

**The First Aid Provider**

1. OSHA defines First Aid as, " \_\_\_\_\_ care provided for injury or \_\_\_\_\_ illness before professional emergency medical treatment becomes available.
2. What are the essential responsibilities of a first aid provider:
  - a. \_\_\_\_\_ a medical emergency
  - b. Making a \_\_\_\_\_ to help
  - c. Identify \_\_\_\_\_ and ensuring personal safety. If unsafe, DO NOT enter.
  - d. Activating \_\_\_\_\_ system.
  - e. Providing \_\_\_\_\_ basic first aid care.

**Legal Considerations**

3. Who do the Good Samaritan laws protect and what do the laws say?
  
  
  
  
  
  
  
  
  
  
4. What must you ask a person who is responsive?
  
  
  
  
  
  
  
  
  
  
5. What is implied consent?

**Recognizing an Emergency and Deciding to Help**

6. Mechanism of injury is the manner in which a \_\_\_\_\_ creates an injury.

**Personal Safety**

7. What is most commonly used barrier? What are 2 keys points to removing them when done.

**Emergency Medical Services**

8. Immediate EMS activation is recommended when a person is \_\_\_\_\_, a significant mechanism of injury has occurred, a \_\_\_\_\_ sign of serious \_\_\_\_\_ exists, or the severity of a person's condition is \_\_\_\_\_.
9. What does EAP stand for? What is it?

## **Respiratory and Circulatory Systems**

10. Arteries carry oxygenated blood away from the heart and veins carry oxygen-poor blood back to the heart.

## **Sudden Cardiac Arrest and Early Defibrillation**

11. \_\_\_\_\_ allows a bystander to restore some oxygen to the brain during sudden cardiac arrest, but the most effective treatment is \_\_\_\_\_.
12. After as little as 10 minutes, defibrillation is rarely \_\_\_\_\_.
13. An AED can \_\_\_\_\_ or even \_\_\_\_\_ the chance of survival of cardiac arrest.

## **Chain of Survival**

14. The Chain of Survival has the following 5 interdependent links:
- Immediate recognition and activation of EMS.
  - Early CPR with effective chest compressions
  - Rapid defibrillation
  - Effective advanced life support procedures; medication used by paramedics
  - Integrated post-cardiac arrest care.

## **Chest Compressions**

15. For chest compressions you should:
- Position person face-up on a flat, firm surface. Kneel close to chest.
  - Place \_\_\_\_\_ on center of chest and the other hand on top of fist.
  - Position your shoulders directly above your hands.
  - Lock your elbows and use your upper body weight to push.
  - Push hard straight down at least \_\_\_\_\_ inches.
  - Lift hands and allow chest to full rebound.
  - Push fast at a rate of at least \_\_\_\_\_ - \_\_\_\_\_ times per minute.

## **Rescue Breaths**

16. When giving rescue breaths:
- The \_\_\_\_\_ tilt, \_\_\_\_\_ is the recommended way to open the airway.
  - Open the airway each time you give a breath.
  - Use a protective barrier such as a \_\_\_\_\_.
  - Avoid blowing too hard or too long.
  - Each breath is one second in length. Create a visible rise of the chest.
  - Remove your mouth and let the person exhale completely.

## **Primary Assessment: Unresponsive Person**

17. Primary Assessment:
- Pause and \_\_\_\_\_ for hazards.
  - \_\_\_\_\_ the shoulder and ask loudly, "Are you okay?"
  - If person is unresponsive, have another bystander activate EMS. If you are alone with an unresponsive adult, you should activate EMS yourself.

- d. Look at face and chest for normal breathing. If found, put the person in the recovery position. If person is not breathing or only gasping, perform CPR.

### **Unresponsive and Breathing – Recovery Position**

18. If a person is unresponsive and breathing the recovery position can help maintain and protect the airway until \_\_\_\_\_ responds. Roll the person to \_\_\_\_\_ position.
19. If a person has been seriously injured, should you move them? When should you move them?

### **Unresponsive and NOT Breathing**

20. If you do not want to perform rescue breaths on a person who needs CPR, what should you do?
  
  
  
  
  
  
  
  
  
  
21. If a person has fluids in the airway, what do you need to do to clear the airway?
  
  
  
  
  
  
  
  
  
  
22. Can you make a person worse who is in cardiac arrest?
  
  
  
  
  
  
  
  
  
  
23. CPR ratio of compressions to breaths is \_\_\_\_\_ compressions to \_\_\_\_\_ breaths. You should ALWAYS do compressions first.
24. You should continue CPR until another \_\_\_\_\_ or \_\_\_\_\_ takes over, the person shows Signs of life or you are too exhausted.

### **Automatic External Defibrillators/Basic AED operation/Troubleshooting and Other Considerations**

25. Steps to using an AED:
  - a. Turn ON the AED.
  - b. Adhere the defibrillation pads to the person's bare chest. The pads have pictures on them to assist in proper positioning.
  - c. Allow the \_\_\_\_\_ to analyze the heart rhythm. Make sure no one is touching the person.
  - d. Safely deliver a shock if advised to by the AED. Give a verbal warning before delivering shock.
  - e. Immediately after giving shock, resume CPR, starting with \_\_\_\_\_.
  - f. If no shock is indicated by the AED, resume \_\_\_\_\_.

26. AED's \_\_\_\_\_ be used in standing water. They can be used on a person laying on a wet surface. An AED should \_\_\_\_\_ be immersed in water or have fluids spilled on it. AED's can be used on metal surfaces.

### **Choking**

27. If someone is choking, a forceful \_\_\_\_\_ beneath the ribs and up into the diaphragm can compress the air in the chest and "pop" the object out. Direct compression over the \_\_\_\_\_ can also create enough pressure.
28. With a \_\_\_\_\_ blockage, a person can speak, cough or gag. This is typically cleared by \_\_\_\_\_. With a severe blockage, a person cannot dislodge the object on his own.
29. Signs of a \_\_\_\_\_ blockage are: very little or no air exchange, lack of sound, the inability to speak or cough forcefully, and the person may hold his hands to the throat.
30. If you are alone and choking, try pressing your abdomen against a \_\_\_\_\_.

### **Primary Assessment – Responsive Person**

31. Primary assessment's goal is to look for immediately \_\_\_\_\_ conditions, including bleeding and shock.
32. If there is a bluish color to the skin, it can indicate a lack of oxygen.
33. Cool, wet skin can indicate \_\_\_\_\_.

### **Secondary Assessment**

34. DOTS is part of secondary assessment to help look for signs of injury. They stand for:
35. If at any time you suspect a spinal injury, you should immediately provide what:

### **Spinal Motion Restriction**

36. If someone has an illness, SAMPLE can be used to help determine more information about it:
37. Arterial bleeding is bright \_\_\_\_\_ and will often spurt from a wound. If the blood is dark red and flowing steadily, it is likely coming from a damaged vein. Activate EMS immediately for any \_\_\_\_\_ bleeding.
38. Continuous \_\_\_\_\_ and \_\_\_\_\_ pressure applied to the wound is the best method for controlling external bleeding.

### **Internal Bleeding (caring for serious injury)**

39. What can create injury and bleeding inside the body?

40. Signs of shock may be the earliest indication that \_\_\_\_\_ bleeding is occurring.

### **Managing Shock**

41. Shock develops when poor blood flow creates a shortage of oxygen to body tissues.

42. What are 2 signs of shock?

- a. skin becomes pale, cool, and sweaty
- b. person becomes uneasy, restless or worried
- c. responsiveness may diminish

43. What are 2 things you can do to help control the effects of shock?

- a. keep airway open
- b. control external bleeding
- c. maintain body temperature (cover, but don't overheat them)
- d. don't give them anything to eat or drink

### **Head, Neck or, Back Injury**

44. What are 2 things considered to be a significant force that may cause spinal injury?

- a. Falling from a significant height
- b. Tripping in the woods
- c. Motor vehicle crash

45. Injury to the spinal cord can result in temporary or permanent paralysis or in a life-threatening

46. What are things you should ask about to determine whether or not there is a spinal injury?

- a. Ask how the injury occurred.
- b. Ask about numbness, tingling, burning, or loss of sensation in the arms or legs.

47. What should you do immediately if you suspect a spinal cord or brain injury?

### **Swollen, Painful, Deformed Limb**

48. There are 4 different types of injuries affecting bones, muscles and joints:

49. The immediate treatment for a skeletal injury is to minimize movement and prevent additional injuries.

### **Burns (Fire, electrical, and chemical)**

50. Minor burns should be covered with a \_\_\_\_\_ sterile pad and generally heal without further treatment. Critical burns over a large area of the body are the most severe and require activation of EMS \_\_\_\_\_. Expose the affected area by cutting or tearing away clothing. Do not remove clothing if it is \_\_\_\_\_.

51. If a chemical burn is present, flush with \_\_\_\_\_ until the burning sensation stops.
52. An electrical shock can burn the skin or cause an abnormal \_\_\_\_\_ rhythm.

### **Warning Signs of Sudden Illness**

53. What are 2 of the most common warning signs of serious illness and require activation of EMS?

### **Altered Mental Status**

54. A \_\_\_\_\_ occurs when the blood supply to a portion of the brain is suddenly interrupted.
55. A quick method to determine if someone could be suffering from a stroke is to ask the person to \_\_\_\_\_, hold up both their arms, and to \_\_\_\_\_ a simple \_\_\_\_\_.

### **Diabetic Emergencies**

56. A \_\_\_\_\_ can occur when the amount of sugar in the \_\_\_\_\_ becomes very high or very low.
57. If a person is known to be diabetic and they are not able to swallow, activate EMS and \_\_\_\_\_ GIVE ANYTHING TO EAT OR DRINK. If the person is responsive and able to swallow, give sweet juice, candy or any sweet substance containing real sugar.

### **Seizure**

58. \_\_\_\_\_ are triggered by excessive electrical activity within the brain. Protect the person during the seizure. Do not put anything in the mouth. Activate EMS if the person is injured during the seizure, but has not history of seizure, or continues to seize for more than 10 minutes.

### **Breathing Difficulty, Shortness of Breath**

#### **Asthma**

59. If a person with asthma does not improve within \_\_\_\_\_ minutes, activate EMS.

### **Severe Allergic Reaction**

60. A severe allergic reaction or \_\_\_\_\_ is an extreme response of the body's immune system. In general, the faster a reaction happens, the more \_\_\_\_\_ it is.

### **Pain, Severe Pressure, or Discomfort in the Chest**

61. What are some signs and symptoms of a heart attack?

62. \_\_\_\_\_ can be life saving for a person having a heart attack. While waiting for \_\_\_\_\_ to arrive, encourage the person to chew one non-coated adult tablet.

### **Severe Abdominal Pain**

63. Severe abdominal pain can be a warning sign of serious illness. The abdomen may be rigid or tender to the touch. EMS should be activated and the person made comfortable and reassured.

### **Ingested Poisoning/Inhaled Poisoning**

64. Children under the age of \_\_\_\_\_ account for over half of all poisonings. If you suspect someone has ingested something act quickly. Activate EMS and/or call the national poison help hotline \_\_\_\_\_.
65. With ingested or inhaled poisoning, help identify the substance and provide details about the incident.

### **Heat Exhaustion/Heat Stroke**

66. Heat exhaustion is a generalized raising of the \_\_\_\_\_ temperature. Signs of heat illness include \_\_\_\_\_, and \_\_\_\_\_, \_\_\_\_\_ skin. May be nauseated and \_\_\_\_\_. They may complain of a headache or dizziness. Stop the person from their activity. Cool them with water, wet cloths, and encourage them to drink cool fluids.
67. Signs of heat stroke include: skin can become \_\_\_\_\_. This is a medical emergency and EMS should be activated. The best treatment is to immerse the person in \_\_\_\_\_ up to their neck.

### **Hypothermia/Frostbite**

69. \_\_\_\_\_ is a generalized cooling of the body. To help recognize hypothermia, look for pale, cold skin, uncontrollable shivering, loss of coordination, difficulty speaking, and an altered mental status. Activate EMS if available.
70. Frostbite develops when skin \_\_\_\_\_. Re-warm the area if possible, do not let the person use the affected part after it is thawed and get them medical care as soon as possible.

### **Emergency Moves**

71. It is best never to move an injured person unless they are clearly in danger. Use the drag, pulling in the direction of the long axis of the body. You can use their \_\_\_\_\_, \_\_\_\_\_, or a \_\_\_\_\_ to drag them.

### **Emotional Considerations**

72. What should you do to help yourself deal with the emotional stress of caring for an individual?