

Health Science 1 First Aid

1. **First Aid** is the immediate care that you give someone with an illness or injury before someone with more advanced training arrives and takes over.
2. You should wash your hands for at least **20 seconds**.
3. When assessing the scene, what should you consider?**Danger to yourself or others.- How many people are injured or ill.- Where the location is.- Where the nearest telephone is.**
4. When giving abdominal thrusts to an adult who is choking, where should you place your hands?**Place your fist, thumb side in, just above the person's navel**
5. Signs of a severe allergic reaction include:**Skin rashes, itching or hives.
Swelling of the lips, tongue or throat.
Shortness of breath, trouble breathing or wheezing (whistling sound during breathing)
Dizziness and/or fainting.
Stomach pain, bloating, vomiting or diarrhea.
Uterine cramps.**
6. A person with a nosebleed should lean **forward**.
7. If someone falls down and then becomes sleepy/confused, vomits, or complains of a headache, this may be a sign of **head injury**.
8. When you phone for help, you should stay on the line with the dispatcher until **the dispatcher states that we can hang-up..**
9. How should you handle each of these situations as far as approaching a patient:
A. If the injured person responds:**Call 911 ask what happen** B. If a person refuses help:**call 911** C. If the person is not responding:**See if there breathing if not start cpr**
10. As soon as a person twists their ankle, you should **put a bag or ice with water over the injury with a towel in between the body and ice pack..**
11. Someone who has been bitten by an insect or bee may have a severe allergic reaction and should be watched for at least **30 minutes**.
12. When someone has a bite, it is preferable to wash the bite area with **A lot of soap and water**
13. Heat stroke is considered a **life-threatening** condition.
14. Remove ticks with **tweezers**.
15. Being confused may be a symptom of heat stroke and low body temperature.
16. After giving first aid, who can you talk to about it?**No one**
17. When you are providing first aid, when should you wear PPE?**To prevent disease transmission when giving care, stock your first aid kit with personal protective equipment such as disposable gloves, CPR breathing barriers, eye protection and other supplies.**
18. A person with a **Heart Attack** is usually awake and can talk but may have an uncomfortable feeling, such as pain or pressure in the chest.
19. The warning signs of **Stroke** include sudden numbness/weakness of face, arm, or leg, especially on one side.
20. If a dressing becomes soaked with blood what should you do?**Add more**
21. A woman who burned her hand in the lunchroom needs your assistance, what steps should you take?**Cool the burn with large amounts of fresh running water.Cover the burn loosely with a dry, sterile dressing.Remove her from the source of the burn.**
22. The first step in controlling bleeding is?**Cover the wound with sterile gauze or a clean cloth. Press on it firmly with the palm of your hand until bleeding stops.**
23. When caring for a victim who is having a seizure, what steps should you take?**Ease the person to the floor.
Turn the person gently onto one side. This will help the person breathe.
Clear the area around the person of anything hard or sharp. This can prevent injury.
Put something soft and flat, like a folded jacket, under his or her head.
Remove eyeglasses.
Loosen ties or anything around the neck that may make it hard to breathe.
Time the seizure. Call 911 if the seizure lasts longer than 5 minutes.**
24. In what circumstance should you remove an injured person from a scene? **if they are in uncontrollable danger, if the safety of the situation is not assured, and if you are able to take action without placing yourself at risk.**

First Aid Test Study Guide

Tao Le, Vikas Bhushan



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