Emergency First Aid Test

1. When sending a bystander to call 911/EMS for medical assistance, you should:
   a) Be very specific when identifying the person to make the call
   b) Never send someone else to make the call, always call yourself
   c) To call 911, that you need an ambulance, your location, nature of the call, ask if they understand and insist they return to let you know the call has been made.
   d) Both a) and c)

2. What is the first aid technique used on a conscious-choking adult that has a complete airway blockage and is obviously pregnant?
   a) Back blows
   b) Abdominal thrusts
   c) **Chest thrusts**
   d) Drink of water

3. Without oxygen, brain damage can occur in as little as:
   a) 4-6 min
   b) 30 min
   c) Always when someone loses consciousness
   d) 10 minutes or more

4. A person may vomit during resuscitation when:
   a) They are about to regain consciousness
   b) Only when they have drowned
   c) **To much air has entered the stomach**
   d) Vomiting is always likely

5. The communicable disease that we are most at risk of when providing first aid without personal protective equipment is:
   a) HIV
   b) Tuberculosis
   c) **Hepatitis**
   d) Cancer

6. When arriving at the scene of a motor vehicle collision, the first thing we should do as a first aider is:
   a) **Safety First.**
   b) Run over and tell the injured person not to move as they may have a spinal injury
   c) Call 911
   d) Immediately remove them from the card as it may explode.

7. An adult's average heartbeat is:
a) 140 times a minute
b) 120 times a minute
c) **80 times a minute**
d) 1000 times a minute

8. The heart is divided into:

a) Two chambers. The upper chamber contains oxygen and the lower chamber does not carry oxygen.

b) 4 chambers. The right hand side of the heart does not contain oxygen and the left hand side of the heart does.

c) **4 chambers. The left hand side of the heart does not contain oxygen and the right hand side of the heart does.**

d) Both a) and b)

Match the following medical condition with the proper signs and signals.

9. Stroke

a) Shortness of breath, sweating, radiating pain, and nausea.

b) Thirsty, pale in color, and cold.

c) Difficulty with speech, and numbness and tingling in extremities.

10. Shock

b) Thirsty, pale in color, and cold.

11. Heart attack

c) Difficulty with speech, and numbness and tingling in extremities.

12. When performing the ABC’s one must:

a) Open the airway, check for signs of circulation, if no signs begin CPR.

b) Open the airway, check for breathing for no more than 10 seconds, if not breathing, begin CPR.

c) Open the airway and begin CPR.

d) **Open the airway, check for breathing for 10 seconds, if not breathing give two slow breaths, and check for signs of circulation for no more than 10 seconds, if no signs begin CPR.**

13. A person may stop doing CPR when:

a) They are too tired to continue

b) Someone takes over

c) The person begins breathing.

d) **All the above**

14. The best treatment for someone who is in shock is:

a) Give the person something warm to drink and place a cool cloth on their head.

e) **Treat the cause of shock, keep the person calm, warm, and elevate the legs when possible.**

b) Place person into recovery position.

c) None of the above.

15. Shock is:
a) Simply a psychological condition.
b) When the blood pressure has been affected resulting in a lack of oxygen to the body and other body tissues.
c) May be present with any injury or illness.
f) Both b) and c)

16. In most cases we treat shock by:
a) Call 911, and do nothing else as the person may have a communicable disease.
b) Wearing personal protective equipment, have the person rest, elevate the injured area above heart, and apply direct pressure.
c) Run it under water.
d) Apply a tourniquet.

17. In Ontario, the law for First-Responders states:
a) Use a common sense approach, do what you can consider the situation and environment. Do not do more than your scope of training.
b) You are required to do first aid if you are involved in a motor vehicle accident.
c) It is your legal responsibility to ensure the patient receives first aid treatment regardless of the environment and level of training.
g) Both a) and b)

18. A patient has a complete airway obstruction, they can not:
a) Speak.
b) Breath.
c) Cough.
h) All the above.

19. A person can lower their chances of a heart attack or stroke by:
a) Participating in regular moderate exercise, and eating a balanced diet.
b) Keeping blood pressure and cholesterol at a health level.
c) Managing depression and stress.
i) All the above.

TRUE OR FALSE

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<thead>
<tr>
<th>Question</th>
<th>True</th>
<th>False</th>
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<tbody>
<tr>
<td>21. 911 is a universal number</td>
<td>True</td>
<td>False</td>
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<td>22. All unconscious patients are placed into recovery position</td>
<td>True</td>
<td>False</td>
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<td>23. Our first aid treatment for fainting is very similar to that of shock</td>
<td>True</td>
<td>False</td>
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<td>24. Heart attack and choking victims mostly isolate themselves.</td>
<td>True</td>
<td>False</td>
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<td>25. A first aider is allowed to administer medication</td>
<td>True</td>
<td>False</td>
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