

# FIRST AID

## Study Topics

At a **minimum**, the following topics are to be studied for the first aid exam.

### TOPIC

Avoid getting air in stomach during rescue breathing

Burns – Kinds of Burns & Care

Calling for Help in Emergency

Care of Victims

Caring for Bites and Stings

Caring for Children with Breathing Emergency

Caring for Infant with Breathing Emergency

Caring for Heart Attack

Caring for Major Wounds

Caring for Victims in Emergencies

Checking Conscious & Unconscious Victims

Common Cause of Choking

Disease Transmission

Emergency Action Steps

Head and Spine Injuries

Heat Exhaustion / Heat Stroke

Poisoning (Symptoms of Poisoning)

Preventing Disease Transmission

Rescue Breathing

Seizures

Sudden Illnesses (Diabetes, Fainting)

Signs of Breathing Emergency

Signals and care for Internal Bleeding,

Signals of Heart Attack

Signs and care for Asthma

Signs and care for **Hyperventilation**

Signs and Care for Shock

Special Situations

Splinting

Temperature Related Illnesses (HEAT, COLD)

Types of Wounds and Infections

## **THINGS TO REMEMBER FOR THE FIRST AID TEST**

When giving rescue breathing, you want to avoid:

Getting Air into the Victim's Stomach

If a student is having a seizure, the proper procedure is:

Prevent the Student from Injuring Himself

What care should be given to a snakebite victim:

Wash the Wound and Immobilize the Injured Area, keeping Lower than the Heart

When a child's heart stops, it is usually the result of:

A Breathing Emergency

What causes a body to go into shock?

Improper Circulation of Blood

How do you help a child that is making a high pitch sound while coughing or cannot cry?

Position Infant Face Down on Forearm - Give 5 back blows,  
Turn Infant Face Up - Give 5 Chest Thrusts

People with breathing problems may feel:

Dizzy or Light-headed, May have Pain in the Chest or Tingling in the Hands/Feet.

If a student has been bitten by a spider the first aider should:

Wash the Wound, Apply Cold and Seek Medical Help

The signals of poisoning include:

Vomiting, Diarrhea, Chest or Abdominal Pain, Burns around the Lips or Tongue, Changes in Consciousness and Seizures

When calling 911 for help you should:

Not Hang Up until the Dispatcher States They Have All the Necessary Information.

When is an emergency life threatening?

When the person is not breathing or breathing with difficulty, has no pulse, or bleeding severely.

Dressings are:

Pads Placed Directly on the Wound

The purpose of splinting is:

To Keep an Injured Part from Moving

To treat hypothermia you should:

Remove Wet Clothing, Warm Victim Slowly, Wrap the Victim in Blankets

Your Role in the EMS system includes four basic steps. They are:

Recognize, Decide, Call, Provide

A bandage is:

Any Material used to Wrap or Cover, Support or Hold, or Apply Pressure to an Injured Part of the Body.

When dealing with a nosebleed you should:

Pinch Nostrils Together, Apply Ice Pack to the Bridge of the Nose, and Put Pressure on the Upper Lip Just Under the Nose.

When treating an electrical burn you should:

Cover the Burn with a Dry Sterile Dressing and Do Not Cool or Ice the Area.

Asthma may be triggered by:

Reactions to Food, Pollen, Medications, Insect Stings or Bites, Emotional Stress or Physical Activity.

A Choking Victim who is unable to cough or speak and give a distress signal needs:

The Heimlich Maneuver or a Series of Upward Thrusts to the Abdomen.

A large bruise may indicate:

Damage to Deep Tissues, May Swell and Discolor, and May Turn Dark Red or Purple

When treating a First Degree Burn you should:

Cool the Area with Water and Apply a Sterile or Clean Dressing and Not Pull Clothing over the Burned Area,.

When making a decision about order of treatment, what four areas should be treated before others?

Emergencies Involving Breathing, Heartbeat or Pulse, Severe Bleeding, and Shock

A roller bandage is used for?

To Keep Pressure on a Part of the Body and to Control Swelling and give support.

The best method of use for controlling profuse bleeding it to:

Apply Direct Pressure, Elevate if Possible.

When caring for a person in shock you should:

Call for Help, Lay Victim Down, Elevate legs, Control Bleeding.

The law that protects an individual when they stop to help an accident victim is?

The Good Samaritan Law

After Splinting an injury you should:

Maintain Victim's Temperature, Apply Cold, Elevate the Injured Part, Reassure the Victim.

If a person is having a diabetic emergency and is conscious you should:  
Give Food or Fluids Containing Sugar.

The leading cause of death each year is?  
Accidents.

If a student is unconscious and is not breathing, you should:  
Start CPR.

Where do you check for a pulse on an adult?  
At the Side of the Neck - Carotid Artery

When should you move an injured person?  
When There is Immediate Danger, To Provide Proper Care, or If You Need to Get To Another Victim.

A victim can transmit disease carrying germs during First Aid Treatment by:  
Breathing, Biting or Touching

The three basic steps you can take in any emergency are:  
Check , Call , Care

Where should you check an infant's pulse?  
Under the Arm Midway between the elbow and the shoulder.

If a victim does not respond to you in any way, you must assume he is unconscious and you should do what:  
Call the Emergency Response Team - 911

A dressing is used to:  
Control Bleeding , Prevent Contamination, Absorb Blood and Secretions.

You suspect a heart attack, what should be done for the victim?  
Have Victim Stop Activity and Sit Down, and call the EMS.

If an infant is not breathing you should:  
Breathe Slowly and Gently So as Not to Put Air into the Stomach.

Signs and signals of internal bleeding are:  
Tender, Swollen or Bruised Areas with a Rapid and Weak Pulse.

Rescue Breathing is given to anyone who is:  
Unconscious and Not Breathing and HAS a PULSE.

CPR is given to anyone who is:  
Unconscious, Not Breathing and Does Not Have a Pulse.

The treatment for burns is:  
Flush with Cool Water, Cover Areas with a Dry Clean Covering, and Keep Victim Comfortable - Not Chilled or Overheated.

The most serious burn is: Third Degree

A child takes a breath every 3 seconds.

To check to see if a person is breathing, place your ear next to the person's mouth and look, listen and feel for signs of breath.

Soft body tissue is the fatty tissue in the body, the muscle tissue in the body, anything that is not bone tissue, organs of the body.

Most bleeding will stop all by itself within minutes.

Direct pressure can be used to cut down bleeding from both open and closed wounds

Injuries to the mouth, may cause breathing problems.

To cool a minor burn, you should flush with water.

A victim with very serious third degree burns may have little or no pain.

The correct treatment for snake bite is to transport to a medical facility

A bruise is defined as bleeding under the skin

Shock can be caused by blood vessels that lose their ability to regulate blood flow

Injuries to the joints are Sprains

To treat a minor dog bite you should wash with soap and water

An open wound occurs when a broken bone tears through the skin.

Anyone bitten by any animal at any time may be infected with rabies.

If chemical poisons get on the skin, you should flush with water until medical help arrives, brush the chemical from the skin if water is not available, remove the chemical from the body being careful not get the chemical in the eyes or on any bystanders.

An allergic reaction to an insect bite or sting may cause a breathing emergency.

If applied pressure does not stop the bleeding, you should apply pressure at a pressure point between the wound and the heart.

If a person has inhaled toxic fumes their skin may be pale or bluish due to the lack of oxygen.

When covering a sucking chest wound with a dressing, leave one corner of the dressing loose, too allow the exhaled air to escape and inhaled air into the lungs.