



Specialized Topics in Areas of Radiologic Sciences
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Unit 38:

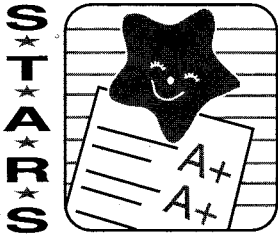
American College of Emergency Physicians

First Aid Manual

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Founder, S.T.A.R.S.

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Sincerely,

A handwritten signature in black ink, appearing to read 'Carolyn', with a long horizontal line extending to the right.

Carolyn J. Frigmanski, M.A., B.S.R.T. ®
Founder, S.T.A.R.S.



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Unit 38

Title: American College of Emergency Physicians First Aid Manual

Please *complete the answer sheet at the conclusion of this post test* and *return* to S.T.A.R.S.

Chapter 1

1. As a first aider, you can give care with a sense of confidence by
 - a. taking charge of everyone
 - b. being in control of the situation
 - c. being sympathetic
 - d. organizing the bystanders
2. One of the guidelines for preventing cross infection is to
 - a. avoid touching a wound
 - b. apply alcohol generously
 - c. always wear a gown
 - d. use waterproof dressings
3. Biohazard bags should be destroyed by
 - a. burial
 - b. recycling plants
 - c. professional companies
 - d. incineration
4. The Good Samaritan principle grants a first aider immunity if they act in good faith when assisting someone
 - a. under any or all circumstances
 - b. without any consent from anyone
 - c. without compensation or gross negligence
 - d. regardless of their medical skills or knowledge
5. The first priority in an emergency situation is to
 - a. assess the situation
 - b. control bystanders
 - c. get help from others
 - d. call 9-1-1 or EMS
6. Warning triangles at a road incident should be placed _____ yards away to alert others.
 - a. 100
 - b. 50
 - c. 25
 - d. 10
7. The “triangle of fire” includes
 - a. carbon dioxide
 - b. hydrogen
 - c. oxygen
 - d. carbon monoxide
8. When clothing is on fire, the first activity the victim should do is
 - a. drop
 - b. roll
 - c. rock
 - d. stop

20. The body temperature device requiring 2-3 minutes in position for a reading is called a
- a. mercury thermometer
 - b. forehead thermometer
 - c. digital thermometer
 - d. ear sensor
21. When applying a dressing, the first aider should hold the dressing
- a. directly on the wound
 - b. at the center and smooth it over the wound
 - c. at the edges away from the wound
 - d. tightly to the entire surface
22. When applying adhesive tape to a limb or digit, the first aider should **NOT**
- a. use the tape sparingly
 - b. tape all the way around it
 - c. cleanse the area first
 - d. tape partially around it
23. Ice packs should not be applied for more than _____ minutes at one application.
- a. 5
 - b. 15
 - c. 20
 - d. 10
24. After bandaging an extremity, circulation should be checked every _____ minutes thereafter.
- a. 5
 - b. 15
 - c. 20
 - d. 10
25. The correct size of bandage for the arm is
- a. 3-4"
 - b. 4-6"
 - c. 6-8"
 - d. 8-10"
26. The type of knot used to secure a triangular bandage is called a
- a. nautical knot
 - b. square
 - c. shoe style knot
 - d. bow knot
27. The _____ sling is recommended to control bleeding from wounds in the forearm and hand.
- a. arm
 - b. jacket corner
 - c. elevated
 - d. button-up jacket
28. When assisting a walking victim, the first aider should always stand
- a. as close as possible
 - b. slightly behind them
 - c. at the victim's uninjured side
 - d. at the victim's injured side
29. If a collapsed victim has a suspected spinal injury and must be moved, the first aiders should use
- a. the carry chair
 - b. the "log-roll" technique
 - c. an orthopedic stretcher
 - d. the recovery position

Chapter 3

30. The airway may be blocked by the _____ in an unconscious victim.
- a. larynx
 - b. epiglottis
 - c. tongue
 - d. tonsils and adenoids

31. When alone with non breathing and pulseless victims, the first aider should perform CPR for _____ minutes before leaving to call 9-1-1 or EMS.
- a. 1 b. 3 c. 5 d. 6
32. For an unconscious adult, the first aider should give _____ breaths before checking circulation.
- a. 4 b. 2 c. 5 d. 3
33. The compression depth for CPR for adults is
- a. 2-2 ½” b. 2-3” c. 1 ½-2” d. 1-2”
34. After successful resuscitation with an automated external defibrillator on an adult, the first aider must remember to
- a. cancel 9-1-1 or EMS c. take off the pads on the victim’s chest
b. leave defibrillator and pads on the victim d. give the patient some nitroglycerine
35. Unconscious adults should be placed in the recovery position for no longer than _____ minutes before a change is required.
- a. 15 b. 20 c. 45 d. 30
36. The chest compression to rescue breathing ratio in child CPR is
- a. 5:1 b. 15:2 c. 10:1 d. 15:1
37. When performing chest compressions on a child, the first aider uses
- a. 3 fingers of one hand c. the heel of one hand
b. both hands d. 2 fingers of one hand
38. To assess the level of response in an infant, the first aider should
- a. gently shake the infant c. splash the infant with cold water
b. gently tap or flick the sole of the foot d. pinch the infant’s arm
39. When performing rescue breathing on an infant, the first aider’s mouth must cover the
- a. baby’s nose c. baby’s mouth
b. baby’s entire face d. baby’s mouth and nose
40. The compression rate for infant CPR is _____ times a minute.
- a. 100 b. 80 c. 60 d. 75
41. Back slaps are only used during choking episodes on
- a. adults b. children c. infants d. senior adults

52. Epinephrine will be released when blood or fluid losses reach up to _____ pints.

- a. 1.5
- b. 2.0
- c. 2.5
- d. 3.5

53. The primary purpose in elevating the legs of a victim in shock is to

- a. prevent stroke
- b. improve circulation to the brain
- c. improve circulation to vital organs
- d. prevent thrombus formation

54. A thin, watery discharge from the ear may be indicative of

- a. a sinus infection
- b. a head injury
- c. an invasive brain tumor
- d. a middle ear infection

55. When a victim is in anaphylactic shock, the first aider's priority is to

- a. keep them warm and comfortable
- b. call 9-1-1 or EMS
- c. start CPR
- d. initiate rescue breathing

56. Victims who are gasping for air ("air hunger") are experiencing

- a. a heart attack
- b. angina pectoris
- c. acute cerebral infarction
- d. anaphylactic shock

Chapter 6

57. Fibrin formation is the function of specialized blood cells called

- a. erythrocytes
- b. leukocytes
- c. erythroblasts
- d. platelets

58. If an object is embedded in a wound, the first aider should

- a. remove the object
- b. secure it with tape or stitches
- c. leave the object in the wound
- d. cleanse it with a disinfectant

59. The initial and appropriate care of an amputated part involves

- a. placing it on ice
- b. placing it in a plastic bag or wrap
- c. cleansing it with a disinfectant
- d. bandaging both ends to stop blood loss

60. Tetanus immunization is recommended if the victim has

- a. not been immunized for more than 10 years
- b. a suspected staphylococcus infection
- c. any injury from a metallic object
- d. been immunized over 5 years ago

61. Infected wounds can be recognized by

- a. coldness around the injured area
- b. lower body temperature
- c. faint red trails in the skin
- d. a lack of pain sensation

62. Victims who sustain an eye injury should be instructed to keep
- a. the injured eye still
 - b. both eyes still
 - c. a cold compress over it
 - d. a steady tear flow
63. To stop a nosebleed, the victim should apply pressure to the nose for
- a. 5 minutes
 - b. 15 minutes
 - c. 20 minutes
 - d. 10 minutes
64. When a tooth is knocked out in an adult, the first aider should
- a. gently put the tooth in the socket
 - b. place the tooth in a clean plastic bag
 - c. keep the tooth on ice
 - d. apply pressure to the bleeding gum
65. Abdominal wounds carry a high risk of
- a. shock
 - b. hemorrhage
 - c. bowel obstruction
 - d. ruptured organs

Chapter 7

66. The _____ joint allows bending and straightening in only one plane.
- a. saddle
 - b. pivot
 - c. hinge
 - d. plane
67. The type of fracture in which bone breaks the skin and is exposed is called
- a. stable
 - b. open
 - c. unstable
 - d. closed
68. The primary objective to rendering first aid to patients with fracture is to
- a. call 9-1-1 or EMS
 - b. begin cleaning and bandaging
 - c. minimize associated bleeding
 - d. prevent movement at the injury site
69. The C in the "RICE" procedure for strains and sprains represents
- a. compression to the area
 - b. complete bed rest
 - c. using crutches
 - d. calmness
70. The major danger with any facial fracture is
- a. hemorrhage
 - b. permanent disfiguration
 - c. airway obstruction
 - d. infection
71. A common and serious fracture site of the upper extremity in the elderly occurs in the
- a. wrist
 - b. humerus
 - c. forearm
 - d. hand
72. The most common form of fracture at the wrist is
- a. open
 - b. navicular
 - c. Boxer's
 - d. Colles'

73. "Paradoxical" breathing usually occurs with

- a. lower rib fractures
- b. sternal fractures
- c. detached ribs
- d. dorsal/thoracic spine fractures

74. The most serious risk associated with a spinal injury is damage to the

- a. spinal cord
- b. meninges
- c. vertebral column compression
- d. intervertebral discs

75. The first objective in aiding an unconscious, spinal injury victim is to

- a. call 9-1-1 or EMS
- b. use the neutral head position
- c. keep them warm and comfortable
- d. use the recovery position

76. One of the complications a victim may experience with a pelvic fracture is

- a. infection
- b. paralysis
- c. numbness
- d. shock

77. Extension of an injured knee may be difficult due to

- a. torn ligaments
- b. ruptured bursa
- c. internal bleeding
- d. subcutaneous air

Chapter 8

78. The _____ nervous system is concerned with vital body functions i.e. heart rate and breathing.

- a. autonomous
- b. central
- c. peripheral
- d. motor

79. The "P" in the AVPU code for consciousness represents

- a. pallor
- b. pain
- c. puffiness
- d. peripheral sensation

80. The presence of blood in the eye is indicative of

- a. concussion
- b. cerebral compression
- c. skull fracture
- d. damaged meninges

81. Unequal pupil size in the eye is indicative of

- a. concussion
- b. cerebral compression
- c. skull fracture
- d. damaged meninges

82. A confused, emotional mental state that could be mistaken for drunkenness is indicative of

- a. concussion
- b. skull fracture
- c. cerebral compression
- d. stroke

83. Victims who experience seizures may have a brief warning period called

- a. pre-epileptic sensation
- b. "blind patch"
- c. aura
- d. recognition

84. "Absence seizures" occur more often in

- a. children
- b. adults
- c. infants
- d. geriatric adults

85. A skin rash consisting of small red/purple "pin prick" spots are signs of

- a. cerebral compression
- b. meningitis
- c. epilepsy
- d. stroke

Chapter 9

86. The optimum range of body temperature is _____ degrees Fahrenheit.

- a. 96-99
- b. 97-99
- c. 96-98.6
- d. 97-100

87. The depth of a burn that involves loss of pain sensation is considered to be

- a. third-degree
- b. first-degree
- c. second-degree
- d. superficial

88. Severe burns and scalds can be doused with

- a. warm fluids for 5 minutes
- b. a layer of butter or grease
- c. cold fluids for 5 minutes
- d. cold liquids for at least 10 minutes

89. Facial burns should **NOT** be covered because of the risk of

- a. obstructed vision
- b. infection to damaged membranes
- c. airway obstruction
- d. adhesions to the dermis

90. Electrical burns will exhibit

- a. entry wounds
- b. both entry and exit wounds
- c. exit wounds
- d. wounds from head to toe

91. The most common cause of alkali burns in children is attributed to

- a. dishwasher products
- b. oven cleaners
- c. paint strippers
- d. bleach

92. A "gritty" feeling in the eye(s) is/are a sign of a

- a. tear gas injury
- b. chemical burn
- c. pepper spray injury
- d. flash burn

93. The loss of salt and water from the body through excessive sweating can cause

- a. prickly heat
- b. flash burns
- c. heat exhaustion
- d. heat stroke

94. Frost-bitten fingers and toes should be placed in warm water at _____ degrees Fahrenheit.

- a. 100
- b. 104
- c. 95
- d. 110

95. When assisting hypothermia victims, the first aider must remember to

- a. warm victims slowly
- b. give them an alcoholic beverage
- c. give hot baths
- d. check body temperatures every 30 minutes

Chapter 10

96. The anatomic portion of the ear involved with balance is called the

- a. cochlea
- b. inner ear
- c. Eustachian tube
- d. vestibular apparatus

97. Embedded fish hooks in victims also carry the risk of

- a. infection
- b. muscle injury
- c. damage to major blood vessels
- d. nerve damage

98. An inhaled foreign object that poses a particular threat in young children is

- a. crayons
- b. buttons
- c. dry peanuts
- d. pennies

Chapter 11

99. The organ which acts as a "poison filter" is the

- a. spleen
- b. liver
- c. pancreas
- d. thyroid gland

100. Victims may experience anaphylactic shock from

- a. venom from stings and bites
- b. ingested bacteria
- c. chemical inhalation
- d. absorption of plant poisons

101. A common household product that is poisonous or corrosive if swallowed is

- a. hand soap
- b. furniture polish
- c. bleach
- d. body soap

102. Immediate first aid to wash out poisons in the eye can prevent

- a. ulcers
- b. hemorrhage
- c. scarring
- d. infection

103. A common painkiller that can cause irreversible liver damage is

- a. aspirin
- b. acetaminophen
- c. ibuprofen
- d. morphine

104. Barbituates are in the drug category called

- a. narcotics
- b. stimulants
- c. hallucinogens
- d. depressants and tranquilizers

105. One of the dangers of food poisoning is

- a. loss of body fluids
- b. excessive vomiting
- c. loss of body nutrients
- d. malnutrition

106. A poisonous plant with brightly colored berries that may be eaten by children is
- a. foxglove
 - b. laburnum
 - c. wild arum
 - d. crabapple
107. An insect sting in the mouth or throat is potentially dangerous because of the risk of
- a. difficulty swallowing
 - b. airway obstruction
 - c. difficulty speaking
 - d. infection
108. Tiny creatures found in grass or woodlands that attach themselves to passing animals are
- a. mites
 - b. fleas
 - c. spiders
 - d. ticks
109. To incapacitate the stinging cells from sea creatures, the first aider should
- a. pour milk over the injury
 - b. pour vinegar directly on the wound
 - c. carefully remove the cells
 - d. scrub the area with salt water
110. The most serious infection from animal bites is
- a. rabies
 - b. tetanus
 - c. hepatitis B
 - d. HIV (AIDS)

Chapter 12

111. The blood stained discharge called the “show” occurs when
- a. the amniotic sac ruptures
 - b. the placenta detaches from the uterus
 - c. the mucus plug is expelled
 - d. contractions begin
112. In the second stage of childbirth, the first aider must remember to
- a. smack the baby to stimulate crying
 - b. turn the baby to drain fluids from the nose and mouth
 - c. cut the umbilical cord
 - d. pull the baby’s head out
113. In the third stage of childbirth, the first aider must remember to
- a. wash the baby completely
 - b. boil water and sterilize instruments
 - c. call 9-1-1 or EMS
 - d. preserve the afterbirth
114. A miscarriage is the loss of an unborn baby (fetus or embryo) before the ____ week of pregnancy.
- a. 24th
 - b. 14th
 - c. 8th
 - d. 20th
115. Very young children can have seizures when body temperatures exceed ____ degrees Fahrenheit.
- a. 100
 - b. 102
 - c. 104
 - d. 105
116. A fruity/sweet odor on the breath of a victim is a sign of
- a. diabetes mellitus
 - b. hypoglycemia
 - c. diabetes insipidus
 - d. hypoglycemia

117. The first aider should give a sugary drink, chocolate or other sweet food to victims who have

- a. diabetes mellitus
- b. hyperglycemia
- c. diabetes insipidus
- d. hypoglycemia

118. The danger that occurs from a ruptured appendix is

- a. a bowel obstruction
- b. necrosis of the large bowel
- c. hemorrhage
- d. peritonitis

119. A _____ hernia requires urgent surgery.

- a. hiatal
- b. strangulated
- c. inguinal
- d. small bowel

120. A parasitic disease that is transmitted by a bite from an infected mosquito is called

- a. malaria
- b. cholera
- c. yellow fever
- d. Lyme disease

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Answer Sheet for: Unit 38: American College of Emergency Physicians First Aid Manual

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1.	11.	21.	31.	41.	51.	61.
2.	12.	22.	32.	42.	52.	62.
3.	13.	23.	33.	43.	53.	63.
4.	14.	24.	34.	44.	54.	64.
5.	15.	25.	35.	45.	55.	65.
6.	16.	26.	36.	46.	56.	66.
7.	17.	27.	37.	47.	57.	67.
8.	18.	28.	38.	48.	58.	68.
9.	19.	29.	39.	49.	59.	69.
10.	20.	30.	40.	50.	60.	70.

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71.	81.	91.	101.	111.
72.	82.	92.	102.	112.
73.	83.	93.	103.	113.
74.	84.	94.	104.	114.
75.	85.	95.	105.	115.
76.	86.	96.	106.	116.
77.	87.	97.	107.	117.
78.	88.	98.	108.	118.
79.	89.	99.	109.	119.
80.	90.	100.	110.	120.