

written exam  
**ADULT FIRST AID**

**Instructions:** Read each of the following questions carefully, and then place an “X” over the correct answer on the separate answer sheet provided. *Please do not write on the exam.*

1. **A Good Samaritan is defined as a person:**
  - a. Who renders aid to another in distress under a duty to do so.
  - b. With a duty to rescue someone who is in a dangerous situation.
  - c. Who voluntarily renders aid to another in distress with no duty to do so.
  - d. Who is trained in first aid and can recognize, assess, and prioritize the need for first aid.
  
2. **You are a trained first aid provider responding to a workplace emergency alert received on your smart phone. You are directed to a person who was struck by a nail from a pneumatic nail gun. The scene is safe. You have taken standard precautions. EMS has been activated. You have a first aid kit. The person is responsive, breathing, and holding their leg in obvious pain. You ask, “May I help you?” The person says, “Yes, please. I shot myself. I’m bleeding.” The legal concept allowing you to provide first aid in the scenario is:**
  - a. Implied consent.
  - b. Expressed consent.
  - c. Ordinary proscriptioin.
  - d. Extraordinary proscriptioin.
  
3. **All the following are life-threatening situations where quick action by a provider is essential, EXCEPT:**
  - a. Unresponsiveness.
  - b. Difficulty breathing.
  - c. Severe external bleeding.
  - d. Tenderness and swelling.
  
4. **You are providing first aid for a person who overdosed on opioids. The scene is safe, and you have taken standard precautions. The person is unresponsive. EMS has been activated. You have an AED readily available but no naloxone. The person is breathing normally. You should:**
  - a. Obtain consent.
  - b. Start compression-only CPR.
  - c. Place the person in the recovery position.
  - d. Power on the AED and follow the voice prompts.
  
5. **You are providing first aid for a person who suddenly lost consciousness. The scene is safe, and you have taken standard precautions. The person quickly regained consciousness and is now responsive. EMS has been activated. You have an AED and first aid kit readily available. The person is breathing normally, consents to first aid and says, “I was dizzy and hot.” There are no apparent life-threatening conditions present. While waiting for EMS, you perform a secondary assessment. An important element of secondary assessment is:**
  - a. Beginning immediate cooling.
  - b. Looking for medical identification jewelry.
  - c. Encouraging the person to take 1 adult 325-mg aspirin tablet.
  - d. Encouraging the person to swallow about 20 grams of oral glucose.
  
6. **You are responding to a shout for help from the lunchroom. You find a frightened coworker attempting to calm an anxious visitor who is making a high-pitched whistling noise between frequent hard coughs. Your coworker shouts, “Hurry, she’s choking on a hot dog! She was just laughing a second ago.” The scene is safe. You have taken standard precautions. Your facility’s EAP has been activated and EMS is on the way. You should:**
  - a. Encourage the person to continue coughing.
  - b. Give forceful chest thrusts with the intent of dislodging the hot dog.
  - c. Give forceful abdominal thrusts with the intent of dislodging the hot dog.
  - d. Open the person’s mouth wide, and if you see an object, remove it with your fingers.

7. You are a trained first aid provider responding to a wireless emergency alert for a worker injured by a circular saw. As you reach the scene, you see a person sitting on the ground holding a bloody hand against their chest. The scene is safe, and you have taken standard precautions. The person is responsive and consents to first aid. Blood flows continuously from a deep, jagged tear across their palm and wrist. You have a first aid kit with a 10-pack of sterile 4" x 4" gauze sponges but no hemostatic dressings or a tourniquet. You should:
- Apply the gauze sponges onto the wound. Push down hard.
  - Apply an antibiotic ointment and a clean, occlusive dressing.
  - Flush the wound with a large volume of room temperature water.
  - Wrap an elastic or self-adhesive roller bandage firmly over the wound.
8. If a person shows signs of shock, and there is no difficulty breathing, keep them lying down, face up. Cover them to help maintain body temperature. If it is wet or cold, place a water-resistant cover beneath them if available. If they complain of thirst, you should give them:
- Nothing to drink.
  - A carbohydrate-electrolyte drink.
  - A small amount of milk immediately.
  - A small amount of water immediately.
9. You are a designated first aid provider responding to a worksite emergency alert for a person with trouble breathing in the cargo terminal. The scene is safe. You have taken standard precautions. The person is responsive, perspiring heavily, anxious, and breathing rapidly. They consent to first aid. The person says, "I just can't catch my breath. I've got a dull pain in my chest, but I am not having a heart attack." EMS has been activated. Another first aid provider is bringing an AED and a first aid kit. You should:
- Keep them lying down, face up.
  - Ask the person to repeat a simple phrase.
  - Place them on their side in the recovery position.
  - Encourage the person to take aspirin if they do not have an allergy to it.
10. The memory aid FAST for stroke recognition stands for:
- Face, Arms, Speech, Time.
  - Find, Aspirin, Slurring, Treat.
  - First, Aspirin, Start, Treat.
  - Face, Age, Syncope, Time.
11. If a person with suspected heat stroke is unresponsive and breathing normally, the most important action a first aid provider can take is to:
- Place the person in the recovery position.
  - Begin immediate cooling with the resources available.
  - Have the person drink a carbohydrate-electrolyte drink.
  - Have the person stop any activity and move to a cooler place.
12. Signs of hypothermia include:
- Shivering and altered mental status.
  - Sudden weakness with blurry vision.
  - Hard, tense, and painful muscle spasms.
  - Nausea, dizziness, headache, fatigue, and heavy sweating.
13. You are a designated first aid provider responding to a request for help over your two-way radio for a person stung by yellow jackets. The scene is safe. You have taken standard precautions. You see a person sitting on a picnic table. The person says, "I stepped into yellow jacket nest. I got stung in the face." The person's lips and face are rapidly swelling. They are wheezing and coughing. They consent to first aid. EMS has been activated. You have disposable gloves and a first aid kit. They carry an EpiPen® but don't remember how to use it. You should:
- Keep the person lying down, face up.
  - Look for a medical identification bracelet to verify their allergy.
  - Administer an injection of epinephrine, using the autoinjector.
  - Flood the eyes, lips, and face with large amounts of cool water for at least 5 minutes.
14. A healthy lifestyle combined with a commitment to safety at work, home, and play:
- Can prevent many needless disabling injuries, illnesses, and deaths.
  - Is necessary for the immediate treatment for suspected sudden cardiac arrest.
  - Is necessary for a first aid provider to recognize, assess, and prioritize the need for first aid.
  - Is necessary for a first aid provider to use first aid knowledge and skills confidently and effectively.