BCA FIRST AID / CPR / AED TRAINING MODULES

Certification Quiz

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First Aid I – Minor Injury

1. Cal-OSHA defines the term, “render first aid” as

   It usually consists of one-time, short-term treatment and requires minimal technology and training, such as minor cuts, treating minor burns, applying bandages, and using non-prescription medicine. First aid does not include: CPR or AED methods

   True _____ or False_____

2. Prior to providing assistance to any emergency medical event is to give your name and state that you have received training to render first aid.

   True ____ or False____

3. Wounds refers to;

   i. Minor _____, scrapes, scratches and punctured skin.

   ii. Should be _____ with antiseptic wash, hydrogen peroxide or water.

   iii. Covered with a _____ or clean cloth or paper

4. Burns are classified based on their depth and % of body area burned. First & second degree burns are classified as minor injuries and are treated with ____________ water.

5. A victim that is choking but is conscious should be encouraged to cough or you may assist by performing the Red Cross recommended “five & five” response.

   True ____ or False____

6. The preferred method to treat an eye injury from chemical hazards is to hold the eyelids apart and _______________ with lukewarm water.
7. If you are giving first aid for an embedded object in the eye you should;

   __ a  Immediately remove the object.
   __ b  Leave the object in the eye and cover with gauze or clean bandage

8. Five back blows followed by five abdominal thrusts is one method used for CPR.

   True ___ or False ____

9. Which of the following statements are true:

   __ a  You may choose to assist or not assist in a first aid situation
   __ b  Only BCA supervisors are required to call 9-1-1 if they are present at an accident or face disciplinary actions.
   __ c  Cal-OSHA has determined that you are not liable if you do not render first aid (as a first responder); even if you are trained.
   __ d  All employees shall know the location of emergency numbers for their work location.
   __ e  The use of sterile gloves is recommended but if they are unavailable you should wash your hands with soap and water

10. Bee, ant or spider stings/bites rarely cause serious conditions but up to 5% of the US population an allergic reaction known as anaphylaxis occurs. If you or a co-worker are stung you should do which of the following?

    __ a  Call 9-1-1
    __ b  Wash and treat
    __ c  Pinch the stinger to remove
    __ d  Leave as quickly as possible
    __ e  Scrape the stinger away
    __ f  Monitor for allergic reaction
1. The most important initial step a responder should do when arriving on an accident scene is to:

   ___ a  Breathe deeply
   ___ b  Call 9-1-1
   ___ c  Survey the scene for any dangers that may cause the responder to also be injured
   ___ d  Clear away any rubble present

2. After surveying an accident scene you discover an injured person who is conscious but has an **OBVIOUS** serious injury. You should _____________ call 9-1-1.

3. Which of the following are classified as a Major/Serious injury?

   ___ a  Avulsion
   ___ b  Severed body part
   ___ c  Compound fracture
   ___ d  2\textsuperscript{nd} Degree Burns
   ___ e  Heat stroke

4. The primary treatment of an avulsion is:

   ___ a  Flush with cool water
   ___ b  Raise the injured part above the level of the heart
   ___ c  Remove any obvious dirt or debris
   ___ d  Stop the bleeding with a clean bandage and direct pressure
5. Shock is a common symptom of accident victims. The victims organs aren’t getting enough blood or oxygen which causes disorientation, dizziness, nausea and potentially damage organs or cause death. Which of the following are treatments for shock?

   __ a  Loosen tight clothing and, if needed, cover the person with a blanket to prevent chilling
   __ b  Have the victim eat or drink something
   __ c  Lay the person down and elevate the legs and feet slightly
   __ d  Use ice packs to cool the person

6. As a first responder to a major accident you should never offer any first aid that __ __________your level of training.

7. Which burn type has a treatment that requires the victim **NOT** to have their burn treated by flushing with cool water?

   i. ________ burn

8. Death happens in as little as 20 seconds if this is cut?

   __ a  Venous  __ b  Arterial  __ c  Capillary

9. How much blood does a typical 150 lb person have?

   __ a  3 liters  __ c  5.5 liters
   __ b  7 liters  __ d  8 liters

10. Blood loss can be very critical. At what percentage of blood loss does a person reach critical condition?

    __ a  20%  __ b  40%  __ c  60%
11. Heat stroke occurs when the body temperature rises rapidly and is unable to cool down.
   
   True _____ or False ______

12. If you suspect someone has heat stroke what should be done?
   
   __ a  Call 9-1-1
   __ b  Give them lots to drink
   __ c  Give them lots to eat
   __ d  Apply ice
   __ e  Leave them alone to rest
   __ f  Raise their legs
   __ g  Move to shade
   __ h  Move them under shade
[PP 11/24/2019 - 12/07/2019]  
First Aid III Review Quiz

1. If you arrive at a site with an unconscious victim on the ground you should?
   __ a  Tap the person on the shoulder and ask “Are you okay?”
   __ b  Call 9-1-1
   __ c  Check for any dangers in area
   __ d  Immediately start CPR
   __ e  Do b; then d
   __ f  Do c; then a;

2. If the patient has visible signs of adequate breathing but is unconscious they still require CPR?
   True _______ (or) False _____

3. Once you begin CPR, you should stop only when:
   __ a  You see an obvious sign of life, such as breathing.
   __ b  An AED is available and ready to use.
   __ c  Another trained responder or EMS personnel take over.
   __ d  You are too exhausted to continue.
   __ e  The scene becomes unsafe.

4. Why is CPR so important?
   __ a  That is the expected time that EMS will arrive
   __ b  Without oxygen, permanent brain damage sets in
   __ c  Without CPR the heart will not start again
5. CPR restarts the heart after five properly performed sets?
   True ______ False ______

6. Chest compressions are given at what rate per minute?
   __ a 30/minute __ b 60/ minute __ c 100/minute

7. Chest compressions are given in sets of
   __ a 100 __ c 20
   __ b 40 __ d 30

8. If you discover an unconscious person, Good Samaritan Laws state that you do **NOT**
   need the victim’s permission to help them if they are unconscious. If they are unconscious, consent is implied.
   True ____ (or) False ___

9. Cal-OSHA Section 3400 requires that the employer has a designated employee on site
   to _____________ first aid if they are not in the proximity of a hospital or EMT.

10. Which of the below best defines the meaning of render?
    __ a Does not exceed your training
    __ b Consists of one-time, short-term treatment and requires minimal technology
        and training.
    __ c Able to set fractures and do field dressing
    __ d Trained to competently perform CPR

11. By performing CPR within 3 to 5 minutes of SCA their chances of surviving increase
    by 30%.
    True ____ (or) False ___
12. If a Cal-OSHA inspectors arrives at your worksite and starts asking questions about your knowledge of first aid. Which of the below best is the best response.

   __ a  Get in your vehicle and drive away.
   __ b  State that you have received training to render first aid and were issued a 1-5 first aid kit. Defer any questions that exceed your training to the BCA Safety Engineer.
   __ c  Reply that you have received basic first aid/CPR training that designates you as a first responder to render first aid.
   __ d  Don’t answer any questions but refer the investigator to the Safety Engineer.
   __ e  Refer the inspector to the contractor’s trailer

13. The only way to restart the heart during a Sudden Cardiac Arrest is with an AED. An AED is as simple as turning it on and following instructions.

   True _______ (or) False _______

14. All BCA employees are issued a First Aid Box with supplies for 1 – 5 persons. I understand that it is my responsibility to check the supplies periodically. If supplies are needed I understand that it is my responsibility to contact my supervisor or the Admin staff in charge of purchasing/supplies to restock my First Aid box.

   True ___ (or) False ___