

ADULT
&
PEDIATRIC

FIRST AID
TEST

LifeTech Instructional Services
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Palm Harbor, FL. 34683
(727) 433-3341

BASIC FIRST AID FOR THE COMMUNITY AND WORKPLACE Adult and Pediatric Exam

Instructions: Read each of the following questions carefully and then circle the Letter of the correct answer on the separate sheet provided.

PLEASE DO NOT WRITE ON THE EXAM.

1. Which State of Florida Act protects you : while performing CPR and First Aid out of the work place?
 - A. The Baker Act
 - B. Florida Statutes Act
 - C. The Good Samaritan Act
 - D. The Marchman Act

2. A person complains that he is short of breath, nauseated, chest discomfort, and pain radiating into the left arm, the person appears very ill. You should?
 - A. Place the victim in the recovery position
 - B. Call 9-1-1 or activate your emergency action plan
 - C. Give the person fruit juice and encourage them to rest
 - D. Apply Cool, wet cloths to the persons neck

3. You are attending to a seriously injured, unresponsive person who is lying face up on the pavement. You hear gurgling and the person coughs up blood. You should?
 - A. Wait for EMS providers to arrive and explain what happened
 - B. Quickly place the person on their side (recovery position) to support airway
 - C. Tell the injured person not to move
 - D. Perform a series of abdominal thrusts until the victim's stomach is empty

4. You are attending to a responsive person who tripped and fell on the sidewalk and has bleeding on the arm and abrasions on both legs. To control bleeding you should?
 - A. Wash wound with clean, running tap water for 5 minutes until bleeding stops
 - B. Apply a tourniquet
 - C. Apply direct pressure with absorbent pads until bleeding stops
 - D. Apply triple antibiotic lotion or cream and cover wound with a bandage

5. An injured person is shivering, nauseated, cool moist skin, and tissue color is pale. You suspect possible shock. He is pleading with you for a drink of water. You should?
- A. Give warm salty water
 - B. Give cool clean tap water
 - C. Give nothing to drink; remove any blood soaked dressings
 - D. Give nothing to drink; cover him with a blanket to maintain body heat
6. You are caring for a person with a painful, blistered burn on the arm from a hot liquid you should?
- A. Cool it with cold water as quickly as possible and continue cooling 20 minutes
 - B. Quickly pop each blister, then apply cold butter until pain relieved
 - C. Apply triple antibiotic ointment to the burn and cover it with a bandage
 - D. Apply ice directly to the burn and keep it there until the pain is relieved
7. You are attending to a responsive person injured in a bicycle accident. He has sharp pain and swelling in the right leg which looks strangely bent. You should?
- A. Tap and shout, "Are you okay?"
 - B. Firmly snap the dislocated bone ends back into place
 - C. Manually stabilize the injured leg and do not move person
 - D. Apply a pressure bandage around the entire length of the extremity
8. You are assisting a person with asthma to take their prescribed medication. Ten minutes later the person is bent over, wheezing and can't stop coughing. You should?
- A. Double the prescribed dose of medication and have the person try again
 - B. Be patient. Wait for the medication to take effect
 - C. Perform a physical assessment and give them another dose
 - D. Alert EMS and stay with the person, comfort person best you can
9. You are caring for a person who has been stung by a wasp and is severely allergic to them. The person has an epi-pen auto-injector but is having trouble handling the device. Her lips and face are swelling quickly with difficulty breathing. You should?
- A. Comfort, calm and stay with the person until the swelling goes down
 - B. Help the person use the device. If she is unable, administer it yourself
 - C. Attempt to raise persons blood sugar level as quickly as possible
 - D. Provide privacy to minimize embarrassment and calm the person

10. You are attending to a person you suspect has heat exhaustion. All of the following are correct, EXCEPT?
- A. Have the victim sit down in a shady cool place
 - B. Loosen or remove excess clothing
 - C. Give a cool sports drink with water to replace lost fluid, salts, and minerals
 - D. Cover head and neck to help retain body heat
11. You are attending to a person who collapsed while playing outside on a hot humid day. The person is unresponsive, skin is hot and red. EMS has been called. You should?
- A. Apply heat packs to the persons neck, armpits, and groin area
 - B. Comfort, calm and stay with the person until fully recovered
 - C. Apply cold packs to body areas, or spray water on the person and fan them
 - D. Administer the persons prescribed medication
12. You have been called to provide first aid for a 3 year old child who was discovered on the floor of the bathroom drinking from an open bottle of skin lotion. Other than crying loudly when you take the bottle away, the child appears fine. You should?
- A. Administer sips of lemon juice or vinegar to neutralize the product
 - B. Administer 25-50 grams of activated charcoal in a glass of water to dilute product
 - C. Administer 1 ounce syrup of ipecac to help the child vomit out the product
 - D. Call the Poison Control Center at 1-800-222-1222
13. The best place to store chemicals, medications, and poisons would be?
- A. In the bathroom, under the sink
 - B. Under the kitchen counter
 - C. In a high locked cabinet
 - D. In the medicine cabinet
14. When putting an infant down to sleep, what is the recommended way to do so?
- A. On their back
 - B. On their left side
 - C. On their stomach
 - D. On their right side

15. Signs of a person having breathing problems include all of the following EXCEPT?
- A. Having trouble with each breath
 - B. Has noise with each breath they take
 - C. Headache
 - D. Is breathing too fast, slow, ~~or~~ shallow
16. Which of the following is a sign of a severe allergic reaction?
- A. Stuffy nose, sneezing, watery eyes
 - B. Swelling of the mouth, tongue and face
 - C. Raised, red rash on the skin
 - D. Itching of the skin and hives
17. Which of the following signs are NOT a sign of a seizure?
- A. Lose muscle control
 - B. Drowsiness
 - C. Stops responding to you
 - D. Falls to the ground with uncontrollable shaking
18. Which of the following procedures would you NOT do if a person is having a seizure?
- A. Clear everything out of the way to prevent any injuries
 - B. Place a spoon or tongue depressor to prevent biting tongue
 - C. Place a pillow under the person's head
 - D. Do not move or hold down the person while seizing
19. Which of the following is NOT a sign of a stroke?
- A. Pale or grayish skin color
 - B. Facial droop and slurred speech
 - C. Numbness in one of the arms
 - D. Having a runny nose
20. You are attending to a person who has a nose bleed. You should?
- A. Tell the person to lean forward and pinch the nose
 - B. Tilt the head back and pinch nose
 - C. Have them blow their nose to get blood out
 - D. Place an icepack on the nose and forehead

21. A permanent tooth that has been knocked out can be saved if you rinse the tooth in water and put the tooth in a cup of?
- A. Alcohol or Peroxide
 - B. Gatorade
 - C. Whole milk
 - D. Mouth cleansing solution
22. If a person has a penetrating eye injury or is severely hit in the eye you should?
- A. Remove the object from the eye and control bleeding
 - B. Cover injured eye only, call 9-1-1
 - C. Have person close or cover both eyes, call 9-1-1
 - D. Do not cover both eyes
23. Which of the following would you NOT do to help a person that was stung by an unknown insect, bee, tick, spider, venomous snakes or scorpion?
- A. Make sure scene is safe for you and the person and call 9-1-1, if needed
 - B. Clean the bite area with soap/water and monitor person for possible shock
 - C. Monitor the person for any mild or severe allergic reactions that may occur
 - D. Mouth pipetting (suction by mouth) of the potential venom
24. When life-threatening situations exist and the parent or legal guardian is not available or a person disoriented, first aid care should be given based on?
- A. Refusal
 - B. Implied Consent
 - C. Expressed Consent
 - D. Obligation
25. You have a responsive person having a diabetic emergency, you suspect low blood sugar, you phone 9-1-1. What is the best way to help this person?
- A. Give them a piece of hard candy
 - B. Give them some type of a diet soda and a sugar substitute
 - C. Give them juice that contains sugar or sugar packets
 - D. Have them lay down and tell them it will be "OK"

26. A person is eating a sandwich and suddenly grabs his neck. He is unable to make sounds, cough, speak, or breathe. What should you do?
- A. Leave him alone and try to get him to cough vigorously
 - B. Tell him you are going to help and do abdominal thrusts
 - C. Look in his mouth and use your finger to try to dislodge the object that is causing him to choke
 - D. Phone 911 and do nothing until emergency help arrives
27. You are at a company picnic and are asked to help a child injured at the playground. Which of the following might make you think that this person has a neck, back or spinal injury?
- A. The victim has trouble breathing and has swelling of the tongue or face
 - B. The victim has a lot of bleeding that you can see
 - C. The victim has a large cut on his arm
 - D. The victim has received a forceful blow to the head
28. When an emergency situation occurs and someone needs medical help, you should?
- A. Shout for help assuming that someone will call 9-1-1
 - B. Shout for help and have the person call 4-1-1
 - C. Shout for help, point and designate someone to phone 9-1-1 or your emergency action plan
 - D. Call 9-1-1, then leave the injured person so you do not get in trouble
29. A person was running at the park when a snake bites his leg. You call 911. How can you tell if the bite might be from a (venomous) snake?
- A. Poisonous snakebites swell and cause a lot of pain; nonpoisonous snake bites are not painful and do not cause swelling in the area of the bite
 - B. Poisonous snakes are very aggressive; nonpoisonous snakes are very tame
 - C. A victim bitten by a poisonous snake will collapse and become unresponsive very quickly
 - D. Nonpoisonous snakes often leave tooth marks in the shape of a horseshoe; venomous snakes usually leave 1 or 2 puncture wounds injecting their venom.
30. When caring for a person in a emergency, sometimes caregivers may develop emotional distress. What action can you take to help cope with and work through the difficulty?
- A. Informally speak to someone you trust who listens without judgment
 - B. Talk to someone, such as a family member, friend, or coworker.
 - C. Get back to a normal routine as soon as possible
 - D. All of the above are correct

Adult and Pediatric First Aid/CPR (answer sheet)

Student Name: _____ Date: _____

Instructions: Read each of the following questions and then **CIRCLE** your best answer.

- | | | | | | | | | | |
|-----|---|---|---|---|-----|---|---|---|---|
| 1. | A | B | C | D | 16. | A | B | C | D |
| 2. | A | B | C | D | 17. | A | B | C | D |
| 3. | A | B | C | D | 18. | A | B | C | D |
| 4. | A | B | C | D | 19. | A | B | C | D |
| 5. | A | B | C | D | 20. | A | B | C | D |
| 6. | A | B | C | D | 21. | A | B | C | D |
| 7. | A | B | C | D | 22. | A | B | C | D |
| 8. | A | B | C | D | 23. | A | B | C | D |
| 9. | A | B | C | D | 24. | A | B | C | D |
| 10. | A | B | C | D | 25. | A | B | C | D |
| 11. | A | B | C | D | 26. | A | B | C | D |
| 12. | A | B | C | D | 27. | A | B | C | D |
| 13. | A | B | C | D | 28. | A | B | C | D |
| 14. | A | B | C | D | 29. | A | B | C | D |
| 15. | A | B | C | D | 30. | A | B | C | D |

FILL OUT YOUR INFORMATION BELOW AND SEND YOUR COMPLETED TEST TO THE ADDRESS BELOW.

INCLUDE YOUR CHECK or MONEY ORDER for \$ **30.00** (PER TEST)

Once received we will send you a printed certificate of completion.

Name: _____

Full Address: _____

Phone: _____

Email: _____

Preschool Name: _____

MAIL TO:

LifeTech Instructional Services

1423 Wisconsin Avenue

Palm Harbor, Fl. 34683

Summary of High-Quality CPR Components for BLS Providers

| Component | Adults and Adolescents | Children (Age 1 Year to Puberty) | Infants (Age Less Than 1 Year, Excluding Newborns) |
|--|--|---|---|
| Scene safety | Make sure the environment is safe for rescuers and victim | | |
| Recognition of cardiac arrest | <p>Check for responsiveness</p> <p>No breathing or only gasping (ie, no normal breathing)</p> <p>No definite pulse felt within 10 seconds</p> <p>(Breathing and pulse check can be performed simultaneously in less than 10 seconds)</p> | | |
| Activation of emergency response system | <p>If you are alone with no mobile phone, leave the victim to activate the emergency response system and get the AED before beginning CPR</p> <p>Otherwise, send someone and begin CPR immediately; use the AED as soon as it is available</p> | <p>Witnessed collapse</p> <p>Follow steps for adults and adolescents on the left</p> <p>Unwitnessed collapse</p> <p>Give 2 minutes of CPR</p> <p>Leave the victim to activate the emergency response system and get the AED</p> <p>Return to the child or infant and resume CPR; use the AED as soon as it is available</p> | |
| Compression-ventilation ratio <i>without advanced airway</i> | <p>1 or 2 rescuers</p> <p>30:2</p> | | <p>1 rescuer</p> <p>30:2</p> <p>2 or more rescuers</p> <p>15:2</p> |
| Compression-ventilation ratio <i>with advanced airway</i> | <p>Continuous compressions at a rate of 100-120/min</p> <p>Give 1 breath every 6 seconds (10 breaths/min)</p> | | |
| Compression rate | 100-120/min | | |
| Compression depth | At least 2 inches (5 cm)* | <p>At least one third AP diameter of chest</p> <p>About 2 inches (5 cm)</p> | <p>At least one third AP diameter of chest</p> <p>About 1½ inches (4 cm)</p> |
| Hand placement | 2 hands on the lower half of the breastbone (sternum) | 2 hands or 1 hand (optional for very small child) on the lower half of the breastbone (sternum) | <p>1 rescuer</p> <p>2 fingers in the center of the chest, just below the nipple line</p> <p>2 or more rescuers</p> <p>2 thumb-encircling hands in the center of the chest, just below the nipple line</p> |
| Chest recoil | Allow full recoil of chest after each compression; do not lean on the chest after each compression | | |
| Minimizing interruptions | Limit interruptions in chest compressions to less than 10 seconds | | |

*Compression depth should be no more than 2.4 inches (6 cm).

Abbreviations: AED, automated external defibrillator; AP, anteroposterior; CPR, cardiopulmonary resuscitation.

Adult CPR and AED Skills Testing Checklist



Student Name _____ Date of Test _____

Scenario: "You arrive on the scene for a suspected cardiac arrest. No bystander CPR has been provided. You approach the scene and ensure that it is safe. Demonstrate what you would do next."

Assessment and Activation

- Checks responsiveness Shouts for help/Sends someone to phone 9-1-1 and get an AED Checks breathing

Once student shouts for help, instructor says, "Here's the barrier device. I am going to phone 9-1-1 and get the AED."

Cycle 1 of CPR (30:2) *CPR feedback devices preferred for accuracy

Adult Compressions

- Performs high-quality compressions*:
- Hand placement on lower half of breastbone
 - 30 compressions in no less than 15 and no more than 18 seconds
 - Compresses at least 2 inches (5 cm)
 - Complete recoil after each compression

Adult Breaths

- Gives 2 breaths with a barrier device:
- Each breath given over 1 second
 - Visible chest rise with each breath
 - Gives 2 breaths in less than 10 seconds

Cycle 2 of CPR (repeats steps in Cycle 1) Only check box if step is successfully performed

- Gives 30 high-quality compressions Gives 2 effective breaths

Instructor says, "Here is the AED."

AED (follows prompts of AED)

- Powers on AED Correctly attaches pads Clears for analysis Clears to safely deliver a shock
 Presses button to deliver shock Student immediately resumes compressions

AED trainer says, "The shock has been delivered."

Cycle 3 of CPR (repeats steps in Cycle 1) Only check box if step is successfully performed

- Gives 30 high-quality compressions Gives 2 effective breaths

STOP TEST

Instructor Notes

- Place a ✓ in the box next to each step the student completes successfully.
- If the student does not complete all steps successfully (as indicated by at least 1 blank check box), the student must receive remediation. Make a note here of which skills require remediation (refer to Instructor Manual for information about remediation).

Test Results Check **PASS** or **NR** to indicate pass or needs remediation:

PASS NR

Instructor Initials [Signature] Instructor Number 02112271893 Date _____

Child CPR Skills Testing Checklist



Student Name _____ Date of Test _____

Scenario: "You are home alone with a child, and the child suddenly collapses in front of you. The scene is safe and you have a cell phone with you, but no AED nearby. Demonstrate what you would do next."

Assessment and Activation

- Checks responsiveness Shouts for help/Phones 9-1-1 on cell phone Checks breathing

Cycle 1 of CPR (30:2) *CPR feedback devices preferred for accuracy

Child Compressions

- Performs high-quality compressions*:
- Hand placement on lower half of breastbone
 - 30 compressions in no less than 15 and no more than 18 seconds
 - Compresses at least one third the depth of the chest, about 2 inches (5 cm)
 - Complete recoil after each compression

Child Breaths

- Gives 2 breaths with a barrier device:
- Each breath given over 1 second
 - Visible chest rise with each breath
 - Gives 2 breaths in less than 10 seconds

Cycle 2 of CPR (repeats steps in Cycle 1) Only check box if step is successfully performed

- Gives 30 high-quality compressions Gives 2 effective breaths

Cycle 3 of CPR (repeats steps in Cycle 1) Only check box if step is successfully performed

- Gives 30 high-quality compressions Gives 2 effective breaths

Instructor says, "EMS has arrived and is taking over."

STOP TEST

Instructor Notes

- Place a ✓ in the box next to each step the student completes successfully.
- If the student does not complete all steps successfully (as indicated by at least 1 blank check box), the student must receive remediation. Make a note here of which skills require remediation (refer to Instructor Manual for information about remediation).

Test Results Check **PASS** or **NR** to indicate pass or needs remediation:

PASS NR

Instructor Initials [Signature] Instructor Number 02112271873 Date _____

Infant CPR Skills Testing Checklist



Student Name _____ Date of Test _____

Scenario: "While you are pushing a baby in a stroller at the park, you notice something is wrong with the baby. You do not have a phone nearby. You ensure that the scene is safe and take the baby out of the stroller. Demonstrate what you would do next."

Assessment and Activation

- Checks responsiveness Shouts for help Checks breathing

Once student shouts for help, instructor says, "No one is around to help."

Cycle 1 of CPR (30:2) *CPR feedback devices preferred for accuracy

Infant Compressions

- Performs high-quality compressions*:
- Placement of 2 fingers in the center of the chest, just below the nipple line
 - 30 compressions in no less than 15 and no more than 18 seconds
 - Compresses at least one third the depth of the chest, about 1½ inches (4 cm)
 - Complete recoil after each compression

Infant Breaths

- Gives 2 breaths with a barrier device:
- Each breath given over 1 second
 - Visible chest rise with each breath
 - Gives 2 breaths in less than 10 seconds

Cycle 2 of CPR (repeats steps in Cycle 1) Only check box if step is successfully performed

- Gives 30 high-quality compressions Gives 2 effective breaths

Cycle 3 of CPR (repeats steps in Cycle 1) Only check box if step is successfully performed

- Gives 30 high-quality compressions Gives 2 effective breaths

Instructor says, "You have just completed 5 sets of 30 compressions and 2 breaths."

Activates Emergency Response System (9-1-1)

- Verbalizes the need to leave to phone 9-1-1

STOP TEST

Instructor Notes

- Place a ✓ in the box next to each step the student completes successfully.
- If the student does not complete all steps successfully (as indicated by at least 1 blank check box), the student must receive remediation. Make a note here of which skills require remediation (refer to Instructor Manual for information about remediation).

Test Results Check PASS or NR to indicate pass or needs remediation:

PASS NR

Instructor Initials *[Signature]* Instructor Number 02112271893 Date _____

| Name (first, middle initial, last) Please PRINT your name as you wish it to appear on your card. | Address | Phone | Email Address | Course | Date Card Issued | Paid |
|---|---------|-------|---------------|--------|------------------|------|
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