



RESCUE DYNAMICS
5109 - 17 A Avenue NW
Edmonton, Alberta
T6L 1K5
(780) 461-5040 phone / fax
email: rescuedynamicsinfo@telusplanet.net
website: <http://www.rescuedynamics.ca>

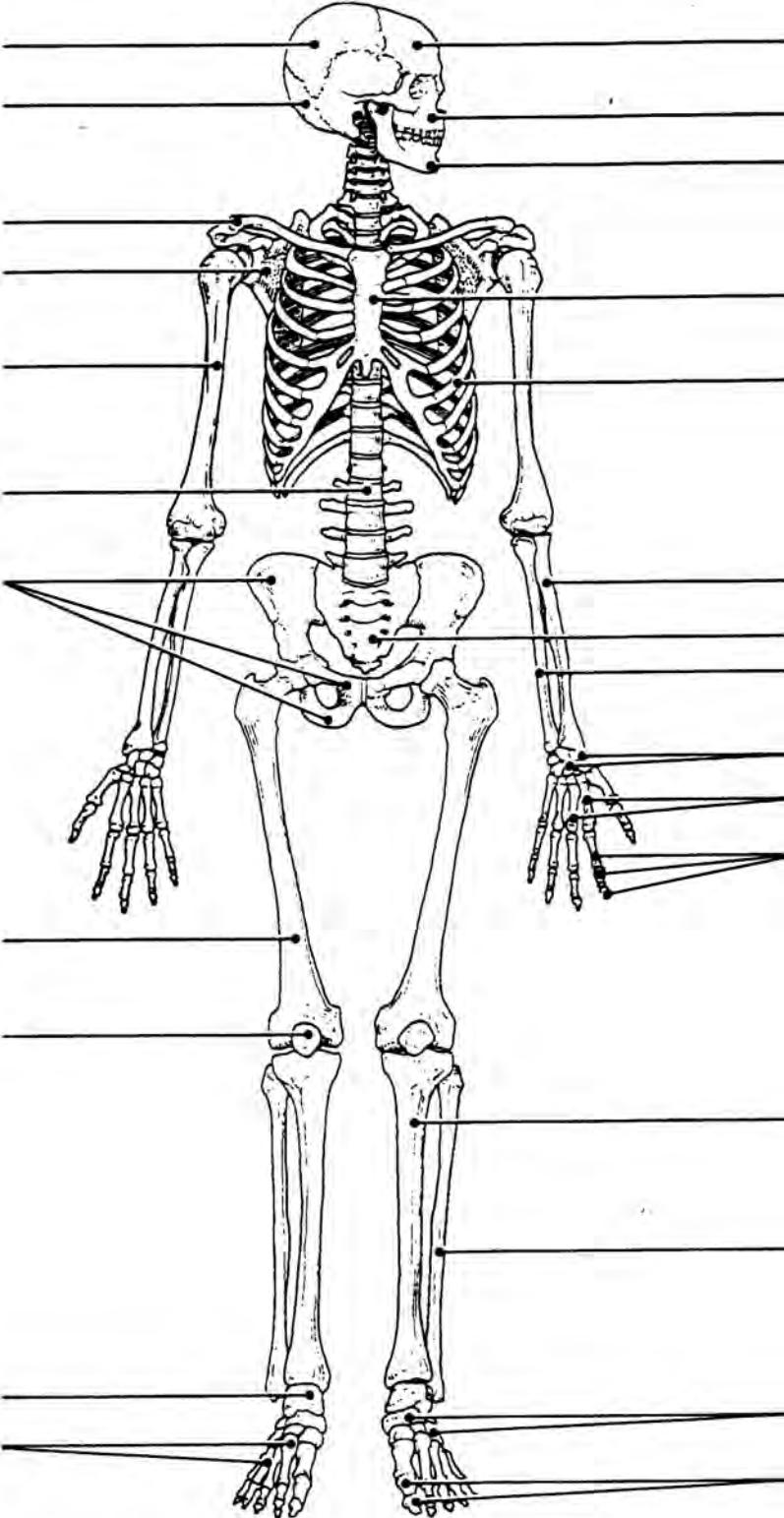
PRE-COURSE WORKSHEETS
Autumn 2016 Revision

PART ONE

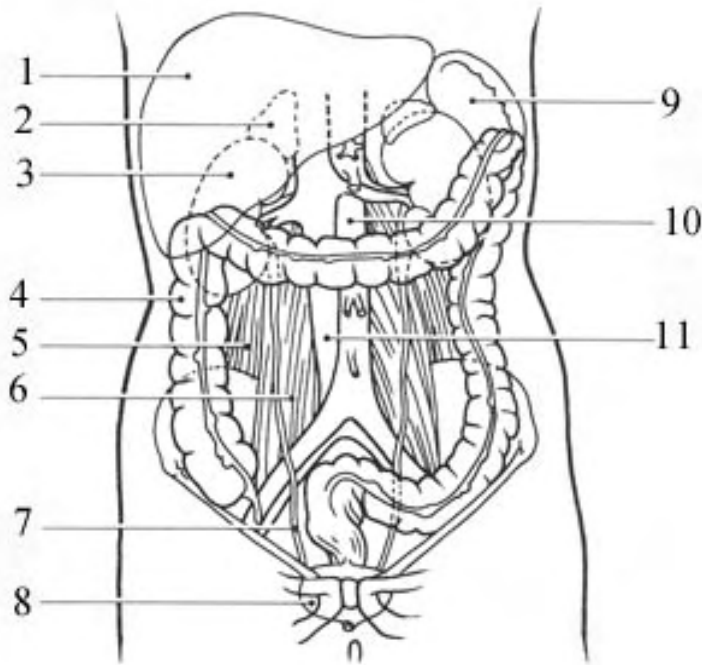
COMPLETED WORKSHEETS ARE TO BE HANDED IN BEFORE THE FINAL EXAMS

NAME: _____

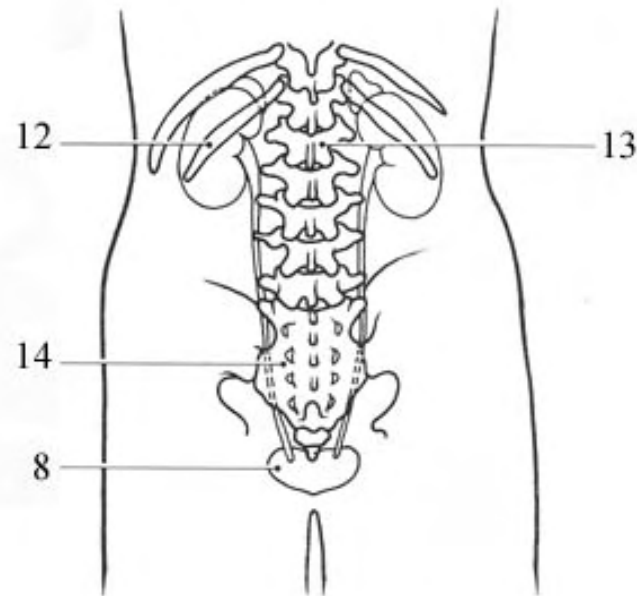
Label The Bones On The Diagram Of The Skeletal System



Identify The Organs & Structures Of The Abdomen

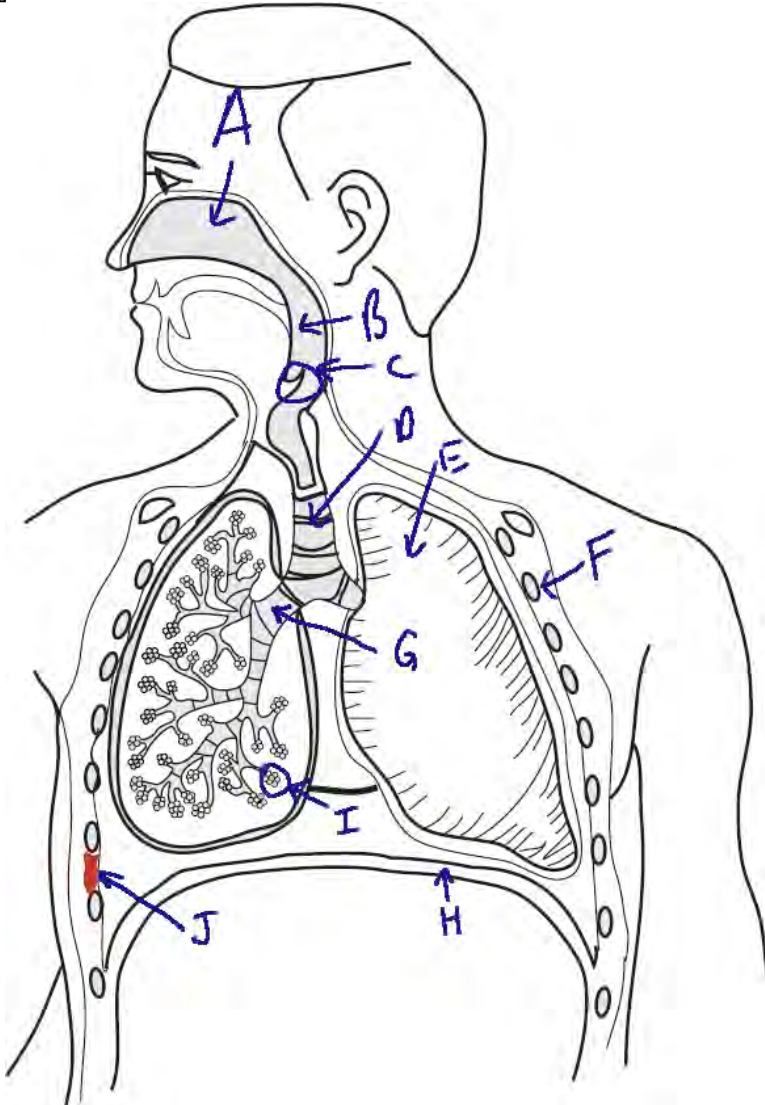


1. _____
2. _____ (above kidneys)
3. _____ (posterior)
4. _____
5. N/A 6. N/A
7. _____ (from kidneys to bladder)
8. _____ (hollow organ)
9. _____
10. _____
11. _____



8. _____
12. _____ (bone)
13. _____ (vertebrae)
14. _____ (fused bones)

The Respiratory System



- A. _____
- B. _____
- C. _____
- D. _____
- E. _____
- F. _____
- G. _____
- H. _____
- I. _____
- J. _____

Respiratory System

1) When you record the respirations in a vital sign chart you should record the _____, _____ and _____.

2) Using the above criteria, 'normal' resting respirations for an adult are:

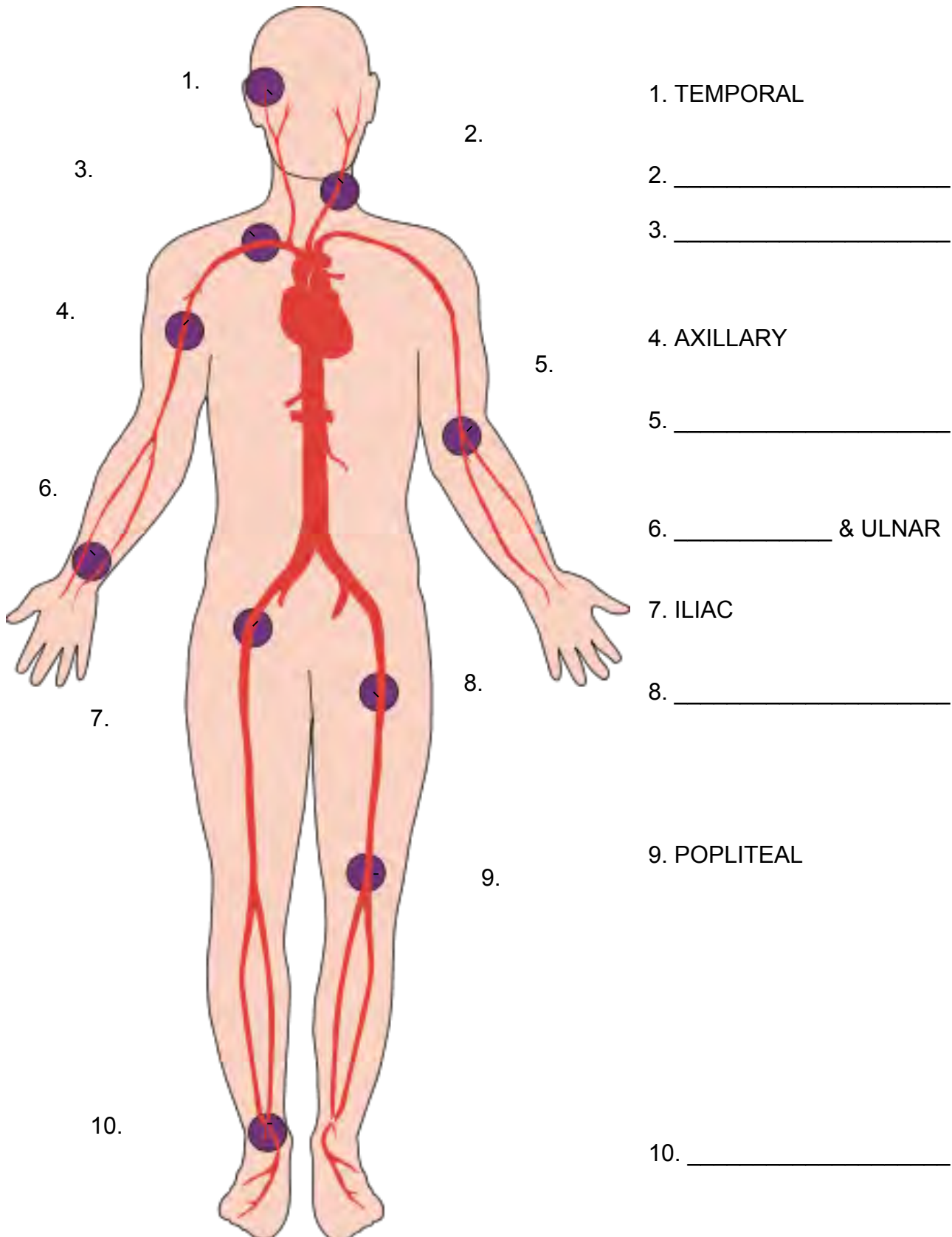
_____, _____ and _____

3) Respiratory rates:
Normal

Consider Load and Go if respiratory rate is above:

Consider ventilating if respiratory rate is below:

Label The Arteries And Pulse Points In The Circulatory System



Circulatory System

1. When you record the pulse in a vital sign chart you should record the _____, _____ and _____.
2. Using the above criteria, 'normal' resting pulse for an adult is: _____, _____ and _____.
- 4) Pulse rates:
Normal:

Consider Load and Go if pulse rate is above:
Abnormally low pulse rates in trauma are below:
- 5) List the range for normal adult blood pressure (systolic/diastolic):

NERVOUS SYSTEM

1. Checking distal neurovascular status involves checking "CMS" (or PMS) This stands for:

C / P _____

M _____

S _____

DECEMBER 2015 CPR GUIDELINES – FAMILIARIZATION

In December of 2015 the international medical community simultaneously introduced new guidelines created by ILCOR for CPR, Resuscitation and AED. These guidelines continue to be based on more and better research than before. The new guidelines will not be fully implemented in Canada until autumn of 2016 although some agencies have begun training to the new standards already. For a period of time there may be confusion in the field as to what to do. In most cases the guidelines have remained unchanged but in a few areas there have been some changes. For example the compression rate for adults is now 100 – 120 per minute. Performance of AR / CPR and use of AEDs according to the previous standards will continue for some time. To assist you in the transition we have added this exercise to help you understand where protocols will change, likely by the time you do your next CPR refresher. You must be careful to discriminate between lay rescuers and professional responders who have more advanced training (such as advanced first aid.) Lay rescuers will no longer be taught techniques such as the jaw thrust, ABCs or pulse checks. At the advanced first aid / first responder level these will continue to be taught. There are a number of CPR questions on the final exam so be sure you know the CPR protocols appropriate to the first responder. After the CPR session in class fill in the blanks below for the PROFESSIONAL RESPONDER:

In all cases the adage for CPR compressions continue to be “PUSH HARD / PUSH FAST !”

2015 CPR and AED Guidelines for Professional Rescuers

The following techniques are the same for all motionless victims when 1 rescuer is present:

- Check responsiveness – Tap and shout.
- Open the Airway using _____ or _____ .
- Check for Breathing – check for breathing for _____ seconds.
- If breathing, place in the _____ position.
- If not breathing, but pulse is present, give _____ normal breaths – each breath lasting _____ second. (NOTE: Pulse and breathing can be checked simultaneously)
- If breaths go in, check for signs of life and pulse for up to _____ seconds.
- If pulse is absent, begin CPR – cycles of chest compressions and breaths for _____ minutes (_____ cycles). Reassess after every _____ cycles.
- If pulse is definitely present but no breathing, provide _____ only.
- If a breath does not make the chest rise, _____ and try another breath.
- If the breath still does not make the chest rise, assume the airway is obstructed – give cycles of _____, look for an object in the mouth, remove any visible object, and give 2 breaths.

2015 CPR and AED Guidelines for Professional Rescuers – Matrix of Changes

Action	Adult (Puberty or older)	Child (1y.o. – puberty onset)	Infant (< 1 year old)
Calling EMS when alone	Evaluate the likely cause of the event: - Cardiac event - Hypoxic event Call immediately after determining victim is unresponsive.	Evaluate the likely cause of the event: - Cardiac event - Hypoxic event If alone, call after providing _____ minutes of care.	Evaluate the likely cause of the event: - Cardiac event - Hypoxic event If alone, call after providing _____ minutes of care.
CPR			
Pulse check (location)	_____	_____	_____
Compression location	2 hands on breastbone between the nipples	1 or 2 hands on breastbone between the nipples (depending upon size of patient)	2 fingers on breastbone just below the nipple line. (2 thumb technique for neonates)
Compression Depth (NEW)	_____ - _____ inches or _____ - _____ cm	_____ - _____ the depth of the chest (about 2 inches or 5 cm)	_____ - _____ the depth of the chest (about 1 ½ inches or 4 cm)
Compression Rate (NEW)	_____ to _____ / minute	_____ to _____ / minute	_____ to _____ / minute
Single rescuer compressions to breaths ratio	_____ : _____	_____ : _____	_____ : _____
Two-rescuer compressions to breaths ratio	_____ : _____ Switch rescues every _____ minutes	_____ : _____ Switch rescues every _____ minutes	_____ : _____ Switch rescues every _____ minutes
Foreign Body Airway Obstruction in a responsive victim	_____ _____	_____ _____	Alternate _____ back blows and _____ chest thrusts
AED use	Yes: Deliver 1 shock followed immediately by 2 minutes of CPR. Reassess	Yes: Deliver 1 shock followed immediately by 2 minutes of CPR. Reassess. Use pediatric pads if available.	YES or NO ? Can an AED be used on an infant ? _ If so when and how?

Wilderness Emergency Care Refreshers

PRE-COURSE WORKSHEETS Autumn 2014 Revision

PART TWO

Complete all Chapter Quizzes before the course begins.
Hand in as directed by your instructor.

The questions are taken directly from the text “*Wilderness First Aid*” 4th edition published by Jones and Bartlett and are not necessarily all found in the “*Outdoor Emergency Care*” Textbook. The chapters listed are not from the OEC textbook. Discuss any difficult questions with your instructor during the review sessions in class.

Note on Written Examinations

The Chapter Quizzes contain many of the questions for both the Standard and Advanced written examinations as well as part of the first fifty questions in the WEC Full Course and Refresher written examinations. By doing the quizzes you are practicing for the final exams!

Student Name: _____

CHAPTER 1: Introduction to Wilderness First Aid

- 1. Wilderness first aid pertains to which of the following?**
 - A. Recreation in the “wilderness”
 - B. Occupations in the “wilderness”
 - C. Residences in the “wilderness”
 - D. All the above
- 2. Properly applied, first aid may mean the difference between:**
 - A. Life and death
 - B. Rapid recovery and long hospitalization
 - C. Temporary and permanent injury
 - D. All the above

CHAPTER 2: Action at an Emergency

- 3. What should the rescuer look for during the scene survey?**
 - A. Hazards that could be dangerous to the rescuer, the victim(s) or other persons
 - B. The mechanism or cause of the injury
 - C. The number of injured persons
 - D. All of the above
- 4. When a wilderness emergency occurs, the first thing a potential rescuer should do is:**
 - A. Call for EMS
 - B. Run to the victim(s) immediately
 - C. Conduct a 10-second scene survey
 - D. Faint
- 5. True or False: For a swimming rescue, the rescuer should swim to the victim only if he or she is a strong swimmer and is trained in rescue techniques, and only after attempts to reach the victim in another manner have failed.**
- 6. For fire to burn and spread, it has three requirements:**
 - A. Heat, oxygen, and fuel
 - B. Fuel, wind, and light
 - C. Nitrogen, fuel, and wind
 - D. Oxygen, nitrogen, and heat
- 7. When threatened by a small bear in the woods, one should:**
 - A. Give it some food
 - B. Stamp your foot at it
 - C. Play with it
 - D. Speak quietly and back away

- 8. A stretcher or litter could be improvised from the following items:**
- A. Blankets and poles
 - B. Sleeping bags
 - C. Skis
 - D. All of the above
- 9. When using good lifting techniques, which of the following is an incorrect procedure?**
- A. Lift with your leg muscles not your back muscles
 - B. Bend your knees when lifting an object
 - C. Place both feet together for a stronger base to lift from
 - D. Keep the weight of the lift close to you to avoid strain
- 10. Which of the following injuries is not associated with a 30-foot fall:**
- A. Fractures
 - B. Lacerations and bleeding
 - C. Puncture wounds
 - D. Indigestion

CHAPTER 3: Victim Assessment and Urgent Care

- 11. What step of victim assessment is performed to identify immediate life-threatening conditions?**
- A. Victim's history
 - B. Initial assessment (primary survey)
 - C. Physical exam
 - D. None of the above
- 12. Which three body systems include the most important organs in the body?**
- A. Respiratory, circulatory, nervous
 - B. Respiratory, digestive, nervous
 - C. Skeletal, circulatory, respiratory
 - D. Skeletal, circulatory, nervous
- 13. The primary survey can be remembered by the mnemonic:**
- A. ABCH
 - B. ABC
 - C. DEF
 - D. HELP

- 14. The average range of respirations per minute for an adult is:**
- A. 6 to 10 breaths per minute
 - B. 12 to 20 breaths per minute
 - C. 60 to 90 breaths per minute
 - D. 12 to 40 breaths per minute
- 15. If a patient is unresponsive, breathing adequately and not suspected of having a spinal injury, you should:**
- A. place the patient in a supine position
 - B. place the patient in the recovery position
 - C. place the patient in a prone position
 - D. place the patient in Fowler's position
- 16. The average heart rate for adults is:**
- A. 40 to 60 beats per minute
 - B. 50 to 90 beats per minute
 - C. 90 to 110 beats per minute
 - D. 100 to 140 beats per minute
- 17. The "U" in the AVPU assessment scale stands for:**
- A. Unresponsive to verbal commands
 - B. Unconscious
 - C. Unresponsive to any stimulus
 - D. Undecided
- 18. A _____ is what victims tell you is wrong with them.**
- A. Sign
 - B. Symptom
 - C. Triage
 - D. Diagnostic
- 19. Which of the following signs or symptoms is not categorized in the "highest priority" category for evacuation?**
- A. Breathing difficulties
 - B. Severe chest pain
 - C. Burns without airway problems
 - D. Uncontrolled or severe bleeding
- 20. A person trained at the First Responder level should check an unresponsive adult's pulse:**
- A. At the carotid artery on the side of the neck
 - B. At the radial pulse on the wrist
 - C. At the brachial pulse on the inner arm
 - D. All of the above

CHAPTER 4: Care of Bleeding, Wounds, and Burns

21. Which is the most serious type of bleeding?

- A. Arterial
- B. Venous
- C. Capillary
- D. None of the above

22. The first method used to control external bleeding should be:

- A. Direct pressure
- B. Elevation
- C. Pressure points
- D. Tourniquet

23. If a dressing becomes blood-soaked, what is the next thing that would be done?

- A. The old dressing should be replaced with a new one
- B. Another dressing should be applied on top of the old one
- C. A pressure bandage should be applied over the dressing
- D. Greater pressure should be applied to the wound

24. If the initial direct pressure fails to control bleeding, what should be done next?

- A. More pressure should be applied over a wider area, and the area elevated if appropriate
- B. Pressure at a pressure point should be applied
- C. A pressure dressing should be applied
- D. A tourniquet should be applied

25. A pressure point exists where:

- A. An artery lies close to the skin's surface
- B. A vein lies close to the skin's surface
- C. An artery lies close to the heart
- D. Blood pressure can be taken

26. Which of the following is a sign or symptom of internal bleeding?

- A. Stools that are black or contain bright red blood
- B. Vomiting or coughing up blood
- C. Painful, tender, rigid abdomen
- D. All the above

27. To immediately treat bruises, the first aider should:

- A. Apply a sling and swathe
- B. Apply a cold pack
- C. Apply warm, moist compresses
- D. Apply a hot pack

28. What degree of burn does one have when blisters appear?

- A. 1st degree
- B. 2nd degree
- C. 3rd degree
- D. 4th degree

29. In this list, the wound with the greatest risk of serious infection is a(n):

- A. Abrasion
- B. Laceration
- C. Puncture
- D. Avulsion

30. Redness, swelling, warmth, and increasing pain may indicate:

- A. A healing process
- B. Infection
- C. Immediate evacuation to a hospital
- D. A normal reaction

CHAPTER 5: Dressings and Bandages

31. The item placed directly on the wound is referred to as the:

- A. Dressing
- B. Bandage
- C. Compress
- D. Gauze

32. The bandage material can be improvised from what?

- A. Bandanna
- B. Clothing
- C. Tent fabric
- D. All of the above

33. What is the purpose of a dressing?

- A. To control bleeding
- B. To prevent infection
- C. To absorb blood and wound secretions
- D. All the above

34. What is the purpose of a bandage?

- A. To hold a dressing in place
- B. To add pressure to the wound if necessary
- C. To support an area if needed
- D. All the above

CHAPTER 6: Head and Facial Injuries

- 35. In cases of scalp wounds, the first aider should expect _____ bleeding.**
- A. Profuse
 - B. Minor
 - C. Very little
 - D. None of the above
- 36. With any scalp wound, the first aider should be alert for:**
- A. Possible spinal injury
 - B. Rapid constriction of the scalp's blood vessels
 - C. Diminished blood supply to the brain
 - D. All of the above
- 37. True or False: When bandaging any eyeball injury, do not wrap with pressure on the eyeball itself.**
- 38. Which of the following should be not done for chemical burns to the eye?**
- A. Find out what entered the eye
 - B. Irrigate the eye with water immediately for 20 minutes
 - C. Remove chemical particles
 - D. Neutralize the chemical with other chemicals
- 39. How does a rescuer manage an avulsed tooth (tooth knocked out) during a 3-day wilderness backpack trip?**
- A. Scrub the tooth vigorously to clean it
 - B. Wrap the tooth in dry gauze and save it
 - C. Rinse the tooth gently and replace it in the socket
 - D. Keep the tooth in moist gauze and continue the trip
- 40. From a short fall, a hiker received a bloody nose. How should one immediately manage this injury under normal circumstances.**
- A. Sit him down, place gauze on his nose and have him hold his head back, as if looking at the sky.
 - B. Sit him down, place a gauze pad on his nose and have him hold his head forward, as if looking at the ground.
 - C. Pack his nose with gauze, have him rest for 20 minutes.
 - D. Do nothing. The nose bleed will stop shortly.

CHAPTER 7: Bone, Joint, and Muscle Injuries

41. Which of the following are signs and symptoms of a fracture?

- A. Deformity
- B. Swelling
- C. Crepitus
- D. All of the above

42. Most extremity fractures:

- A. Present an immediate threat to life
- B. Involve multiple breaks in the bone
- C. Seldom present an immediate threat to life
- D. Seldom require medical attention

43. First aid for fractures includes:

- A. Squeezing the bone hard to feel for breaks
- B. Checking blood flow and nerves distal to the injury
- C. Wrapping the site with an elastic bandage
- D. All of the above

44. Distal circulation can be checked by:

- A. Feeling for the radial pulse for an arm injury
- B. Feeling for the posterior tibia pulse for a leg injury
- C. Using the capillary refill test on the injured extremity
- D. All of the above

45. To identify problems with the nerve response of a forearm fracture, one should:

- A. Have the patient move their hand in a circular motion
- B. Check the pulse in the wrist
- C. Indicate to the rescuer if he feels the rescuer touching the patient's fingers by slightly moving the finger they touch
- D. Watch for a skin color change

46. What is the most obvious sign of a dislocation?

- A. Deformity
- B. Swelling
- C. An open wound
- D. Tenderness

47. A tear or stretch of a ligament occurs in what injury?

- A. Dislocation
- B. Sprain
- C. Strain
- D. None of the above

48. Most ankle sprains occur when the foot turns _____ and stress is placed on the _____ of the ankle.
- A. Inward, outside
 - B. Inward, inside
 - C. Outward, outside
 - D. Outward, inside
49. The victim with a dislocated shoulder will typically not be able to bring the dislocated arm:
- A. Down alongside the body
 - B. Against the chest
 - C. Raised up in the air
 - D. All of the above
50. A fracture becomes serious when:
- A. It has severe bleeding
 - B. It interferes with circulation of that area
 - C. It interferes with the nerve supply of that area
 - D. All of the above

CHAPTER 8: Specific Bone and Joint Injuries

51. The collar bone is also known as the:
- A. Patella
 - B. Clavicle
 - C. Fibula
 - D. Xiphoid
52. An injury to the shoulder resulting in complete loss of function is _____ to be a dislocation than a fracture.
- A. More likely
 - B. Less likely
 - C. Just as likely
 - D. None of the above
53. With a clavicle fracture, the victim usually holds the injured arm:
- A. Down along the side of the body
 - B. Out to the side
 - C. Across the chest
 - D. Straight in front of the body

54. Which bone is the largest (longest) bone in the body?

- A. The humerus
- B. The femur
- C. The pelvis
- D. The tibia

CHAPTER 9: Circulatory Emergencies

55. Which of the following statements about the heart is true?

- A. The heart is a two-chambered muscular pump.
- B. The right side of the heart pumps the blood to the body.
- C. There are one-way valves, which are responsible for the flow of blood through the heart.
- D. Veins carry oxygenated blood away from the heart

56. The following treatment procedure is for what medical problem? Administer the patient's own nitroglycerin tablet, have the patient relax, if possible. Give the victim supplemental oxygen, if available.

- A. Stroke
- B. Angina
- C. Migraine
- D. Acute Abdomen

57. Select the medical problem that is best represented by the following signs and symptoms:

The patient has low blood pressure as indicated by a very weak, rapid radial pulse, is anxious, nauseous, physically weak, shaking, pale, sweating, and is breathing fairly rapidly.

- A. Hyperthermia
- B. Diabetic ketoacidosis
- C. Shock
- D. Stroke

58. Pain from a heart attack may spread from the chest to the:

- A. Lower back
- B. Neck
- C. Arms
- D. All of the above

59. The type of shock due to a severe allergic reaction is:

- A. Septic
- B. Hypovolemic
- C. Anaphylactic
- D. Neurogenic

60. Management for all types of shock includes:

- A. Give three glasses of water
- B. Call for evacuation
- C. Place the victim in the recovery position.
- D. Have him walk fast to increase his circulation

61. Anaphylaxis is a special type of shock and must be treated with:

- A. Aspirin
- B. Antibiotics
- C. Epinephrine
- D. Codeine

62. Shock can occur from:

- A. Blood loss
- B. Severe dehydration
- C. Fright
- D. All of the above

63. Which of the following may bring on angina pectoris?

- A. Physical exertion
- B. Emotional stress
- C. Playing tennis
- D. All of the above

CHAPTER 10: Respiratory Emergencies

64. Asthma results from:

- A. A narrowing of the air passages in the lungs
- B. A narrowing of the coronary arteries
- C. A narrowing of the carotid arteries
- D. A foreign body airway obstruction

65. Cyanosis, wheezing, and inability to take a full breath are all signs of:

- A. Hyperventilation
- B. Emphysema
- C. Laryngitis
- D. Asthma

66. The space between the lungs and the chest wall is known as:

- A. The tracheal space
- B. The bronchial space
- C. The pleural space
- D. The membrane

67. To manage multiple rib fractures with paradoxical chest motion, one should:

- A. Bind the chest tightly
- B. Splint the fractured ribs with a board splint
- C. Splint by taping a bulky dressing over the area
- D. Do nothing, because of breathing

68. What is the main symptom of a fractured rib?

- A. Nausea
- B. Pain
- C. Paralysis
- D. Shock

69. The condition where trapped air fills a portion of chest cavity is called _____.

- A. Pneumothorax
- B. Hemothorax
- C. flail chest
- D. pulmonary embolism

CHAPTER 11: Neurologic Emergencies

70. A stroke occurs when:

- A. The heart muscle does not get as much blood as it needs
- B. The blood supply to part of the heart muscle is severely reduced or stopped
- C. Blood vessels to the brain rupture or become plugged
- D. The brain's cells receive abnormal stimulation

71. Deformity of the skull can be a sign of:

- A. Concussion
- B. Contusion
- C. Skull fracture
- D. Scalp wound

72. What signs and symptoms would indicate increasing intracranial pressure in a head-injury victim?

- A. Memory loss
- B. Headache
- C. Seizure
- D. All of the above

73. How would you control bleeding when a skull fracture is suspected?

- A. Apply direct pressure to the wound
- B. Apply pressure around the edges of the wound
- C. Apply a dressing but do not apply any pressure to the head
- D. Irrigate the wound with clean water

- 74. If the victim with head injury vomits, you should:**
- A. Roll the victim onto his or her side
 - B. Roll the victim onto his or her side while stabilizing the neck
 - C. Roll the victim onto his or her stomach
 - D. Keep the victim from moving, despite vomiting
- 75. The following signs or symptoms indicate what type of problem? The pupils become unequal, pulse slows, breathing becomes irregular and body temperature rises.**
- A. TIA
 - B. Increased brain bleeding
 - C. Angina
 - D. Hyperglycemia
- 76. The main difference between a TIA and a stroke is that the symptoms of TIA are _____.**
- A. Permanent
 - B. Regular
 - C. Predictable
 - D. Transient
- 77. True or False: Always consider the possibility of a spinal injury when a serious head injury has occurred.**

CHAPTER 12: Abdominal Emergencies

- 78. An open injury to the abdomen with protruding bowel should be treated by:**
- A. Applying pressure to the wound
 - B. Covering the bowel with a moist, sterile cloth
 - C. Placing the victim in the recovery position
 - D. Applying a dry dressing
- 79. The spleen is located in which quadrant of the abdomen?**
- A. Upper right
 - B. Upper left
 - C. Lower right
 - D. Lower left
- 80. Evacuate for all the following abdominal problems EXCEPT:**
- A. Persistent abdominal pain for more than 8 hours
 - B. Abdominal pain that increases with cough, movement
 - C. Uncontrolled bleeding from an abdominal wound
 - D. Abdominal pain that eases with rest

CHAPTER 13: Diabetic Emergencies and Allergic Reactions

- 81. The function of insulin is to take _____ from the blood and carry it into the cells to be used.**
- A. Water
 - B. Calcium
 - C. Sugar
 - D. Adrenaline
- 82. What are the two types of diabetes?**
- A. Type 1 and Type 2
 - B. Simple and complex
 - C. Type A and Type B
 - D. Type B and Type C
- 83. Too much _____ and not enough _____ leads to low blood sugar.**
- A. Sugar, insulin
 - B. Insulin, sugar
 - C. Water, sugar
 - D. None of the above
- 84. Which of the following are signs and symptoms of hypoglycemia?**
- A. Relatively gradual onset
 - B. Relatively sudden onset
 - C. Extreme thirst
 - D. All of the above
- 85. Staggering, poor coordination, and confusion after skipping a meal are all signs and symptoms of:**
- A. Hypoglycemia
 - B. Hyperglycemia
 - C. Seizure
 - D. Stroke
- 86. First aid for hypoglycemia includes:**
- A. Giving the victim a candy bar
 - B. Restricting fluid intake if the level of responsiveness has decreased
 - C. Evacuate those who do not recover
 - D. All of the above

87. **When the rescuer is working with a known diabetic, who has altered consciousness, glucose or sugar can be placed where?**
- A. On the tongue
 - B. Rubbed on the face or chest
 - C. Between the cheek and gum
 - D. In the nose
88. **Which of the following are signs and symptoms of hyperglycemia and ketoacidosis?**
- A. Frequent urination
 - B. Fruity breath odor
 - C. Extreme thirst
 - D. All of the above

CHAPTER 14: Genitourinary Problems

89. **True or False: Bleeding during a pregnancy of less than 12 weeks' duration indicates a possible miscarriage.**
90. **True or False: When working with an emergency child delivery, make sure the child is breathing and is kept warm after birth.**
91. **True or False: Fever, chills, and back pain with burning on urination usually indicate an infection.**
92. **True or False: Sudden, severe flank pain, with no history of trauma, could indicate a kidney stone problem.**
93. **True or False: A woman more than 5 months pregnant who gets cramps lasting about 30 seconds every 15 minutes may be in labor.**

CHAPTER 15: Physical and Environmental Hazards

94. **The first stage of hypothermia is characterized by:**
- A. Shivering
 - B. Sleepiness, apathy
 - C. Indifference
 - D. Exhaustion

- 95. The proper placement of an ice bag in a heat stroke situation is:**
- A. Neck
 - B. Armpits
 - C. Groin
 - D. All of the above
- 96. Hot, dry skin is an indication of:**
- A. Heat exhaustion
 - B. Hypothermia
 - C. Shock
 - D. Classical heat stroke
- 97. At altitude the brain has become swollen and pressure is building up. What is this condition called?**
- A. HAPE (high altitude pulmonary edema)
 - B. HACE high altitude cerebral edema)
 - C. AMS (acute mountain sickness)
 - D. Hyperthermia
- 98. Descent is the most important treatment in which kind of AMS?**
- A. HAPE (high altitude pulmonary edema)
 - B. HACE high altitude cerebral edema)
 - C. AMS (acute mountain sickness)
 - D. All of the above
- 99. Heat loss occurs from all of the following EXCEPT:**
- A. Convection
 - B. Shivering
 - C. Conduction
 - D. Radiation
- 100. Which of the following procedures should not be done for victims with deep frostbite?**
- A. Allowing the injury to refreeze
 - B. Slowly rewarming the patient
 - C. Giving warm liquids to a conscious patient
 - D. Getting the patient out of wet clothes and into dry clothes

CHAPTER 16: Poisons, Toxins, and Poisonous Plants

101. Never induce vomiting if:

- A. The victim has swallowed a caustic substance
- B. The victim is unconscious
- C. There are burns around the victim's mouth
- D. All of the above

102. A Poison Control Centre may advise that you use activated charcoal. Why is activated charcoal used after vomiting?

- A. It soothes the stomach
- B. It dissolves the remaining poison
- C. It bonds with the poison and prevents absorption of the remaining poison
- D. None of the above

103. Upon skin contact with a known poisonous plant, what should be done?

- A. Have the victim drink milk
- B. Wash the exposed area with soap and water
- C. Apply body lotion to the area
- D. Evacuate the area

104. On a cold, wet day, hikers decided to cook lunch on a stove inside a tent. What type of poisoning can occur in this situation?

- A. Absorbed poison
- B. Ingested poison
- C. Inhaled poison
- D. Injected poison

105. A hiker is experiencing severe stomach cramps 30 minutes after eating mushrooms. How would you treat this problem?

- A. Evacuate to nearest hospital if possible
- B. Be compassionate
- C. Place the victim on his left side
- D. All of the above

CHAPTER 17: Animal Bites, Human Bites, and Snake Bites

106. The virus causing rabies is usually spread through:

- A. Infected saliva
- B. Infected air
- C. Infected feces
- D. All the above

- 107. A triangular, flat head wider than the neck, elliptical pupils, and a heat-sensitive pit between the eye and nostril are all characteristics of:**
- A. Coral snakes
 - B. Cobra snakes
 - C. King snakes
 - D. Pit viper snakes
- 108. How soon will swelling begin after an envenomated pit viper bite?**
- A. A few minutes
 - B. 1 hour
 - C. 1 day
 - D. 1 week
- 109. Two small puncture wounds, severe burning pain, swelling and discoloration with blood-filled blisters, are all signs or symptoms of what type of snake bite?**
- A. Coral snake
 - B. Green garden snake
 - C. Copperhead
 - D. Garter snake

CHAPTER 18: Insect and Arthropod Bites and Stings

- 110. Which of the following insects leaves its stinger behind in the skin?**
- A. Wasp
 - B. Honeybee
 - C. Yellow jacket
 - D. All of the above
- 111. The major life-threatening problem associated with stings or bites is:**
- A. Psychological fright that causes cardiac arrest
 - B. Allergic reaction
 - C. Major bleeding from the bite
 - D. The area that is affected will die
- 112. What should be done if the stinger from a honeybee is found embedded in the skin?**
- A. Pull it out with your fingers
 - B. Pull it out with tweezers
 - C. Scrape it away with a long fingernail or knife blade
 - D. All of the above

- 113. The most effective treatment for a severe allergic reaction to insect stings is:**
- A. Antihistamine
 - B. Epinephrine
 - C. Nitroglycerin
 - D. Ibuprofen
- 114. Which of the following are signs and symptoms of a brown recluse spider bite?**
- A. Ulcer formation at the bite site
 - B. Severe muscle pain
 - C. Heavy sweating
 - D. Faint bite marks
- 115. Early indications of Lyme disease include a high fever and flu-like illness after a Tick bite. The only visible sign of Lyme disease is:**
- A. An ulcer at the bite site
 - B. A red bull's eye rash at the bite site
 - C. A bruise at the bite site
 - D. A large red bump at the bite site
- 116. Signs and symptoms of life-threatening reaction to an insect sting include:**
- A. Bluish skin color
 - B. Seizures
 - C. Inability to breathe
 - D. All of the above
- 117. Worrisome reactions to insect stings include:**
- A. Hives
 - B. Swelling of lips and tongue
 - C. Wheezing
 - D. All of the above
- 118. After washing the sting site with soap and water, which of the following can be applied:**
- A. Body lotion
 - B. A heat pack
 - C. Cold to help reduce swelling
 - D. Any of the above

CHAPTER 19: Water Emergencies

119. For a sea urchin, catfish, or stingray puncture:

- A. Apply a cold pack for 15 minutes
- B. Soak the injured part in hot water for 30 to 90 minutes
- C. Elevate the wounded extremity
- D. Probe the wound for any remaining pieces of spine

120. The most important management of a Portuguese man-of-war sting is to:

- A. Immediately rinse with sea water
- B. Rub the tentacles off
- C. Give aspirin
- D. Apply ice

121. The most serious medical problem from scuba diving is:

- A. Shark bites
- B. Near drowning
- C. Panic attack
- D. Decompression illness