

RESCUE DYNAMICS

5109 - 17 A Avenue NW

Edmonton, Alberta

T6L 1K5

(780) 461-5040 phone / fax

email: rescuedynamicsinfo@telusplanet.net

website: <http://www.rescuedynamics.ca>

PRE-COURSE WORKSHEETS

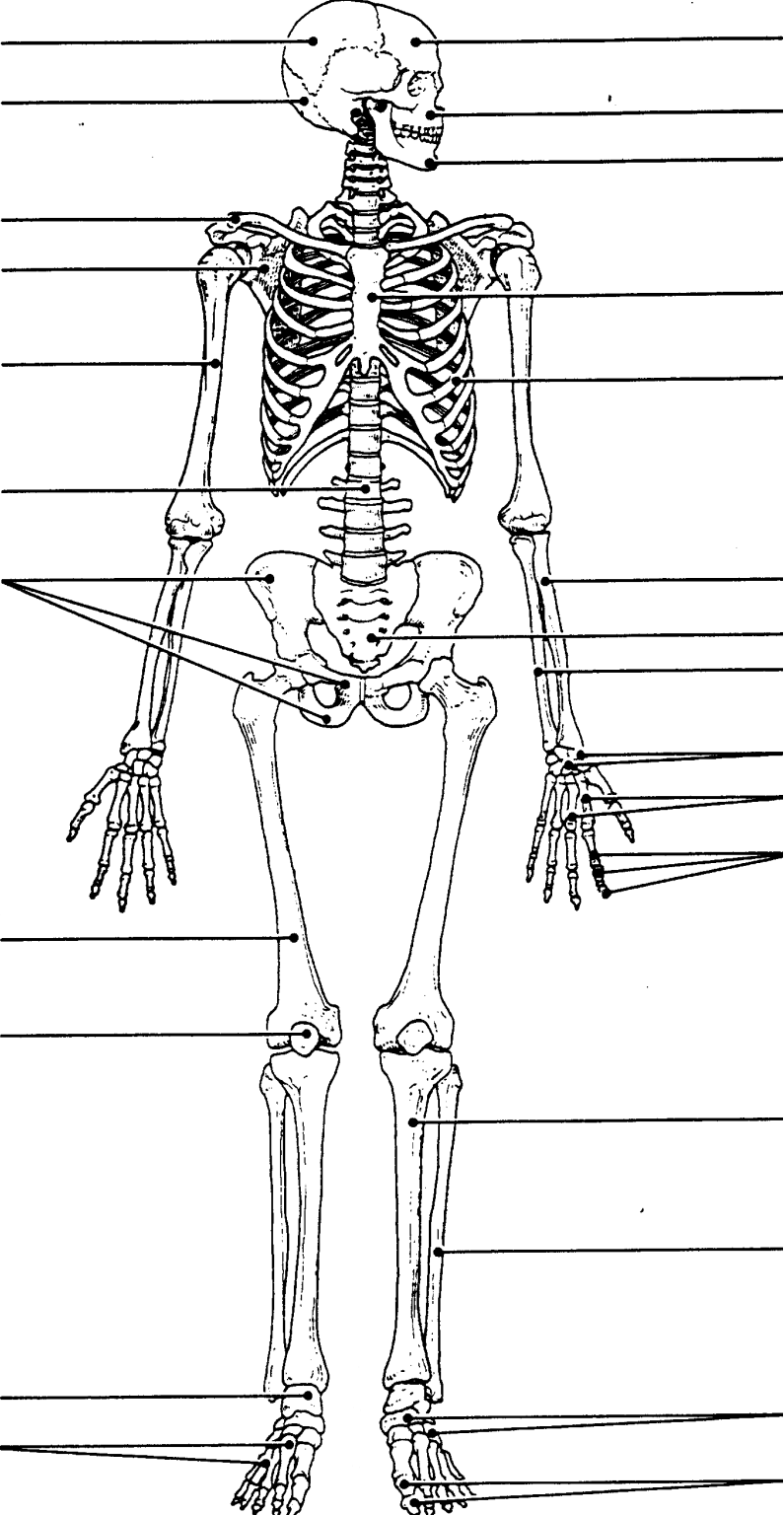
Autumn 2011 Revision

PART ONE

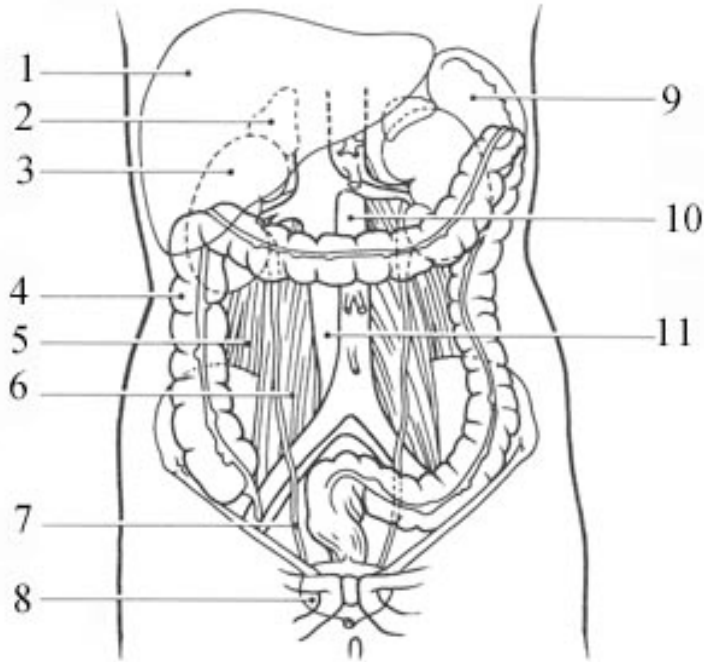
COMPLETED WORKSHEETS ARE TO BE HANDED IN BEFORE THE FINAL EXAMS

NAME: _____

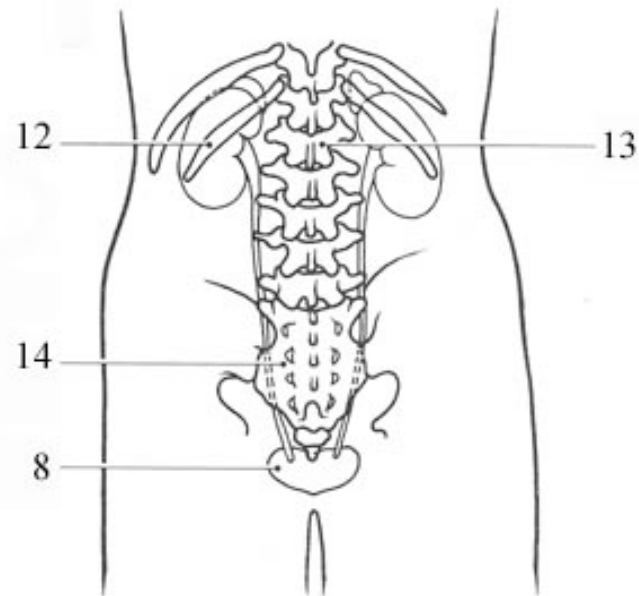
Label The Bones On The Diagram Of The Skeletal System



Identify The Organs & Structures Of The Abdomen

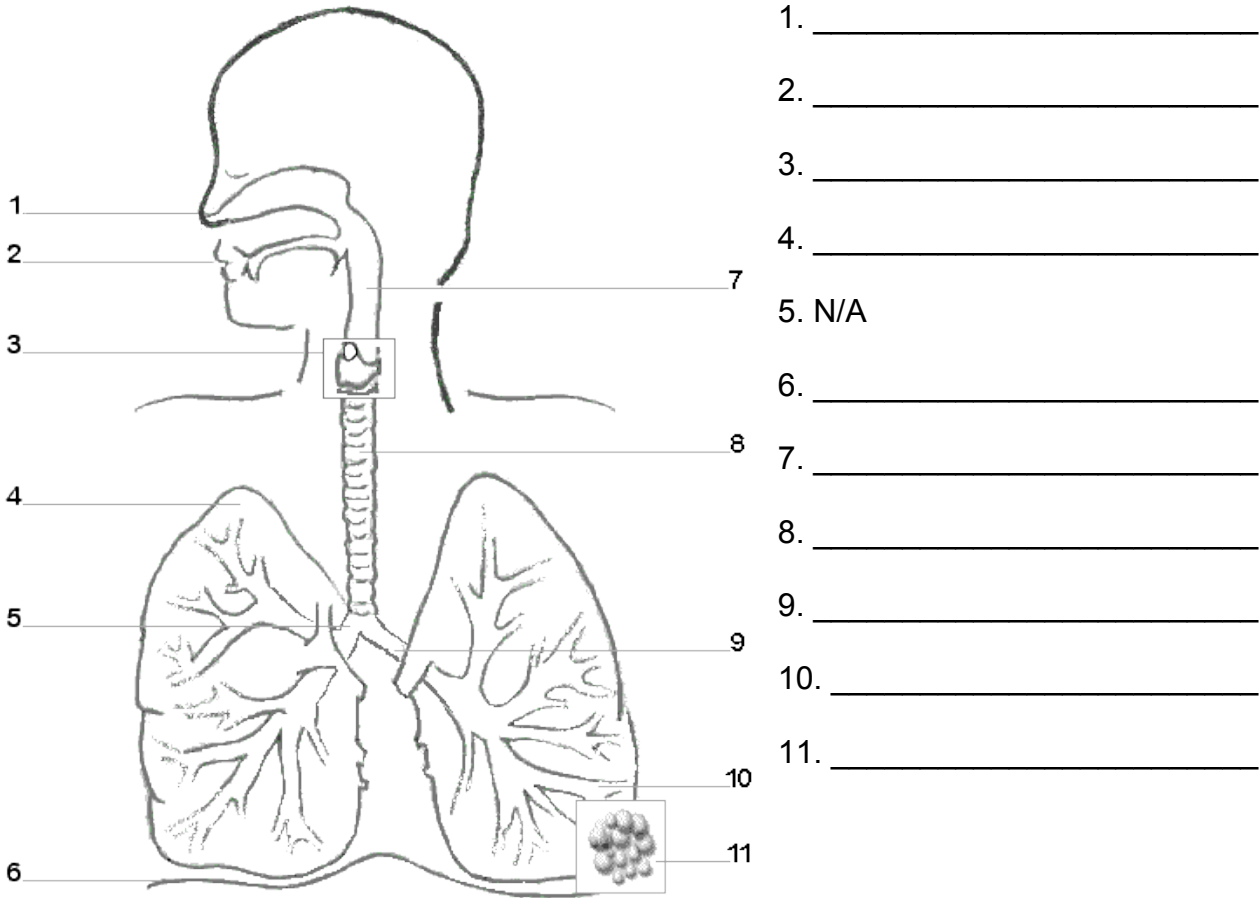


1. _____
2. _____(above kidneys)
3. _____(posterior)
4. _____
5. N/A 6. N/A
7. _____(from kidneys to bladder)
8. _____(hollow organ)
9. _____
10. _____
11. _____



8. _____
12. _____(bone)
13. _____(vertebrae)
14. _____(fused bones)

Label The Structures Of The Respiratory System



- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. N/A
- 6. _____
- 7. _____
- 8. _____
- 9. _____
- 10. _____
- 11. _____

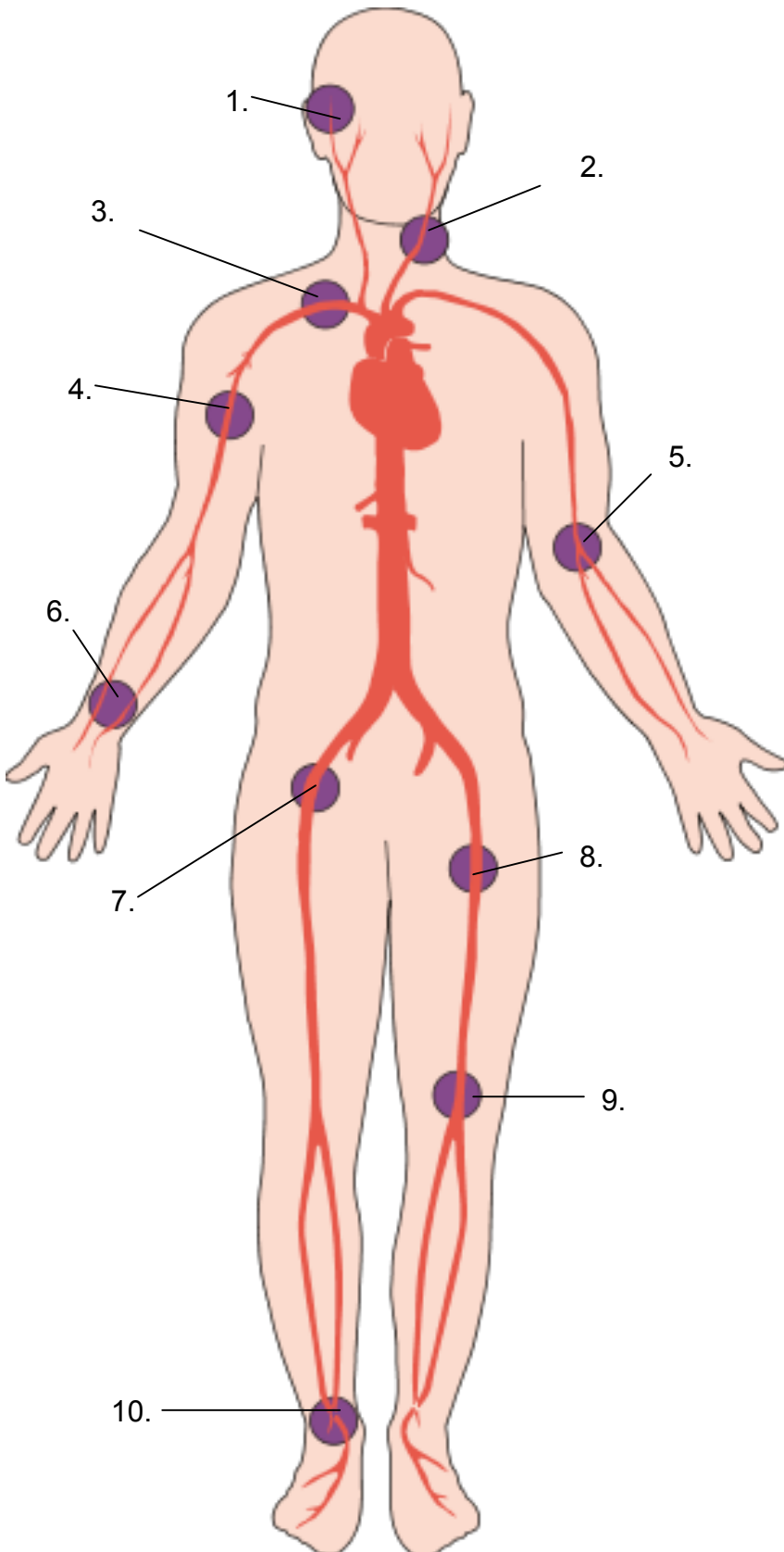
Respiratory System

1) When you record the respirations in a vital sign chart you should record the _____, _____ and _____.

2) Using the above criteria, 'normal' resting respirations for an adult are: _____ and _____.

3) Respiratory rates:
 Normal
 Too High:
 Too Low:

Label The Arteries And Pulse Points In The Circulatory System



1. TEMPORAL

2. _____

3. _____

4. AXILLARY

5. _____

6. _____ & ULNAR

7. ILIAC

8. _____

9. POPLITEAL

10. _____

Circulatory System

1. When you record the pulse in a vital sign chart you should record the _____, _____ and _____ .
2. Using the above criteria, 'normal' resting pulse for an adult is: _____ , _____ and _____
- 4) Pulse rates:
Normal:

Too High:

Too Low:
- 5) List the range for normal adult blood pressure (systolic/diastolic):

NERVOUS SYSTEM

1. Checking distal neurovascular status involves checking "CMS" (or PMS) This stands for:

C / P _____

M _____

S _____

DECEMBER 2010 CPR GUIDELINES – FAMILIARIZATION

In December of 2010 the international medical community simultaneously introduced new guidelines created by ILCOR for CPR, Resuscitation and AED. These guidelines continue to be based on more and better research than before. The new guidelines will not be fully implemented in Canada until autumn of 2011 although some agencies have begun training to the new standards already. For a period of time there may be confusion in the field as to what to do. In many cases the guidelines have remained unchanged but in a few significant areas there have been dramatic changes. Performance of AR / CPR and use of AEDs according to the previous standards will continue for some time. In order to assist you in the transition we have added this exercise to help you understand where protocols will change, likely by the time you do your next CPR refresher. You must be careful to discriminate between lay rescuers and professional responders who have more advanced training (such as advanced first aid.) Lay rescuers are no longer be taught techniques such as the jaw thrust, ABCs or pulse checks. At the advanced first aid level these will continue to be taught. Read the ECSI guidelines pdf file and fill in the blanks below for the PROFESSIONAL RESPONDER:

In all cases the new adage for CPR compressions is “PUSH HARD / PUSH FAST !”

2010 CPR and AED Guidelines for Professional Rescuers

The following techniques are the same for all motionless victims when 1 rescuer is present:

- Check responsiveness – Tap and shout.
- Open the Airway using _____ or _____ .
- Check for Breathing – check for breathing for _____seconds.
- If breathing, place in the _____ position.
- If not breathing, but pulse is present, give _____ normal breaths – each breath lasting _____ second.
- If breaths go in, check for signs of life and pulse for up to _____ seconds.
- If pulse is absent, begin CPR – cycles of chest compressions and breaths for _____ minutes (_____ cycles). Reassess after every _____ cycles.
- If pulse is definitely present but no breathing, provide _____ only.
- If a breath does not make the chest rise, _____ and try another breath.
- If the breath still does not make the chest rise, assume the airway is obstructed – give cycles of _____, look for an object in the mouth, remove any visible object, and give 2 breaths.

2010 CPR and AED Guidelines for Professional Rescuers – Matrix of Changes

Action	Adult (Puberty or older)	Child (1 – puberty onset)	Infant (< 1 year)
Calling EMS when alone	Evaluate the likely cause of the event: - Cardiac event - Hypoxic event Call immediately after determining victim is unresponsive.	Evaluate the likely cause of the event: - Cardiac event - Hypoxic event Call after providing _____ minutes of care.	Evaluate the likely cause of the event: - Cardiac event - Hypoxic event Call after providing _____ minutes of care.
CPR			
Pulse check	_____	_____	_____
Compression location	2 hands on breastbone between the nipples	1 or 2 hands on breastbone between the nipples (depending upon size of patient)	2 fingers on breastbone just below the nipple line. (2 thumb technique for neonates)
Depth	AT LEAST ____ inches	_____ - _____ the depth of the chest	_____ - _____ the depth of the chest
Single rescuer compressions to breaths ratio	_____ : _____	_____ : _____	_____ : _____
Two-rescuer compressions to breaths ratio	_____ : _____ Switch rescues every _____ minutes	_____ : _____ Switch rescues every _____ minutes	_____ : _____ Switch rescues every _____ minutes
Foreign Body Airway Obstruction in a responsive victim	_____	_____	Alternate _____ back blows and _____ chest thrusts
AED use	Yes Deliver 1 shock followed immediately by 2 minutes of CPR. Reassess	Yes Deliver 1 shock followed immediately by 2 minutes of CPR. Reassess. NOTE: Use pediatric pads if available.	YES or NO ? Can an AED be used on an infant ? _If so when and how? .

Wilderness Emergency Care Refreshers

PRE-COURSE WORKSHEETS Autumn 2011 Revision

PART TWO

Complete all Chapter Quizzes before the course begins.
Hand in as directed by your instructor.

The questions are taken directly from the text "*Wilderness First Aid*" published by Jones and Bartlett and are not necessarily all found in the "*Outdoor Emergency Care*" Textbook. The chapters listed are not from the OEC textbook. Discuss any difficult questions with your instructor during the review sessions in class.

Note on Written Examinations

The Chapter Quizzes contain many of the questions for both the Standard and Advanced written examinations as well as part of the first fifty questions in the WEC Full Course and Refresher 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

- 6. 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
- 7. 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
- 8. 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.**

- 9. 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
- 10. 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
- 11. 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
- 12. 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
- 13. Which of the following injuries is not associated with a 30-foot fall:**
- A. Fractures
 - B. Lacerations and bleeding
 - C. Puncture wounds
 - D. Indigestion
- 14. True or False: The safest way to carry an injured victim without a spinal injury is on a stretcher or improvised litter.**
- 15. True or False: Every victim should be evacuated because of unknown injury or problems.**

CHAPTER 3: Victim Assessment and Urgent Care

16. 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

17. 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

18. The primary survey can be remembered by the mnemonic:

- A. ABCH
- B. ABC
- C. DEF
- D. HELP

19. 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

20. 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

21. 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

22. The "U" in the AVPU assessment scale stands for:

- A. Unresponsive to verbal commands
- B. Unconscious
- C. Unresponsive to any stimulus
- D. Undecided

23. A _____ is what victims tell you is wrong with them.
- A. Sign
 - B. Symptom
 - C. Triage
 - D. Diagnostic
24. Priorities for evacuating a patient in the wilderness can be determined by Priorities 1, 2, 3 or 4 (red, yellow, green black). The worst patient needing immediate transportation would be Priority _____?
- A. 1 (red)
 - B. 2 (yellow)
 - C. 3 (green)
 - D. 4 (black)
25. A person trained at the First Responder level should 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

26. Which is the most serious type of bleeding?
- A. Arterial
 - B. Venous
 - C. Capillary
 - D. None of the above
27. The first method used to control external bleeding should be:
- A. Direct pressure
 - B. Elevation
 - C. Pressure points
 - D. Tourniquet
28. 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

29. 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

30. 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

31. 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

32. 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

33. What degree of burn does one have when blisters appear?

- A. 1st degree
- B. 2nd degree
- C. 3rd degree
- D. 4th degree

34. A wound with the greatest risk of serious infection is?

- A. Abrasion
- B. Laceration
- C. Puncture
- D. Avulsion

35. 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

36. The item placed directly on the wound is referred to as the:

- A. Dressing
- B. Bandage
- C. Compress
- D. Gauze

37. The bandage material can be improvised from what?

- A. Bandanna
- B. Clothing
- C. Tent fabric
- D. All of the above

38. True or False: Duct tape can be used as a bandage.

39. 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

40. 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

41. In cases of scalp wounds, the first aider should expect _____ bleeding.

- A. Profuse
- B. Minor
- C. Very little
- D. None of the above

42. 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

43. 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
44. 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
45. True or False: When bandaging any eyeball injury, do not wrap with pressure on the eyeball itself.
46. 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
47. 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.
48. True or False: If a bug flies into someone's ear, take a cotton-tipped swab and clean it out.
49. True or False: You should attempt to straighten a broken nose.
50. True or False: Bleeding from the scalp can be controlled with pressure.

CHAPTER 7: Bone, Joint, and Muscle Injuries

51. Which of the following are signs and symptoms of a fracture?

- A. Deformity
- B. Swelling
- C. Crepitus
- D. All of the above

52. 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

53. 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

54. 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

55. 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

56. What is the most obvious sign of a dislocation?

- A. Deformity
- B. Swelling
- C. An open wound
- D. Tenderness

- 57. A tear or stretch of a ligament occurs in what injury?**
- A. Dislocation
 - B. Sprain
 - C. Strain
 - D. None of the above
- 58. 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
- 59. 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
- 60. 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

- 61. The collar bone is also known as the:**
- A. Patella
 - B. Clavicle
 - C. Fibula
 - D. Xiphoid
- 62. 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

- 63. 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
- 64. Which bone is the largest bone in the body?**
- A. The humerus
 - B. The femur
 - C. The pelvis
 - D. The tibia
- 65. 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

- 66. 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
- 67. 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
- 68. 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

69. Pain from a heart attack may spread from the chest to the:

- A. Lower back
- B. Neck
- C. Arms
- D. All of the above

70. True or False: Any person, regardless of age, can have a heart attack.

71. The type of shock due to a severe allergic reaction is:

- A. Septic
- B. Hypovolemic
- C. Anaphylactic
- D. Neurogenic

72. 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

73. Anaphylaxis is a special type of shock and must be treated with:

- A. Aspirin
- B. Antibiotics
- C. Epinephrine
- D. Codeine

74. Shock can occur from:

- A. Blood loss
- B. Severe dehydration
- C. Fright
- D. All of the above

75. 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

76. 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

77. Cyanosis, wheezing, and inability to take a full breath are all signs of:

- A. Hyperventilation
- B. Emphysema
- C. Bronchitis
- D. Asthma

78. 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

79. True or False: The management of a sucking chest wound includes stopping air from entering the wound.

80. 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

81. What is the main symptom of a fractured rib?

- A. Nausea
- B. Pain
- C. Paralysis
- D. Shock

82. The condition where trapped air fills a portion of chest cavity is called ____.

- A. Pneumothorax
- B. Hemothorax
- C. Open pneumothorax
- D. Tension pneumothorax

83. 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.

84. True or False: Hyperventilation can be benign.

85. True or False: Breathing into a paper bag can help most respiratory problems.

CHAPTER 11: Neurologic Emergencies

86. 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

87. True or False: Always consider the possibility of a spinal injury when a serious head injury has occurred.

88. Deformity of the skull can be a sign of:

- A. Concussion
- B. Contusion
- C. Skull fracture
- D. Scalp wound

89. 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

90. 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

91. 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

92. True or False: Do not restrain a patient with a seizure.

- 93. 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
- 94. The main difference between a TIA and a stroke is that the symptoms of TIA are _____.**
- A. Permanent
 - B. Regular
 - C. Predictable
 - D. Transient
- 95. 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

- 96. 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
- 97. The spleen is located in which quadrant of the abdomen?**
- A. Upper right
 - B. Upper left
 - C. Lower right
 - D. Lower left
- 98. 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

99. 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.
100. True or False: Dehydration could be a problem if vomiting has continued for several hours.

CHAPTER 13: Diabetic Emergencies and Allergic Reactions

101. 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
102. 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
103. Too much _____ and not enough _____ leads to low blood sugar.
- A. Sugar, insulin
 - B. Insulin, sugar
 - C. Water, sugar
 - D. None of the above
104. Which of the following are signs and symptoms of hypoglycemia?
- A. Gradual onset
 - B. Sudden onset
 - C. Extreme thirst
 - D. All of the above
105. Staggering, poor coordination, and confusion are all signs and symptoms of:
- A. Hypoglycemia
 - B. Hyperglycemia
 - C. Seizure
 - D. Stroke

- 106. 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
- 107. 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.**
- 108. True or False: If in doubt whether the problem is hypoglycemia or hyperglycemia, and they are sick—give sugar.**
- 109. 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
- 110. 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

- 111. True or False: Bleeding during a pregnancy of less than 12 weeks' duration could mean a possible miscarriage.**
- 112. True or False: When working with an emergency child delivery, make sure the child is breathing and is kept warm after birth.**
- 113. True or False: Fever, chills, and back pain with burning on urination usually indicate an infection.**
- 114. True or False: Sudden, severe flank pain, with no history of trauma, could indicate a kidney stone problem.**
- 115. 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

116. The first stage of hypothermia is:

- A. Shivering
- B. Sleepiness, apathy
- C. Indifference
- D. Exhaustion

117. The proper placement of an ice bag in a heat stroke situation is:

- A. Neck
- B. Armpits
- C. Groin
- D. All of the above

118. The best form of liquid to give a heat injury patient immediately is:

- A. Gatorade
- B. Tap water
- C. Salt water
- D. Soda water

119. Hot, dry skin is an indication of:

- A. Heat exhaustion
- B. Hypothermia
- C. Shock
- D. Heat stroke

120. The brain has become swollen and pressure is building up, what is this condition called?

- A. HAPE
- B. HACE
- C. AMS
- D. Hyperthermia

121. Descent is the most important treatment in which kind of AMS?

- A. HAPE
- B. HACE
- C. Any AMS
- D. All of the above

122. Heat loss occurs from all of the following EXCEPT:

- A. Convection
- B. Shivering
- C. Conduction
- D. Radiation

- 123. 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.**
- 124. 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
- 125. True or False: Hydration is the best prevention against all heat-related illnesses.**

CHAPTER 16: Poisons, Toxins, and Poisonous Plants

- 126. 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
- 127. 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
- 128. 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
- 129. 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

130. 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

131. The virus causing rabies is usually spread through:

- A. Infected saliva
- B. Infected air
- C. Infected feces
- D. All the above

132. Which of the following is not in the pit viper category?

- A. Rattlesnake
- B. Copperhead
- C. Coral snake
- D. Water moccasin

133. 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

134. How soon will swelling begin after a pit viper bite?

- A. A few minutes
- B. 1 hour
- C. 1 day
- D. 1 week

135. 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

- 136. Which of the following insects leaves its stinger behind in the skin?**
- A. Wasp
 - B. Honeybee
 - C. Yellow jacket
 - D. All of the above
- 137. 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
- 138. 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
- 139. The most effective treatment for a severe allergic reaction to insect stings is:**
- A. Antihistamine
 - B. Epinephrine
 - C. Nitroglycerin
 - D. Prevention
- 140. 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
- 141. 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
- 142. 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

143. Worrisome reactions to insect stings include:

- A. Hives
- B. Swelling of lips and tongue
- C. Wheezing
- D. All of the above

144. 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

145. True or False: The scorpion's toxin is contained in its claws.

CHAPTER 19: Water Emergencies

146. 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

147. The most important management of a Portuguese man-of-war sting is to:

- A. Immediately rinse with seawater or vinegar
- B. Rub the tentacles off
- C. Give aspirin
- D. Apply ice

148. True or False: Management for scuba diving injuries includes providing 100% oxygen by mask.

149. The most serious medical problem from scuba diving is:

- A. Shark bites
- B. Near drowning
- C. Panic attack
- D. Decompression sickness

150. True or False: In water-related, near-drowning injuries, one of the first procedures is to swim to the person to offer reassurance.