

FIRST AID STUDY GUIDE

1. What is the correct order for a first aider to treat a victim who is bleeding?
2. What is the most effective action you can take to minimize disease transmission?
3. What are the signs of major internal bleeding?
4. How do you care for minor internal bleeding?
5. What is the first sign or symptom of shock?
6. How do you treat for shock?
7. What is the first thing you should do when checking for burns?
8. How do you treat a chemical burn to the eye?
9. How do you initially care for a suspected shoulder injury?
10. If you suspect someone has a knee injury, where should the splint specifically be placed

11. Define a joint in the body.
12. What is the best way to immobilize an ankle or foot injury?
13. What are the proper steps for applying a rigid splint?
14. Where and with whom should a child be located when you are checking for an injury?
15. Why is it so important to control severe bleeding in a child?
16. How do you care for someone suffering from heat exhaustion?
17. How should you care for someone with a possible spinal injury that is face up in the water?
18. What is the easiest way to prevent accidental misuse of medical substances?
19. What are the signs of heat exhaustion?
20. Why should or shouldn't you rub a frostbitten body part?
21. Why don't you want to warm a victim of hypothermia too quickly?

22. After constricting the body's blood vessels, how does your body react next when you are cold?
23. How does the Red Cross recommend removing a bee stinger?
24. How does the Red Cross recommend removing a tick?
25. Define a designer drug.
26. When caring for a victim of substance abuse/misuse, you should treat them the same way as victims of what?
27. When should a victim of poisoning be encouraged to vomit?
28. List the signs and symptoms of a bite or sting.
29. Signs and symptoms of a pelvic injury are the same as those of what other type of injury?
30. How would you care for someone recovering from a seizure lasting only a few minutes?
31. What is the FIRST thing you should do when treating someone with an injury to the chest, abdomen, or pelvis?
32. What would you do FIRST to care for a person with a head, neck, or back injury that is not breathing?

33. If you feel resistance when performing manual stabilization on an unconscious victim, what do you do next?
34. Where do you place your hands during manual stabilization?
35. What would you do FIRST if a person fell and has injured his/her knee? 911 has already been called.
36. What general guideline for sudden illness also applies to treating for shock?
37. What limitation should concern you FIRST if you are in an accident and your leg is too weak to support your body weight and another victim is trapped unconscious in a dangerous area?
38. What is the highest percent of your daily diet that should come from saturated fat?
39. How many alcoholic drinks would it take for a 160 pound person to reach .05 BAC (Blood Alcohol Content)?
40. If a victim's leg is injured, you can elevate it after you have done what?
41. List all the ways poison can enter the body.

42. What is the difference in caring for someone who is experiencing insulin shock versus diabetic coma?
43. If half of someone's face seems paralyzed and they are having trouble speaking, these are signals that lead you to believe what could be wrong with them?
44. What is a signal of serious head injury?
45. Adult AED pads should be placed where?
46. Why should people stand clear when a shock is being delivered by an AED?
47. After placing AED pads on a victim, what should you do next?
48. What are some causes of cardiac arrest in children?
49. Where should you place AED pads for child?
50. List FIVE safety precautions when using an AED.