of Sudden Infant Death Syndrome (SIDS)?
    1. Putting infant to sleep on her back
    2. Putting infant to sleep on her stomach
    3. Making first aid action plans
    4. Ensuring car seats are installed correctly.
24. A person who reports possible child abuse is responsible for determining if the circumstances meet the legal definition of abuse.
    1. True
    2. False
25. In which of the following can a young child drown?
    1. A 5 gallon bucket of water
    2. A toilet
    3. A bathtub
    4. All of the above
26. What should you do if you suspect a child has a fever?
    1. Allow the child to play with other children
    2. Check his temperature
    3. Put ice packs on him
    4. Cover him with a blanket
27. What should be done for a child having a seizure?
    1. Protect the child by moving the furniture or other objects out of the way
    2. Put something big in the mouth so the tongue won’t be bitten
    3. Pin down the arms and legs so he will not injure themselves or scare others
    4. Turn the child over so he is face down
28. A cycle of CPR is:
    1. 30 compressions and 2 breaths
    2. 20 compressions and 1 breath
    3. 100 compressions in a minute
    4. 15 compressions and 2 breaths
29. Rales is now referred to as:
    1. Crackles
    2. Pneumonia
    3. Popping open of small airways
    4. A and C
30. The first response following the determination of rales should be:
    1. Seek further help
    2. Sit upright in comfortable position
    3. Nasal cannula (provide O2)
    4. All of the above
31. The body systems most vital to the human body function include;
    1. Circulatory
    2. Reproductive
    3. Respiratory
    4. Endocrine
    5. A and C are most appropriate
32. Normal functions of the body depends upon:
    1. An intact vascular system to deliver oxygenated blood throughout the body
    2. Adequate air exchange in the lungs to allow oxygen to enter the blood
    3. An adequate volume of fluid in the vascular system, including blood cells and plasma
    4. A functioning pump
    5. All of the above
33. Diaphoretic best described as:
    1. Cold
    2. Clammy
    3. Warm
    4. Cyanotic
34. Early shock demonstrates itself with thirst, weakness, tachycardia and pallor. Approximately \_\_\_\_\_\_% pf blood volume may have been lost.
    1. 15-25
    2. 25-35
    3. 40-50
    4. 60-70
35. Hypotension is best described as:
    1. High blood pressure
    2. no blood pressure
    3. low blood pressure
    4. pre-stroke conditions
36. When suspecting shock as the patient’s condition, the following statements are most appropriate:
    1. Reassess vital signs frequently
    2. Obtain and administer IV fluid therapy
    3. Maintain body temperature
    4. Put patient in slightly head down position
    5. All of the above
    6. All are appropriate except D
37. Shock may not be obvious until the patient is near death.
    1. True
    2. False