



INJURY & ILLNESS PREVENTION PROGRAM

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to BCA Training Section

[PP 11/22/2020 - 12/05/2020]
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

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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 _____

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12. If a Cal-OSHA inspector 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 to restock my First Aid box.

True ____ (or) False ____

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