



**American
Red Cross**

—DO NOT WRITE ON THIS EXAM—

First Aid

Exam A

IMPORTANT: Read all instructions before beginning the exam.

INSTRUCTIONS: Mark all answers in pencil on the separate answer sheet as directed by your instructor. Read each question carefully. Then choose the best answer and fill in that circle completely on the answer sheet. If you wish to change an answer, erase your first answer entirely. Return this exam with your answer sheet to your instructor when you are finished.

EXAMPLE

ANSWER SHEET

xx. (a) (b) (c) ●

XX. Why does the American Red Cross teach this course?

- a. To help people recognize and respond appropriately in an emergency
 - b. To help people make appropriate decisions when they see an emergency
 - c. To enable people to give immediate care to a suddenly injured or ill person until more advanced medical care takes over
 - d. All of the above
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First Aid

Exam A

1. A woman burned her hand in the lunchroom. You should:
 - a. Cool the burn with large amounts of cool or cold potable water for at least 10 minutes.
 - b. Cover the burn loosely with a dry, sterile dressing.
 - c. Remove her from the source of the burn.
 - d. All of the above
2. Which of the following statements about concussion is true?
 - a. A person with a concussion will always lose consciousness briefly.
 - b. A person must have to be hit with a great deal of force to sustain a concussion.
 - c. A concussion is a type of traumatic brain injury.
 - d. It is safe for a person who may have a concussion to immediately resume whatever activity he or she was engaged in when the injury occurred.
3. You are giving first aid to a person with a muscle, bone or joint injury. Emergency medical services (EMS) has been called. What should you do until they arrive?
 - a. Bandage the injured body part.
 - b. Apply cold if the person can tolerate it, and watch the person for signs and symptoms of shock.
 - c. Splint the injury to immobilize it.
 - d. All of the above
4. When caring for a person who is having a seizure, you should:
 - a. Place something between the person's teeth to prevent the person from biting his or her tongue.
 - b. Remove nearby objects that might cause injury.
 - c. Try to hold the person still.
 - d. All of the above
5. What sudden illness is usually caused by a blockage of blood flow to the brain?
 - a. Diabetic emergency
 - b. Heat-related illness
 - c. Heart attack
 - d. Stroke
6. A person is having a diabetic emergency and requests sugar. The person is responsive and able to safely swallow. How much sugar should you give?
 - a. 10 grams
 - b. 15 to 20 grams
 - c. 25 grams
 - d. 5 to 10 grams
7. A person has signs and symptoms of heat exhaustion. What should you do?
 - a. Have the person quickly drink large amounts of cool water.
 - b. Get the person out of the heat and into a cooler place.
 - c. Immerse the person up to the neck in ice water.
 - d. Call 9-1-1 or the designated emergency number.
8. A person is having signs and symptoms of a heart attack. What should you do first?
 - a. Have the person chew one regular-strength aspirin tablet or two low-dose aspirin tablets.
 - b. Call 9-1-1 or the designated emergency number.
 - c. Help the person rest in a comfortable position and loosen any tight clothing.
 - d. Begin CPR.

—DO NOT WRITE ON THIS EXAM—

9. Which of the following statements about anaphylaxis is true?
- A person experiencing anaphylaxis may have trouble breathing and go into shock.
 - It is important to act quickly when a person is showing signs and symptoms of anaphylaxis.
 - The effects of anaphylaxis can be stopped or slowed by administering epinephrine.
 - All of the above
10. In what circumstance would it be appropriate to use a tourniquet?
- There are multiple people with life-threatening injuries who need care.
 - The person has a bleeding chest wound.
 - You do not have dressings and bandages available.
 - You cannot access a pressure point to apply pressure.
11. When using direct pressure to control non-life-threatening bleeding from an open wound, you should:
- Lift the dressing every minute to see if the bleeding has stopped.
 - Remove and replace dressings as they become saturated with blood.
 - Use a hemostatic dressing.
 - Add additional dressings and continue to apply direct pressure until the bleeding stops, and then bandage the wound.
12. You believe that a person has a head, neck or spinal injury. What should you do?
- Remove the person's safety helmet.
 - Have the person remain in the position he or she is in until emergency medical services (EMS) personnel arrive and take over.
 - Put the person in the recovery position.
 - Have the person nod the head up and down and shake the head from side to side to see if there is any pain or difficulty with movement.
13. Which of the following could be signs or symptoms of stroke?
- Drooping features on one side of the face
 - Trouble with speech or language
 - An arm that drifts downward when both arms are lifted in front of the body
 - All of the above
14. A person is having an asthma attack. What should you do?
- Have the person sit down and take deep breaths.
 - Encourage the person to use his or her quick-relief medication, and call 9-1-1 or the designated emergency number if the person's condition does not improve within 5 to 15 minutes of taking the medication.
 - Give the person a cool drink.
 - Help the person use his or her epinephrine auto injector.
15. Which of the following could cause shock?
- A burn
 - A wound that is bleeding heavily
 - Anaphylaxis
 - All of the above