

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
14. Place the following action in the correct order to complete a scene survey when responding to an emergency situation as a first aider.

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- 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
21. When performing CPR, the rate is 100 – 120 compressions per minute.
- A. True
 - B. False

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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)
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

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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
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. When giving rescue breaths to an infant you must cover the infant's mouth and nose with your mouth.
- A. True
 - B. False

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34. 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

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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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
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
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
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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

