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APPALACHIAN SEARCH AND RESCUE CONFERENCE, INC.

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ALLEGHENY MOUNTAIN RESCUE GROUP

MEMBERSHIP TESTS

STANDARD FIRST AID CHALLENGE TEST

VERSION 1.1 DECEMBER 1986

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Mark each question true (T) or false (F). Read the questions carefully. There are 27 questions on 2 pages; you must get 20 right to pass. A few advanced questions are for members with advanced training.

- ____1. The "ABC" priorities of cardiopulmonary resuscitation (CPR) are:
 A for airway,
 B for bleeding, and
 C for coma.
- ____2. Hyperextension of the neck (tilting the head back) is a good first attempt to open the airway of any unconscious person.
- ____3. You are in a restaurant; a man at the next table is choking on a piece of meat. He is gasping and making loud wheezing noises. You should come up behind him and administer abdominal thrusts.
- ____4. The first attempt to stop bleeding should be direct pressure.
- ____5. If you must resort to a pressure point to stop bleeding, you should continue elevation and direct pressure.
- ____6. A laceration is a ragged tear or break in the skin.
- ____7. Cuts, especially deep ones, should be rinsed out with alcohol or mercurochrome to prevent infection.
- ____8. "If the face is pale, raise the tail." This is useful, because elevating the legs is good first aid for a person in shock.
- ____9. Two contraindications for oral fluids (reasons for not giving water or other fluids by mouth) are:
 - a. internal injuries, and
 - b. an unconscious or semiconscious victim.
- ____10. Involuntary "guarding of the abdomen" (when the stomach muscles are very tight and hard) may be a sign of internal injuries.
- ____11. The recommended action in a case of poisoning by mouth is to call a Poison Control Center for first aid instructions.
- ____12. The general treatment for poisoning by mouth (assuming you can't contact a doctor or a Poison Control Center) is:
 - a. dilute,
 - b. induce vomiting with syrup of ipecac, and
 - c. give activated charcoal.

- ____13. A slow pulse is a good sign of shock.
- ____14. An exception to the general treatment for poisoning is Drano (lye, also known as caustic soda). In this case you should not give anything by mouth, as the victim might vomit, thus causing additional burning of the throat as the lye comes up.
- ____15. The proper backcountry treatment for a snakebite on the hand includes:
 - a. cross-shaped incisions and suction.
 - b. application of ice packs, and
 - c. giving alcohol (e.g. whiskey).
- ____16. A sick diabetic person should never be given anything sweet to eat or drink.
- ____17. If you are giving first aid to a person having a convulsion (seizure, fit), you should immediately restrain the person, force the jaws apart, and insert a stick between the teeth.
- ____18. The best first aid for someone having a stroke (other than the ABC's) is to make the person comfortable and give reassurance.
- ____19. Any victim of a heart attack or having heart failure should be made to lie down flat.
- ____20. A person with a significant head injury should be treated as if he or she has a neck injury.
- ____21. An unconscious person, or one who has a bad face injury, should generally be placed on the side, rather than the back, to protect the airway.
- ____22. The proper treatment for small, severe burns is:
 - a. immersion in cold water,
 - b. application of ointment or vaseline, and
 - c. a sterile dressing.
- ____23. You should splint fractures of long bones so as to prevent movement of the bone and the joint on either side of the broken bone.
- ____24. You should generally never straighten a fracture of a joint, but should "splint it as it lies."
- ____25. A strain is an injury to muscle, a sprain is an injury to the ligaments around a joint.
- ____26. You should start your first aid survey of any victim by checking the airway (assuming there are no immediate environmental dangers such as poisonous gas or rockfall.)
- ____27. When giving first aid to a victim of heatstroke, you must cool the victim down to a normal body temperature.