

Name: \_\_\_\_\_ Date: \_\_\_\_\_

## First Aid Study Guide

### 16:1 Introduction

1. In any situation where first aid treatment is necessary, it is essential that you remain \_\_\_\_\_.
2. The first step of first aid is to \_\_\_\_\_.
3. If the victim is a child or minor who should you obtain permission from before providing care? \_\_\_\_\_
4. If the victim is unconscious, confused, or seriously ill and unable to consent to care, and no other relative is available to give permission what do you do?
5. If a person refuses to give consent for care what do you do?
6. Define triage. \_\_\_\_\_.

### 16:3 Providing First Aid for Bleeding and Wounds

7. What is the difference between a closed wound and an open wound?
8. An example of an open wound is a:
9. First aid care for wound must be directed at controlling \_\_\_\_\_ and preventing \_\_\_\_\_.
10. List the correct name for each of the following types of **open** wounds. Circle the type that is most likely to develop tetanus.
  - a. cut or injury by sharp object; has smooth, regular edges:
  - b. scrape on the skin:
  - c. body part cut off:
  - d. jagged irregular injury with tearing:
  - e. tissue torn or separated from body:
  - f. wound caused by sharp pointed object:
11. What should you do with an amputated body part?
12. Briefly describe the characteristics or signs and symptoms for each of the following types of bleeding.
  - a. arterial blood:
  - b. venous blood:
  - c. capillary blood:
13. List the four (4) methods for controlling bleeding in the order in which they should be used. Circle the one that should be used only as a last resort.

14. While holding direct pressure, you notice that blood is soaking through the dressing, what should you do?
15. The main pressure point for the arm is the \_\_\_\_\_, and the main pressure point for the leg is the \_\_\_\_\_.
16. List five (5) signs of infection.

#### **16:4 Providing First Aid for Shock**

17. In your own words, define shock \_\_\_\_\_
18. Excessive loss of blood is also known as \_\_\_\_\_.
19. Identify each of the following types of shock:
- a. caused by an acute infection:
  - b. heart cannot pump effectively because heart muscle is damaged:
  - c. severe bleeding leads to decrease in blood volume:
  - d. hypersensitive or allergic reaction causes body to release histamine:
  - e. emotional distress causes sudden dilation of blood vessels:
  - f. loss of body fluid causes disruption in normal acid-base balance of body:
  - g. injury and trauma to brain and/or spinal cord:
  - h. trauma to respiratory trach, respiratory distress or arrest:
20. Circle the correct sign/symptom of shock from each pair listed: a) pale skin or pink skin b) weak pulse or bounding pulse c) rapid, shallow respirations or slow, deep respirations d) hypotension or hypertension
21. The position for treating shock is based on the victim's injuries. Briefly list the best position for each of the following cases:
- a. victim with neck or spine injuries:
  - b. victim vomiting or bleeding from the mouth:
  - c. victim with respiratory distress:
  - d. position if none of the previous conditions is present:

#### **16:5 Providing First Aid for Poisoning**

22. List four (4) ways that poisoning can be caused.
23. How should you position an unconscious poisoning victim who is breathing? Why?
24. What is the first thing to do when a victim swallows a poison?

25. What is the first step of treatment for a victim who has been poisoned by inhaling gas?
26. What is the first step of treatment for a victim who has had contact with a poisonous plant?
27. Label the following statements for each type of injection poisoning as either TRUE or FALSE.
- stingers should be removed with tweezers
  - ticks should be scraped off with a credit card
  - wash the area of an insect sting with soap and water
  - apply a tourniquet just above a snakebite
  - position a snakebite or spider bite lower than the heart when possible

**16:6 Providing First Aid for Burns**

28. Draw a line to the matching terms:
- |                        |                    |
|------------------------|--------------------|
| partial-thickness burn | third-degree burn  |
| superficial burn       | second-degree burn |
| full-thickness burn    | first-degree burn  |
29. Draw a line to the correct description of each type of burn:
- |                        |   |
|------------------------|---|
| superficial burn       | red or mottled color, wet appearance, blister or vesicle, involves epidermis & dermis, painful  |
| partial-thickness burn | most severe type of burn, involves all skin layers & underlying tissue, painful or painless if nerve endings are burned, life-threatening |
| full-thickness burn    | involves only epidermis, sunburn is an example of this type of burn   |
30. Label the following statements about burns as either TRUE or FALSE.
- Break or open any blisters that form on a burn to decrease the risk of infection
  - The main treatment for first and mild second-degree burns is to apply cool water
  - Do not use ice or ice water on burns
  - If feet or legs are burned, do not allow the victim to walk
  - Third-degree burns do not usually lead to shock
  - Chemical burns should be flushed with large amounts of water for 15-30 minutes
  - The rule of 5's is used to calculate the percentage of body surface burned

**16:7 Providing First Aid for Heat Exposure**

31. What are heat cramps? List three (3) first aid treatments for heat cramps.
32. List six (6) signs or symptoms of heat exhaustion.

33. List three (3) first aid treatments for heat exhaustion.
34. List three (3) signs and symptoms of heat stroke.
35. List three (3) first aid treatments for heat stroke.
36. Which heat condition is a medical emergency?
37. How would a heat exhaustion victim look different than a heat stroke victim?

**16:8 Providing First Aid for Cold Exposure**

38. Prolonged exposure to the cold can result in \_\_\_\_\_.
39. List four (4) treatment methods for hypothermia.
40. Freezing of tissue fluids accompanied by damage to the skin is known as \_\_\_\_\_.
41. Label the following statements about cold exposure as either TRUE or FALSE.
  - a. Shock can develop from cold exposure or frostbite
  - b. Rapid warming of the victim of cold exposure is not dangerous
  - c. Common sites of frostbite include fingers, toes, ears, nose, and cheeks
  - d. Areas of the body that have frostbite should be massaged to increase circulation
  - e. Dry, sterile dressings can be placed between toes or fingers that have frostbite to prevent them from rubbing and causing further injury

**16:9 Providing First Aid for Bone and Joint Injuries**

42. Define each of the following:  
fracture:  
dislocation:  
sprain:  
strain:
43. What is the difference between a closed or simple fracture and an open or compound fracture?
44. Treatment for fractures is directed at maintaining \_\_\_\_\_, treating for \_\_\_\_\_, keeping the broken bone from \_\_\_\_\_ by applying \_\_\_\_\_ and slings, and preventing further \_\_\_\_\_.
45. Define reduction of a dislocation.
46. Why is movement of the injured part dangerous when a dislocation has occurred?

47. List four (4) first aid treatments for a sprain.
48. The \_\_\_\_\_ is a frequent site for strains while \_\_\_\_\_ and \_\_\_\_\_ are common sites for sprains.
49. Circle the correct answer(s) - Immediate treatment for strains includes: rest cold application heat application
50. Splints should be long enough to immobilize the joint \_\_\_\_\_ and \_\_\_\_\_ the injured area. By preventing movement in these joints, the injured bone or area is held in \_\_\_\_\_ and further \_\_\_\_\_ is prevented.
51. Circle the best circulation finding after a splint is applied from each pair listed: a) warm skin or cool skin b) pale/blue skin or pink skin
52. In addition to the signs and symptoms from the above question, you should also check splinted extremities for \_\_\_\_\_ or edema, \_\_\_\_\_ or tingling, and \_\_\_\_\_ if possible.
53. Why should the hand be positioned higher than the elbow when a sling is applied?
54. List five (5) points you can check to make sure that circulation is not impaired after a sling has been applied.
55. When the nail beds are pressed slightly, they blanch or turn \_\_\_\_\_. If circulation is good, the \_\_\_\_\_ color should return to the nail beds \_\_\_\_\_ after the pressure is released.
56. If a triangular bandage is used, care must be taken so that the knot tied at the neck does not press against a \_\_\_\_\_. The knot should be tied to either side of the \_\_\_\_\_.
57. Injuries to the \_\_\_\_\_ or \_\_\_\_\_ are the most dangerous types of injuries to bones and joints.
58. What is the most important first aid treatment for victim with a neck or spine injury?

### ***16:10 Providing First Aid for Specific Injuries***

59. Briefly describe two (2) techniques that can be used to remove a foreign object that is floating free in the eye.
60. How should penetrating eye injuries with a protruding object be treated?
61. Describe how to position a victim with cerebrospinal fluid draining from the ear.

62. Label the following statements about ear injuries as TRUE or FALSE:
- Wrap any torn tissue in gauze moistened with cool sterile water and keep it cool
  - If the eardrum is ruptured, place sterile gauze loosely in outer ear canal
  - Flush the ear canal with sterile water
  - Clear or blood-tinged fluid (cerebrospinal fluid or CSF) draining from the ear can be a sign of skull or brain injury
63. List six (6) signs and symptoms of injuries to the brain.
64. Define epistaxis.
65. How should you position a victim with a nosebleed?
66. List three (3) ways to treat a nosebleed.
67. Draw a line to the correct treatment of each type of chest injury:
- |                          |   |
|--------------------------|---|
| sucking chest wound      | place victim in comfortable position, elevate head & shoulders to aid breathing as long as no neck/spine injury is suspected    |
| crushing chest injury    | do not remove any object, immobilize the object by placing dressings around it and taping the dressings in position             |
| penetrating chest injury | use airtight dressing of aluminum foil/plastic wrap, tape 3 sides, position victim on injured side so uninjured lung can expand |
68. How should you care for abdominal organs protruding from a wound?
69. List four (4) principles of first aid for injuries to genital organs.

**16:11 Providing First Aid for Sudden Illness**

70. A myocardial infarction is also known as a \_\_\_\_\_ whereas a cerebrovascular accident is also known as a \_\_\_\_\_.
71. Label the following signs and symptoms as either from a MI or CVA:
- |  |                      |                 |                |
|--|----------------------|-----------------|----------------|
| _____ pain under the sternum                           | _____ slurred speech | _____ SOB       | _____ numbness |
| _____ pain radiating to shoulders, arms, neck, and jaw | _____ diaphoresis    | _____ confusion |                |

72. What do you think is the most important first aid treatment for both MI and CVA?
73. List six (6) early signs and symptoms of fainting.
74. If early symptoms of fainting are noted, how should you position the victim?
75. List three (3) points of first aid care for a victim who has fainted.
76. What is a convulsion?
77. First aid care for the victim with a convulsion is directed at preventing \_\_\_\_\_.  
This can be done by :
78. Should a padded tongue blade or soft object be placed between the victim's teeth during a convulsion?  
Why or why not?
79. Why is it important not to use force or restrain the muscle movements during a convulsion?
80. How should you position a victim after a seizure if you notice fluid, such as saliva or vomit, in the mouth?
81. In a victim with diabetes mellitus, an increase in the level of glucose or sugar in the blood can lead to a condition called \_\_\_\_\_ or \_\_\_\_\_, and an excess amount of insulin can lead to a condition called \_\_\_\_\_ or \_\_\_\_\_.
82. What medication is used to treat hyperglycemia?
83. The onset of hypoglycemia is sudden, and the victim's condition can deteriorate quickly. If the victim is conscious, how should you treat them?
84. If the hypoglycemic victim is confused, avoid giving them \_\_\_\_\_.  
Why?
85. If you cannot determine if the victim is suffering from diabetic coma or insulin shock, you should treat them for \_\_\_\_\_.

**16:12 Applying Dressings and Bandages**

86. A \_\_\_\_\_ is a sterile covering placed over a wound or an injured part.
87. \_\_\_\_\_ are materials used to hold dressings in place, to secure splints, and to support and protect body parts.
88. What should not be used as a dressing because the loose fibers may contaminate the wound?
89. Elastic bandages are hazardous because:
90. What method of wrap is usually done for a body joint?
91. List four (4) signs that indicate poor circulation below a bandage.
92. If any sign of impaired circulation is noted, \_\_\_\_\_ the bandages immediately.