

## Emergency and Standard First Aid Quiz

1. What personal protective equipment (PPE) should a first aider use if available?
  - A. Leather gloves
  - B. Goggles and gowns
  - C. Gloves and barrier device
  - D. No PPE is required
2. When approaching an emergency situation, a first aider should:
  - A. Stand in the middle of the road and tell all traffic to stop
  - B. Look as you approach the scene for any hazard, notice what happened and recognize how many people are injured
  - C. Drive by and look the other way
  - D. None of the above
3. After removing used first aid gloves:
  - A. Dispose of gloves in a biohazard container
  - B. Drop gloves on the ground
  - C. Rinse the gloves off
  - D. None of the above
4. Ontario has a Defibrillator Act that protects first aiders.
  - A. True
  - B. False
5. While you are eating at a diner you hear the person behind you coughing and that person screams "I'm choking help". What will you do to help?
  - A. Nothing she is not choking
  - B. Administer 5 back blows and 5 abdominal thrust
  - C. Perform abdominal thrusts until her airway clears
  - D. Introduce yourself, encourage her to cough and stay with her
6. You arrive at work and find a co-worker lying at the bottom of 9 steps. The co-worker is unresponsive and bleeding from the head. What should you do to help?
  - A. Tell her not to move, support her head, assign a person to call 911, get the AED and monitor ABC's
  - B. Ask her if she can get up and walk up the stairs to you
  - C. Straighten her neck, move her away from the bottom of stairs and monitor her ABC's until EMS arrives
  - D. Place your coat over her to keep her warm, and get some water for her to drink

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7. To open an unresponsive casualty's airway lying on their back the first aider must use:
  - A. Recovery position
  - B. Head tilt neck lift
  - C. Head tilt chin lift
  - D. Modified jaw thrust
8. Signs and symptoms of a heart attack may include:
  - A. Extremely weak or tired
  - B. Shortness of breath and arm pain
  - C. Jaw pain and neck pain
  - D. All of the above
9. The correct method to help control a bleed is:
  - A. Use a paper towel and take them to your doctor's office
  - B. Tell them to sit down and let you get your gloves on first
  - C. Have them apply direct pressure and sit down to allow you to get gloves
  - D. Call 911 and wait for EMS to arrive
10. When a casualty is severely choking they:
  - A. Look panicked, unable to talk and often try to leave the area
  - B. Able to cough, talk and breath and have flushed skin colour
  - C. A severe choking casualty is always unresponsive
  - D. A and B only
11. Automated External Defibrillators can only be used on adult casualties (8 years old and up).
  - A. True
  - B. False
12. Hands only CPR is ok if you don't have a barrier device.
  - A. True
  - B. False
13. You arrive at work and find a worker on the ground. After completing Look and Talk you find she is unresponsive. Your cell phone has no reception. What is the next thing you do as a first aider?
  - A. Leave
  - B. Check for any hazards and tell her "Don't Move"
  - C. Place her in recovery position and go call 911
  - D. Look for hazards and ask for permission to help

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14. Place the following action in the correct order to complete a scene survey when responding to an emergency situation as a first aider.
  - A. Look for hazards, MOI, determine how many people are injured, talk to the bystanders helping, call 911, and ask for AED
  - B. Call 911, ask for AED, look for hazards and talk to the casualty
  - C. Open airway, check for severe bleeding, and check breathing
  - D. Look for hazards, MOI, determine how many people are injured, talk to any casualties, call 911 & ask for an AED
15. Risk factors that may increase your chance of cardiovascular disease include family history, ethnic origins and age.
  - A. True
  - B. False
16. All casualties that have a heart attack describe having pain or discomfort.
  - A. True
  - B. False
17. When performing CPR, you start with:
  - A. 2 breaths
  - B. 30 compressions
  - C. 15 compressions
  - D. 1 breath
18. The first action a first aider must do with the AED when it arrives at a casualty in cardiac arrest is:
  - A. Place pads on bare chest
  - B. Finish 30 compression
  - C. Wait for a trained responder
  - D. Turn the AED on
19. If a casualty vomits during CPR the first aider must:
  - A. Stop CPR and use something to scoop out the vomit
  - B. Continue CPR with hands only compressions
  - C. Continue with 30 compressions
  - D. Stop CPR to and roll casualty onto their side and clear their mouth
20. When performing CPR on all ages the compression to breaths ratio is:
  - A. 15:2
  - B. 30:2
  - C. 5:1
  - D. 2:30

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21. When performing CPR, the rate is 100 – 120 compressions per minute.
- A. True
  - B. False
22. When providing first aid treatment for an amputated finger the first thing you do is:
- A. Stop the bleeding on the amputated finger
  - B. Pick up the amputated finger and put it directly on ice
  - C. Tell the casualty to sit down and apply pressure to their hand
  - D. Get the first aid kit
23. A Casualty who may be having a heart attack will:
- A. Complain of chest pressure or tightness
  - B. Look pale, sweaty and short of breath
  - C. Say the pain is only heartburn
  - D. All of the above
24. To stop a simple nose bleed, you should tell the casualty to:
- A. Sit down and lean their head backwards
  - B. Sit down, lean their head forward and pinch soft part of the nose
  - C. Put some paper towels in the nostril to stop bleeding and remove towels in 10 minutes
  - D. Tell the casualty to blow their nose
25. To remove a bee stinger from your skin you must:
- A. Use needle nosed tweezers
  - B. Apply mud and allow the mud to dry
  - C. Scape stinger out with a flat edge like a bank card
  - D. None of the above
26. At break time a co-worker appears drunk. While talking to him he tells you he is a diabetic. What should you do as a first aider?
- A. Sit the casualty down and call 911
  - B. Give him insulin injection, then check his blood sugar levels
  - C. Call his spouse to come and get him
  - D. Give him something containing sugary (glucose, candy or juice)

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27. You go to say hi to a neighbour but find him leaning to one side of the chair and is drooling from a droopy lip. His speech is slurred and he cannot move his right arm. He has signs of:
- A. Too much alcohol
  - B. A stroke
  - C. A heart attack
  - D. A napping individual
28. While at home a family member spills boiling water on their hand. The first aid treatment for a 1st and small 2nd degree burn is:
- A. Rinse with cool water for until not burning
  - B. Apply aloe and cover with gauze
  - C. Tell them they need to go to the hospital
  - D. Cover burns with sterile gauze to hold in the heat
29. While in the lunch room a person at your table starts to cough, are pale and their lips start to swell. This person is possibly having:
- A. A stroke
  - B. Severe allergic reaction
  - C. Will have a seizure soon
  - D. A diabetic emergency
30. A friend is visiting your house and stops talking then falls to the ground shaking what do you do as a first aider?
- A. Watch your friend closely until the seizure ends
  - B. Call Telehealth and ask for help
  - C. Instruct people to roll them into the recovery position and hold your friend's legs down
  - D. Clear the area, have someone call 911 and place in the recovery position after seizure is over

### Continue for Standard First Aid Testing

#### Child and Infant

31. You are alone and performing CPR on a 5-year-old child when do you leave to get help?
- A. Never wait for someone to arrive
  - B. As soon as you know they are unconscious
  - C. After performing up to 2 minutes of CPR
  - D. Take the child with you immediately to find help

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32. When performing CPR on an infant you must:
- A. Give 30 compressions pushing 1/3 of their chest depth (4cm) and give normal 2 breaths
  - B. Give 15 compressions pushing 2 inches (5 cm) and give 1 large breath
  - C. Give 5 compressions pushing 1/3 of their chest depth (4cm) and give normal 1 breath
  - D. Just do compressions at the rate of 160 compressions per minute
33. While at a birthday party a six-year-old child is flushed red, coughing and looks like he might vomit. You ask him if he is choking and he says "Yes". What do you do as a first aider?
- A. Get permission from Mom and perform 5 back blows and 5 chest thrusts
  - B. Get permission from Mom and perform 30 chest compressions
  - C. Nothing because he is okay
  - D. Get permission from Mom and encourage the child to keep coughing
34. When giving rescue breathes to an infant you must cover the infant's mouth and nose with your mouth.
- A. True
  - B. False

### Secondary Survey

35. The four vital signs used in first aid are:
- A. Level of consciousness, colour, movement and breathing
  - B. Mechanism of injury, colour, breathing and pulse
  - C. Movement, breathing, skin and pulse
  - D. Level of consciousness, breathing, pulse and skin
36. D. O. T. S. means:
- A. Delays, open wounds, tenderness and signs
  - B. Deformity, open wounds, tenderness and swelling
  - C. Deformity, open wounds, time and symptoms
  - D. None of the above
37. The carotid pulse is checked for an adult casualty.
- A. True
  - B. False
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# Emergency and Standard First Aid Quiz

## Head, Spine and Pelvis Injuries

38. A major organ that may be affected if the casualty has a pelvis injury is:
- A. Lungs
  - B. Stomach
  - C. Bladder
  - D. Heart
39. Signs and symptoms of a suspected back injury may include:
- A. Memory loss and confusion
  - B. Unable to feel legs
  - C. Pain in back
  - D. Both B and C

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## Chest Injuries

40. First Aid treatment for a penetrating chest wound is:
- A. Place gauze over the wound to stop the bleed
  - B. Place plastic over wound and tape three sides of
  - C. Place gauze over wound and tape over wound on all sides
  - D. None of the above
41. Embedded objects in a casualty's chest should be:
- A. Removed from the casualty's chest
  - B. Moved around to see if it is loose enough to take out
  - C. Immobilized with bulky materials
  - D. All of the above
42. An injury that has 2 or more ribs fractured in 2 or more places is called:
- A. Femur fractures
  - B. Flail Chest
  - C. Penetrating fracture
  - D. Blast fracture

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## Heat and Cold Injuries

43. The first aid treatment for a casualty suffering from heat stroke is:
- A. Place in cool area, fan and mist them
  - B. Place in cool area and give lots of cold drinks
  - C. Place in a cool area and remove all clothing
  - D. Place in a cool area, remove excess clothing and cool rapidly with ice

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44. When a casualty has mild hypothermia:
- A. The casualty will shiver
  - B. The casualty will be unresponsive
  - C. The casualty will not know they have a problem
  - D. The casualty will feel warm
45. First aid treatment for a casualty with deep frost bite is:
- A. Seek medical attention
  - B. Injury is not painful so no treatment is needed
  - C. Replace wet clothing with dry clothing
  - D. Both A and C
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### Eye Injuries

46. The first aid treatment for a casualty with any eye injury is:
- A. Cover the injured eye only
  - B. Attempt to remove any embedded objects
  - C. Attempt to cover both eyes
  - D. None of the above
47. An eye that has been knocked out should be replaced immediately to prevent infection.
- A. True
  - B. False
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### Bone and Joint Injuries

48. When assisting a casualty with a suspected fractured ankle, a first aider should:
- A. Call 911 immediately
  - B. Straighten the leg and splint the injury and move towards EMS
  - C. Will get them to rest, immobilize the injury, apply cold and elevate the leg
  - D. All the above
49. Slings are used in first aid treatment to:
- A. Give comfort to the casualty by immobilizing injury
  - B. Allow the casualty to stay home and not have to see a doctor
  - C. Should not be used; slings extend injuries healing time
  - D. None of the above



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50. A dislocation is:
- A. A broken bone that has broken the skin
  - B. Tendons that have been over used
  - C. Two bones that have separated
  - D. Another name for an ankle fracture
51. When splinting a forearm injury:
- A. Place the hand flat inside the splint
  - B. Leave the hand out of the splint
  - C. The hand position does not matter
  - D. Place hand in the neutral position
52. Before and after immobilizing an injured area you must check colour, sensation and movement of the area
- A. True
  - B. False

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### Poisoning

53. Poisons can enter the body through:
- A. Absorption, injection and ingestion
  - B. Absorption, inhalation, injection, osmosis and ingestion
  - C. Absorption, inhalation, injection and ingestion
  - D. None of the above
54. Material Safety Data (MSDS) or Safety Data Sheets (SDS) are mandatory at all work places that contain chemicals.
- A. True
  - B. False

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### Multiple Casualty Management

55. A first aider must triage a scene when:
- A. There are many hazards around
  - B. There are many bystanders helping
  - C. The casualty has multiple injuries
  - D. There are multiple casualties
56. At a multiple casualty scene, the first aider must Look, Talk, Call, ABC. The casualties will be given first aid treatment in this order:
- A. Unresponsive and not breathing, arterial bleed, fractured leg, abrasions
  - B. Arterial bleed, fractured leg, abrasions, unresponsive and not breathing
  - C. Fractured leg, abrasions, unresponsive and not breathing, arterial bleed
  - D. Abrasions, unresponsive and not breathing, arterial bleed, fractured leg

# Emergency and Standard First Aid Quiz

## Rescue Moves

57. First aiders should never move casualties unless their life is in danger.
- A. True
  - B. False
58. If a first aider must to move a casualty the first aider should remember:
- A. Wide stance and good footing when lifting
  - B. Keep back straight and use legs to lift weight
  - C. Communicate with the casualty and other first aiders
  - D. All of the above
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## Two-person CPR

59. A first aider should only switch with another person trained in CPR.
- A. True
  - B. False
60. First aiders should switch positions (if possible) when doing CPR every:
- A. 2 minutes or 4 cycles of CPR
  - B. 4 minutes of CPR or 10 cycles of CPR
  - C. 2 minutes or 5 cycles of CPR
  - D. 30 seconds or every cycle of CPR