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**ECSI Wilderness First Aid
Chapter Quizzes
Advanced 5 Day Course – OWLS**
All Chapter Quizzes apply.

Note on Written Examinations: The Chapter Quizzes contain many of the questions for both the Standard and Advanced written examinations. By doing the quizzes you are practicing for the final exams!

Student Name: _____

CHAPTER 1: Introduction to Wilderness First Aid

- 1. Wilderness first aid pertains to which of the following?**
 - A. Recreation in the “wilderness”
 - B. Occupations in the “wilderness”
 - C. Residences in the “wilderness”
 - D. All the above
- 2. True or False: It is legal to dispense prescription medication to anyone in the wilderness, because you cannot call a physician.**
- 3. Properly applied, first aid may mean the difference between:**
 - A. Life and death
 - B. Rapid recovery and long hospitalization
 - C. Temporary and permanent injury
 - D. All the above
- 4. True or False: Even in a wilderness setting, precautions need to be taken when dealing with a victim’s body fluids.**
- 5. True or False: Everyone needs to be protected by immunization from tetanus.**

CHAPTER 2: Action at an Emergency

- 1. What should the rescuer look for during the scene survey?**
 - A. Hazards that could be dangerous to the rescuer, the victim(s) or other persons
 - B. The mechanism or cause of the injury
 - C. The number of injured persons
 - D. All of the above
- 2. When a wilderness emergency occurs, the first thing a potential rescuer should do is:**
 - A. Call for EMS
 - B. Run to the victim(s) immediately
 - C. Conduct a 10-second scene survey
 - D. Faint
- 3. True or False: For a swimming rescue, the rescuer should swim to the victim only if he or she is a strong swimmer and is trained in rescue techniques, and only after attempts to reach the victim in another manner have failed.**

4. **For fire to burn and spread, it has three requirements:**
 - A. Heat, oxygen, and fuel
 - B. Fuel, wind, and light
 - C. Nitrogen, fuel, and wind
 - D. Oxygen, nitrogen, and heat
5. **When threatened by a small bear in the woods, one should:**
 - A. Give it some food
 - B. Stamp your foot at it
 - C. Play with it
 - D. Speak quietly and back away
6. **A stretcher or litter could be improvised from the following items:**
 - A. Blankets and poles
 - B. Sleeping bags
 - C. Skis
 - D. All of the above
7. **When using good lifting techniques, which of the following is an incorrect procedure?**
 - A. Lift with your leg muscles not your back muscles
 - B. Bend your knees when lifting an object
 - C. Place both feet together for a stronger base to lift from
 - D. Keep the weight of the lift close to you to avoid strain
8. **Which of the following injuries is not associated with a 30-foot fall:**
 - A. Fractures
 - B. Lacerations and bleeding
 - C. Puncture wounds
 - D. Indigestion
9. **True or False: The safest way to carry an injured victim without a spinal injury is on a stretcher or improvised litter.**
10. **True or False: Every victim should be evacuated because of unknown injury or problems.**

CHAPTER 3: Victim Assessment and Urgent Care

1. **What step of victim assessment is performed to identify immediate life-threatening conditions?**
 - A. Victim's history
 - B. Initial assessment (primary survey)
 - C. Physical exam
 - D. None of the above
2. **Which three body systems include the most important organs in the body?**
 - A. Respiratory, circulatory, nervous
 - B. Respiratory, digestive, nervous
 - C. Skeletal, circulatory, respiratory
 - D. Skeletal, circulatory, nervous
3. **The primary survey can be remembered by the mnemonic:**
 - A. ABCH
 - B. ABC
 - C. DEF
 - D. HELP
4. **The average range of respirations per minute for an adult is:**
 - A. 6 to 10 breaths per minute
 - B. 12 to 20 breaths per minute
 - C. 60 to 90 breaths per minute
 - D. 12 to 40 breaths per minute
5. **To check for breathing in an unresponsive victim, you should:**
 - A. Keep the airway open
 - B. Place your ear over victim's mouth and nose
 - C. Look, listen, and feel for breathing
 - D. All of the above
6. **The average heart rate for adults is:**
 - A. 80 to 100 beats per minute
 - B. 60 to 100 beats per minute
 - C. 90 to 110 beats per minute
 - D. 100 to 140 beats per minute
7. **The "U" in the AVPU assessment scale stands for:**
 - A. Unresponsive to verbal commands
 - B. Unconscious
 - C. Unresponsive to any stimulus
 - D. Undecided

8. A _____ is what victims tell you is wrong with them.
- A. Sign
 - B. Symptom
 - C. Triage
 - D. Diagnostic
9. Priorities for evacuating a patient in the wilderness can be determined by Priorities 1, 2, or 3. The worst patient needing immediate transportation would be Priority _____?
- A. 1 (red)
 - B. 2 (yellow)
 - C. 3 (green)
 - D. 4 (black or grey)
10. Check an unresponsive adult's pulse:
- A. At the carotid artery on the side of the neck
 - B. At the radial pulse on the wrist
 - C. At the brachial pulse on the inner arm
 - D. All of the above

CHAPTER 4: Care of Bleeding, Wounds, and Burns

1. Which is the most serious type of bleeding?
- A. Arterial
 - B. Venous
 - C. Capillary
 - D. None of the above
2. The first method used to control external bleeding should be:
- A. Direct pressure
 - B. Elevation
 - C. Pressure points
 - D. Tourniquet
3. If a dressing becomes blood-soaked, what should be done?
- A. Replace the old dressing with a new one
 - B. Apply another dressing on top of the old one
 - C. Apply a pressure bandage over the dressing
 - D. Apply greater pressure to the wound

4. **If the initial direct pressure fails to control bleeding, what should be done next?**
 - A. Press harder, and elevate the area if appropriate
 - B. Apply pressure at a pressure point
 - C. Apply a pressure dressing
 - D. Apply a tourniquet
5. **A pressure point exists where:**
 - A. An artery lies close to the skin's surface
 - B. A vein lies close to the skin's surface
 - C. An artery lies close to the heart
 - D. Blood pressure can be taken
6. **Which of the following is a sign or symptom of internal bleeding?**
 - A. Stools that are black or contain bright red blood
 - B. Vomiting or coughing up blood
 - C. Painful, tender, rigid abdomen
 - D. All the above
7. **To immediately treat bruises, the first aider should:**
 - A. Apply a sling and swathe
 - B. Apply a cold pack
 - C. Apply warm, moist compresses
 - D. Apply a hot pack
8. **What degree of burn does one have when blisters appear?**
 - A. 1st degree
 - B. 2nd degree
 - C. 3rd degree
 - D. 4th degree
9. **A wound with the greatest risk of serious infection is?**
 - A. Abrasion
 - B. Laceration
 - C. Puncture
 - D. Avulsion
10. **Redness, swelling, warmth, and increasing pain may indicate:**
 - A. A healing process
 - B. Infection
 - C. Immediate evacuation to a hospital
 - D. A normal reaction

CHAPTER 5: Dressings and Bandages

1. The item placed directly on the wound is referred to as the:
 - A. Dressing
 - B. Bandage
 - C. Compress
 - D. Gauze
2. The bandage material can be improvised from what?
 - A. Bandanna
 - B. Clothing
 - C. Tent fabric
 - D. All of the above
3. True or False: Duct tape can be used as a bandage.
4. What is the purpose of a dressing?
 - A. To control bleeding
 - B. To prevent infection
 - C. To absorb blood and wound secretions
 - D. All the above
5. What is the purpose of a bandage?
 - A. To hold a dressing in place
 - B. To add pressure to the wound if necessary
 - C. To support an area if needed
 - D. All the above

CHAPTER 6: Head and Facial Injuries

1. In cases of scalp wounds, the first aider should expect _____ bleeding.
 - A. Profuse
 - B. Minor
 - C. Very little
 - D. None of the above
2. With any scalp wound, the first aider should be alert for:
 - A. Possible spinal injury
 - B. Rapid constriction of the scalp's blood vessels
 - C. Diminished blood supply to the brain
 - D. All of the above

3. **When a victim has _____, a rescuer needs to evacuate the patient as soon as they safely can.**
 - A. A fish hook penetrating the eyeball
 - B. A blunt blow to the eye from a branch
 - C. A torn eyelid resulting from a fall into a bush
 - D. A piece of cooled fire ash in the eye
4. **For which of the following injuries should the rescuer irrigate the victim's eye with water for at least 20 minutes?**
 - A. Snow-blindness
 - B. Black eye
 - C. Chemical burn to the eye
 - D. Small laceration to the eye
5. **True or False: When bandaging any eyeball injury, do not wrap with pressure on the eyeball itself.**
6. **How does a rescuer manage an avulsed tooth during a 3-day wilderness backpack trip?**
 - A. Scrub the tooth vigorously to clean
 - B. Wrap the tooth in dry gauze and save
 - C. Rinse the tooth gently and replace it in the socket
 - D. Keep the tooth in moist gauze and continue the trip
7. **From a short fall, a hiker received a bloody nose. How should one immediately manage this injury.**
 - A. Sit him down, place gauze on his nose and have him hold his head back, as if looking at the sky.
 - B. Sit him down, place a gauze pad on his nose and have him hold his head forward, as if looking at the ground.
 - C. Pack his nose with gauze, have him rest for 20 minutes.
 - D. Do nothing. The nose bleed will stop shortly.
8. **True or False: If a bug flies into someone's ear, take a cotton-tipped swab and clean it out.**
9. **True or False: You should attempt to straighten a broken nose.**
10. **True or False: Bleeding from the scalp can be controlled with pressure.**

CHAPTER 7: Bone, Joint, and Muscle Injuries

1. **Which of the following are signs and symptoms of a fracture?**
 - A. Deformity
 - B. Swelling
 - C. Crepitus
 - D. All of the above
2. **Most extremity fractures:**
 - A. Present an immediate threat to life
 - B. Involve multiple breaks in the bone
 - C. Seldom present an immediate threat to life
 - D. Seldom require medical attention
3. **First aid for fractures includes:**
 - A. Squeezing the bone to feel for breaks
 - B. Checking blood flow and nerves distal to the injury
 - C. Wrapping the site with an elastic bandage
 - D. All of the above
4. **Distal circulation can be checked by:**
 - A. Feeling for the radial pulse for an arm injury
 - B. Feeling for the posterior tibia pulse for a leg injury
 - C. Using the capillary refill test on the injured extremity
 - D. All of the above
5. **To identify problems with the nerve response of a forearm fracture, one could have the victim:**
 - A. Move their hand in a circular motion
 - B. Check the pulse in the wrist
 - C. Indicate to the rescuer if he feels the rescuer touching the patient's fingers by slightly moving the finger they touch
 - D. Watch for a skin color change
6. **What is the most obvious sign of a dislocation?**
 - A. Deformity
 - B. Swelling
 - C. An open wound
 - D. Tenderness

7. **A tear or stretch of a ligament occurs in what injury?**
 - A. Dislocation
 - B. Sprain
 - C. Strain
 - D. None of the above
8. **Most ankle sprains occur when the foot turns _____ and stress is placed on the _____ of the ankle.**
 - A. Inward, outside
 - B. Inward, inside
 - C. Outward, outside
 - D. Outward, inside
9. **The victim with a dislocated shoulder will not be able to bring the dislocated arm:**
 - A. Down alongside the body
 - B. Against the chest
 - C. Raised up in the air
 - D. All of the above
10. **A fracture becomes serious when:**
 - A. It has severe bleeding
 - B. It interferes with circulation of that area
 - C. It interferes with the nerve supply of that area
 - D. All of the above

CHAPTER 8: Specific Bone and Joint Injuries

1. **The collar bone is also known as the:**
 - A. Patella
 - B. Clavicle
 - C. Fibula
 - D. Xiphoid
2. **An injury to the shoulder resulting in complete loss of function is _____ to be a dislocation than a fracture.**
 - A. More likely
 - B. Less likely
 - C. Just as likely
 - D. None of the above

3. **With a clavicle fracture, the victim usually holds the injured arm:**
 - A. Down along the side of the body
 - B. Out to the side
 - C. Across the chest
 - D. Straight in front of the body
4. **Which bone is the largest bone in the body?**
 - A. The humerus
 - B. The femur
 - C. The pelvis
 - D. The tibia
5. **True or False: The problem with a fracture is that sharp edges can lacerate arteries, veins, nerves, and other soft tissue.**

CHAPTER 9: Circulatory Emergencies

1. **Which of the following statements about the heart is true?**
 - A. The heart is a two-chambered muscular pump.
 - B. The right side of the heart pumps the blood to the body.
 - C. There are one-way valves, which are responsible for the flow of blood through the heart.
 - D. Veins carry oxygenated blood away from the heart
2. **The following treatment procedure is for what medical problem? Administer a nitroglycerin tablet, have the patient relax, if possible. Give the victim supplemental oxygen, if available.**
 - A. Stroke
 - B. Angina
 - C. Migraine
 - D. Coronary thrombosis
3. **The following signs and symptoms represent what medical problem? The patient has low blood pressure with a weak, rapid pulse, irregular breathing, and is physically weak, shaky, and sweating.**
 - A. Hyperthermia
 - B. Diabetic ketoacidosis
 - C. Shock
 - D. Stroke

4. **Pain from a heart attack may spread from the chest to the:**
 - A. Lower back
 - B. Neck
 - C. Arms
 - D. All of the above
5. **True or False: Any person, regardless of age, can have a heart attack.**
6. **The type of shock due to a severe allergic reaction is:**
 - A. Septic
 - B. Hypovolemic
 - C. Anaphylactic
 - D. Neurogenic
7. **Management for all types of shock includes:**
 - A. Give three glasses of water
 - B. Call for evacuation
 - C. Place the victim in the recovery position.
 - D. Have him walk fast to increase his circulation
8. **Anaphylaxis is a special type of shock and must be treated with:**
 - A. Aspirin
 - B. Antibiotics
 - C. Epinephrine
 - D. Codeine
9. **Shock can occur from:**
 - A. Blood loss
 - B. Severe dehydration
 - C. Fright
 - D. All of the above
10. **Which of the following may bring on angina pectoris?**
 - A. Physical exertion
 - B. Emotional stress
 - C. Playing tennis
 - D. All of the above

CHAPTER 10: Respiratory Emergencies

1. **Asthma results from:**
 - A. A narrowing of the air passages in the lungs
 - B. A narrowing of the coronary arteries
 - C. A narrowing of the carotid arteries
 - D. A foreign body airway obstruction
2. **Cyanosis, wheezing, and inability to take a full breath are all signs of:**
 - A. Hyperventilation
 - B. Emphysema
 - C. Bronchitis
 - D. Asthma
3. **The space between the lungs and the chest wall is known as:**
 - A. The tracheal space
 - B. The bronchial space
 - C. The pleural space
 - D. The membrane
4. **True or False: The management of a sucking chest wound includes stopping air from entering the wound.**
5. **To manage a multiple rib fracture:**
 - A. Bind the chest tightly
 - B. Splint the fractured ribs with a board splint
 - C. Splint by taping a bulky dressing over the area
 - D. Do nothing, because of breathing
6. **What is the main symptom of a fractured rib?**
 - A. Nausea
 - B. Pain
 - C. Paralysis
 - D. Shock
7. **The condition where trapped air fills a portion of chest cavity is called ____.**
 - A. Pneumothorax
 - B. Hemothorax
 - C. Open pneumothorax
 - D. Tension pneumothorax
8. **True or False: A respiratory problem is considered serious when pain is made worse by coughing and is accompanied by fever and with yellow or green sputum.**

9. **True or False: Hyperventilation can be benign.**
10. **True or False: Breathing into a paper bag can help most respiratory problems.**

CHAPTER 11: Neurologic Emergencies

1. **A stroke occurs when:**
 - A. The heart muscle does not get as much blood as it needs
 - B. The blood supply to part of the heart muscle is severely reduced or stopped
 - C. Blood vessels to the brain rupture or become plugged
 - D. The brain's cells receive abnormal stimulation
2. **True or False: Always consider the possibility of a spinal injury when a serious head injury has occurred.**
3. **Deformity of the skull can be a sign of:**
 - A. Concussion
 - B. Contusion
 - C. Skull fracture
 - D. Scalp wound
4. **What signs and symptoms would indicate increasing intracranial pressure in a head-injury victim?**
 - A. Memory loss
 - B. Headache
 - C. Seizure
 - D. All of the above
5. **How would you control bleeding when a skull fracture is suspected?**
 - A. Apply direct pressure to the wound
 - B. Apply pressure around the edges of the wound
 - C. Apply a dressing but do not apply any pressure to the head
 - D. Irrigate the wound with clean water
6. **If the victim with head injury vomits, you should:**
 - A. Roll the victim onto his or her side
 - B. Roll the victim onto his or her side while stabilizing the neck
 - C. Roll the victim onto his or her stomach
 - D. Keep the victim from moving, despite vomiting
7. **True or False: Do not restrain a patient with a seizure.**

8. The following signs or symptoms indicate what type of problem? The pupils become unequal, pulse slows, breathing becomes irregular and body temperature rises.
- A. TIA
 - B. Increased brain bleeding
 - C. Angina
 - D. Hyperglycemia
9. The main difference between a TIA and a stroke is that the symptoms of TIA are ____.
- A. Permanent
 - B. Regular
 - C. Predictable
 - D. Transient
10. Which type of seizures are characterized by a momentary lack of awareness?
- A. Generalized motor seizures
 - B. Focal motor seizures
 - C. Partial seizures
 - D. Petit mal seizures

CHAPTER 12: Abdominal Emergencies

1. An open injury to the abdomen with protruding bowel should be treated by:
- A. Applying pressure to the wound
 - B. Covering the bowel with a moist, sterile cloth
 - C. Placing the victim in the recovery position
 - D. Applying a dry dressing
2. The spleen is located in which quadrant of the abdomen?
- A. Upper right
 - B. Upper left
 - C. Lower right
 - D. Lower left
3. Evacuate for all the following abdominal problems EXCEPT:
- A. Persistent abdominal pain for more than 8 hours
 - B. Abdominal pain that increases with cough, movement
 - C. Uncontrolled bleeding from an abdominal wound
 - D. Abdominal pain that eases with rest

4. **True or False: If bowel is protruding and has not been torn, the rescuer can gently try to return the bowel into the abdominal cavity if help will not be available for 24 hours.**
5. **True or False: Dehydration could be a problem if vomiting has continued for several hours.**

CHAPTER 13: Diabetic Emergencies and Allergic Reactions

1. **The function of insulin is to take _____ from the blood and carry it into the cells to be used.**
 - A. Water
 - B. Calcium
 - C. Sugar
 - D. Adrenaline
2. **What are the two types of diabetes?**
 - A. Type 1 and Type 2
 - B. Simple and complex
 - C. Type A and Type B
 - D. Type B and Type C
3. **Too much _____ and not enough _____ leads to low blood sugar.**
 - A. Sugar, insulin
 - B. Insulin, sugar
 - C. Water, sugar
 - D. None of the above
4. **Which of the following are signs and symptoms of hypoglycemia?**
 - A. Gradual onset
 - B. Sudden onset
 - C. Extreme thirst
 - D. All of the above
5. **Staggering, poor coordination, and confusion are all signs and symptoms of:**
 - A. Hypoglycemia
 - B. Hyperglycemia
 - C. Seizure
 - D. Stroke

6. **First aid for hypoglycemia includes:**
 - A. Giving the victim a candy bar
 - B. Restricting fluid intake
 - C. Evacuate those who do not recover
 - D. All of the above
7. **True or False: Diabetics who plan to visit the wilderness need to accurately calculate the amount of food and water intake, also the amount of activity they will participate in.**
8. **True or False: If in doubt whether the problem is hypoglycemia or hyperglycemia, and they are sick—give sugar.**
9. **When the rescuer is working with a known diabetic, who has altered consciousness, glucose or sugar can be placed where?**
 - A. On the tongue
 - B. Rubbed on the face or chest
 - C. Between the cheek and gum
 - D. In the nose
10. **Which of the following are signs and symptoms of hyperglycemia?**
 - A. Frequent urination
 - B. Fruity breath odor
 - C. Extreme thirst
 - D. All of the above

CHAPTER 14: Genitourinary Problems

1. **True or False: Bleeding during a pregnancy of less than 12 weeks' duration could mean a possible miscarriage.**
2. **True or False: When working with an emergency child delivery, make sure the child is breathing and is kept warm after birth.**
3. **True or False: Fever, chills, and back pain with burning on urination usually indicate an infection.**
4. **True or False: Sudden, severe flank pain, with no history of trauma, could indicate a kidney stone problem.**
5. **True or False: A woman more than 5 months pregnant who gets cramps lasting about 30 seconds every 15 minutes may be in labor.**

CHAPTER 15: Physical and Environmental Hazards

1. **The first stage of hypothermia is:**
 - A. Shivering
 - B. Sleepiness, apathy
 - C. Indifference
 - D. Exhaustion
2. **The proper placement of an ice bag in a heat stroke situation is:**
 - A. Neck
 - B. Armpits
 - C. Groin
 - D. All of the above
3. **The best form of liquid to give a heat injury patient immediately is:**
 - A. Gatorade
 - B. Tap water
 - C. Salt water
 - D. Soda water
4. **Hot, dry skin is an indication of:**
 - A. Heat exhaustion
 - B. Hypothermia
 - C. Shock
 - D. Heat stroke
5. **The brain has become swollen and pressure is building up, what is this condition called?**
 - A. HAPE
 - B. HACE
 - C. AMS
 - D. Hyperthermia
6. **Descent is the most important treatment in which kind of AMS?**
 - A. HAPE
 - B. HACE
 - C. Any AMS
 - D. All of the above
7. **Heat loss occurs from all of the following EXCEPT:**
 - A. Convection
 - B. Shivering
 - C. Conduction
 - D. Radiation

8. **True or False: When the rescuer is working with a severely hypothermic patient, an external source of heat must be added, because the patient cannot generate his or her own heat.**
9. **Which of the following procedures should not be done for cold injured persons:**
 - A. Allow to refreeze
 - B. Slowly rewarm the patient
 - C. Give warm liquids to a conscious patient
 - D. Get the patient out of wet clothes, into dry clothes
10. **True or False: Hydration is the best prevention against all heat-related illnesses.**

CHAPTER 16: Poisons, Toxins, and Poisonous Plants

1. **Never induce vomiting if:**
 - A. The victim has swallowed a caustic substance
 - B. The victim is unconscious
 - C. There are burns around the victim's mouth
 - D. All of the above
2. **Why is activated charcoal used after vomiting?**
 - A. It soothes the stomach
 - B. It dissolves the remaining poison
 - C. It prevents adsorption of the remaining poison
 - D. None of the above
3. **Upon skin contact with a known poisonous plant, what should be done?**
 - A. Drink milk
 - B. Wash the exposed area with soap and water
 - C. Apply body lotion
 - D. Evacuate the area
4. **What type of poisoning can occur when the following events occur? On a cold wet day, hikers decided to cook lunch on a stove inside the tent.**
 - A. Absorbed poison
 - B. Ingested poison
 - C. Inhaled poison
 - D. Injected poison

5. **A hiker is experiencing severe stomach cramps 30 minutes after eating mushrooms. How would you treat this problem?**
- A. Evacuate to nearest hospital if possible
 - B. Be compassionate
 - C. Place the victim on his left side
 - D. All of the above

CHAPTER 17: Animal Bites, Human Bites, and Snake Bites

1. **The virus causing rabies is usually spread through:**
- A. Infected saliva
 - B. Infected air
 - C. Infected feces
 - D. All the above
2. **Which of the following is not in the pit viper category?**
- A. Rattlesnake
 - B. Copperhead
 - C. Coral snake
 - D. Water moccasin
3. **A triangular, flat head wider than the neck, elliptical pupils, and a heat-sensitive pit between the eye and nostril are all characteristics of:**
- A. Coral snakes
 - B. Cobra snakes
 - C. King snakes
 - D. Pit viper snakes
4. **How soon will swelling begin after a pit viper bite?**
- A. A few minutes
 - B. 1 hour
 - C. 1 day
 - D. 1 week
5. **Two small puncture wounds, severe burning pain, swelling and discoloration with blood-filled blisters, are all signs or symptoms of what type of snake bite?**
- A. Coral snake
 - B. Green garden snake
 - C. Copperhead
 - D. Cobra

CHAPTER 18: Insect and Arthropod Bites and Stings

1. **Which of the following insects leaves its stinger behind in the skin?**
 - A. Wasp
 - B. Honeybee
 - C. Yellow jacket
 - D. All of the above
2. **The major life-threatening problem associated with stings or bites is:**
 - A. Psychological fright that causes cardiac arrest
 - B. Allergic reaction
 - C. Major bleeding from the bite
 - D. The area that is affected will die
3. **What should be done if the stinger from a honeybee is found embedded in the skin?**
 - A. Pull it out with your fingers
 - B. Pull it out with tweezers
 - C. Scrape it away with a long fingernail or knife blade
 - D. All of the above
4. **The most effective treatment for a severe allergic reaction to insect stings is:**
 - A. Antihistamine
 - B. Epinephrine
 - C. Nitroglycerin
 - D. Prevention
5. **Which of the following are signs and symptoms of a brown recluse spider bite?**
 - A. Ulcer formation at the bite site
 - B. Severe muscle pain
 - C. Heavy sweating
 - D. Faint bite marks
6. **The only visible sign of Lyme disease is:**
 - A. An ulcer at the bite site
 - B. A red bull's eye rash at the bite site
 - C. A bruise at the bite site
 - D. A large red bump at the bite site
7. **Signs and symptoms of life-threatening reaction to an insect sting include:**
 - A. Bluish skin color
 - B. Seizures
 - C. Inability to breathe
 - D. All of the above

- 8. Worrisome reactions to insect stings include:**
- A. Hives
 - B. Swelling of lips and tongue
 - C. Wheezing
 - D. All of the above
- 9. After washing the sting site with soap and water, which of the following can be applied:**
- A. Body lotion
 - B. A heat pack
 - C. Cold to help reduce swelling
 - D. Any of the above
- 10. True or False: The scorpion's toxin is contained in its claws.**

CHAPTER 19: Water Emergencies

- 1. For a sea urchin, catfish, or stingray puncture:**
- A. Apply a cold pack for 15 minutes
 - B. Soak the injured part in hot water for 30 to 90 minutes
 - C. Elevate the wounded extremity
 - D. Probe the wound for any remaining pieces of spine
- 2. The most important management of a Portuguese man-of-war sting is to:**
- A. Immediately rinse with seawater
 - B. Rub the tentacles off
 - C. Give aspirin
 - D. Apply ice
- 3. True or False: Management for scuba diving injuries includes providing 100% oxygen by mask.**
- 4. The most serious medical problem from scuba diving is:**
- A. Shark bites
 - B. Near drowning
 - C. Panic attack
 - D. Decompression sickness
- 5. True or False: In water-related, near-drowning injuries, one of the first procedures is to swim to the person to offer reassurance.**