

FIRST AID TEST



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West County Transportation Agency

This test was developed to help school bus driver's study and prepare for the California Special Drivers Certificate (School Bus Certificate) exam given at the local California Highway Patrol Office. The material covered in the first aid exam is derived from the following study guides:

American Red Cross Standard First Aid book
American Red Cross Community First Aid and Safety book

Guidelines for taking written tests:

Take a couple of slow, deep breathes, remind yourself to relax.

Use all the time to complete the test.

Answer every question in order.

(The first time through answer the ones you know, the ones your not sure off circle the question or put some type of mark to indicate the question – there might be another question that can answer the one your not sure of or will ring your bell to the correct answer.)

Always read the question in its entirety.

Read every answer thoroughly.

(Always read and think about each of the choices, no matter how certain you are about the answer – there may be a more correct answer)

Read the question again prior to picking the correct answer.

Eliminate obvious wrong answers.

Pick the most correct answer.

Then read the question again with the answer attached to the end to see if it makes sense.

Remember your first choice is usually correct.

The Basics on taking practice tests

Please answer questions on answer sheets provided with tests. You may want to study all of the tests you were given in the classroom prior to taking these tests.

Read and review the American Red Cross Standard First Aid book.

Once you decide to take the tests, do not look up every question you can't answer, this will take you too long. Just answer the question to your best ability and wait until we correct them.

This will help you find the areas you will want to concentrate your study time to.

This First Aid Exam comprises 75 multiple-choice questions.

Good Luck!

FIRST AID TEST
Answer Sheet
X over the correct Answer

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- 1) Your check of the scene suggests that a victim has suffered an electrical shock. The first thing to do is....
 - a) Cover all burns with a dry loose dressing.
 - b) Ask a bystander to help you move the victim.
 - c) Place the victim on one side with the head down.
 - d) Make sure the power is turned off.

- 2) A victim of a car accident has just vomited and now appears to be coughing up blood. He is breathing very quickly and his pulse is weak and fast. What is most likely wrong?
 - a) He is having a seizure.
 - b) He has internal bleeding.
 - c) He is having a heart attack.
 - d) He is having a diabetic emergency.

- 3) You are caring for a victim with a burned hand. Put the hand in cool water if....
 - a) The burns are very deep
 - b) There are burns with open blisters.
 - c) The burns are minor with no open blisters.
 - d) You should put the hand in cool water for all of the above.

- 4) In general a splint should be....
 - a) Loose, so that the victim can still move the injured limb.
 - b) Snug, but not so tight that it slows circulation.
 - c) Tied with cravats over the injured area.
 - d) None of the above.

- 5) A victim has lost a lot of blood through a deep cut in his leg. He is breathing fast and seems pale and restless. He is probably....
 - a) Having a stroke.
 - b) Having a heart attack.
 - c) In shock.
 - d) Choking.

- 6) You suspect that a person has been poisoned. She is conscious. Your first call should be to....
 - a) The Poison Control Center or your local emergency phone number.
 - b) The victim's physician.
 - c) The hospital emergency department.
 - d) The local pharmacy.

- 7) Which would you do when caring for a seizure victim?
 - a) Remove nearby objects that might cause injury.
 - b) Place a small object, such as a rolled up piece of cloth, between the victim's teeth.
 - c) Try to hold the person still.
 - d) All of the above.

- 8) Splint an injury to a muscle, bone, or joint only when....
- You have to move or transport the victim.
 - You can do so without hurting the victim.
 - You have splinting materials available.
 - Both a and b
- 9) For which of the following burn victims should you immediately call your local emergency phone number?
- A 40 year old man who has burned his hand with hot coffee.
 - A 68 year old woman who has a blistered grease burn on her hands and arms.
 - A 26 year old woman who has a sunburn on her shoulders.
 - All of the above.
- 10) A 15 year old boy has just splashed a chemical on his face. After sending someone to call for an ambulance, you would....
- Cover the burned area.
 - Have the victim stay calm until ambulance arrives.
 - Flush the burned area with large amounts of water until the ambulance arrives.
 - Immediately drive the victim to the hospital.
- 11) Why should you cover burns with a clean or sterile dressing?
- To prevent infection.
 - To cool burned area.
 - To keep the burned area warm.
 - Both a and c
- 12) You find a person at the bottom of the stairs. He appears to have fallen and seems badly hurt. After sending someone for help, you would....
- Roll the victim onto his stomach keeping the head and back in a straight line.
 - Roll the victim onto one side.
 - Position victim onto one side.
 - Attempt to keep the victim from moving.
- 13) A victim has a large piece of glass sticking out of her leg. You should....
- Leave the glass in her leg and control the bleeding.
 - Call your local emergency phone number.
 - Remove the glass and then control the bleeding.
 - Both a and b
- 14) What should be your first concern at the scene where a person has been seriously burned?
- Checking the scene for safety.
 - Checking the victims breathing and pulse.
 - Calling your local emergency phone number.
 - Cooling the burned area.

- 15) A woman has fallen and turned her ankle. She says she heard something snap. She looks pale and is sweating. What should you do?
- Have the victim walk on the injured ankle.
 - Care for the injury as if it were serious.
 - Apply heat and elevate the injury.
 - Apply a dressing and loosely bandage.
- 16) Which of the following should be done for a person experiencing a heat related illness.
- Keep the victim warm.
 - Force the victim to drink fluids.
 - Apply cool wet cloths.
 - Place the victim in warm water.
- 17) You feel a sudden sharp pain in the bottom of your left foot. You look at the bottom of your left shoe and see a tack sticking in your shoe. What type of wound do you probably have?
- Avulsion
 - Bruise
 - Scrape
 - Puncture
- 18) Which should be part of your care for a severely bleeding open wound?
- Allow the wound to bleed in order to minimize infection.
 - Apply direct pressure and elevate the injured area. (if no broken bones)
 - Use a tourniquet to stop all blood flow.
 - Both b and c
- 19) What should you do if you think a victim has serious internal bleeding?
- Apply heat to the injured area.
 - Call your local emergency phone number for help.
 - Place the victim in a sitting position.
 - Give fluids to replace blood loss.
- 20) Which of the following behaviors reduces your risk for injury?
- Always wearing a safety belt when riding in automobiles.
 - Limiting intake of alcohol.
 - Limiting intake of foods high in cholesterol.
 - Both a and b
- 21) Which is the first step when caring for bleeding wounds.
- Apply direct pressure with a clean or sterile dressing.
 - Apply pressure at the pressure point.
 - Add bulky dressings to reinforce blood soaked bandages.
 - Elevate the wound.

- 22) How can you reduce the risk of disease transmission when caring for open, bleeding wounds?
- Wash your hands immediately after giving care.
 - Avoid direct contact with blood.
 - Use protective barriers such as gloves or plastic wrap.
 - All of the above.
- 23) You have tried to control a victim's bleeding with direct pressure and elevation, but the bleeding doesn't stop. Where would you apply pressure to slow the flow of blood to a wound on the forearm?
- Outside the arm midway between the shoulder and the elbow.
 - On the inside of the elbow.
 - Inside the arm between the shoulder and the elbow.
 - Any of the above will slow the flow of blood.
- 24) Dressing and bandages are used to....
- Reduce the victim's pain.
 - Reduce internal bleeding.
 - Help control bleeding and prevent infection.
 - Make it easier to take the victim to the hospital.
- 25) Most injuries are due to situations that....
- You have no control over or could not have been prevented.
 - You have some control over or could have been prevented.
 - Involve five or more people.
 - Involve water sports.
- 26) Where is the carotid artery located?
- Inside the wrist just above the hand.
 - On the neck to the right or left of the wind pipe.
 - Behind the knee cap.
 - Inside the arm between the elbow and shoulder.
- 27) On an infant, where would you check the pulse?
- Inside the wrist just above the hand.
 - On the neck to the right or left side of the wind pipe.
 - Behind the knee cap.
 - Inside the arm between the elbow and shoulder.
- 28) For an infant who is choking, you would perform....
- The Heimlich maneuver.
 - CPR
 - Back blows and chest thrusts.
 - Hold the infant upside down and strike between the shoulder blades.
- 29) Breathing emergencies may be caused from....
- Asthma
 - Hyperventilation
 - Allergic reaction
 - Injury to a muscle or bone in the chest
 - All of the above

- 30) A person who is unconscious, not breathing, has a weak pulse, needs....
- CPR
 - Hiemlick maneuver.
 - Rescue breathing.
 - Back blows and chest thrusts.
- 31) When helping an unconscious choking victim, you would give an adult____ chest thrusts. For an infant you would give____ back blows and____ chest thrusts.
- 3,3,3
 - 5,3,3
 - 5,5,5
 - 3,5,5
- 32) Which is not a symptom of heart attack.
- Chest pain.
 - Red, hot or dry skin.
 - Pale or bluish in color.
 - Profuse sweating.
- 33) When performing adult CPR you give....
- 2 slow breaths & 15 chest compressions.
 - 1 slow breath & 10 chest compressions.
 - 5 slow breaths & 10 chest compressions.
 - 3 slow breaths & 15 chest compressions.
- 34) When performing CPR on a child you give....
- 4 slow breaths & 20 chest compressions.
 - 1 slow breath & 5 chest compressions.
 - 2 slow breaths & 10 chest compressions.
 - 2 slow breaths & 15 chest compressions.
- 35) A wound where there is damage to the soft tissue and blood vessels under the skin is called.....
- A scrape
 - A cut
 - A bruise
 - An avulsion
- 36) When giving care for external bleeding, what should you do first?
- Elevate the injury.
 - Apply direct pressure.
 - Apply a loose dressing.
 - Apply a tourniquet.
- 37) Bandages are used for....
- Applying directly to a wound to soak up blood.
 - To hold dressings in place, apply pressure and control bleeding.
 - Ease pain.
 - Small cuts only.

- 38) Dressings and pads....
- a) Should be removed when blood soaked. New ones should be applied.
 - b) Are used to help control bleeding and keep germs out.
 - c) Are not included in a first aid kit.
 - d) Should be applied to a sucking chest wound.
- 39) Elastic bandages are used....
- a) To control bleeding
 - b) Control swelling and support injuries such as sprains or strains.
 - c) To allow circulation to a severed limb.
 - d) When applying a splint.
- 40) When caring for a victim who has an object impaled in their hand, you should....
- a) Remove the object, flush with cool water, and transport to hospital.
 - b) Immobilize the object by placing several dressings around it.
 - c) Break object off where it sticks out, and bandage injury.
 - d) None of the above.
- 41) When caring for a victim with a bloody nose you would not.....
- a) Apply an ice pack to the bridge of the nose.
 - b) Apply pressure to upper lip just beneath nose.
 - c) Have the victim sit with head tilted slightly forward while pinching the nostrils together.
 - d) Have the victim sit with head tilted slightly backward while pinching the nostrils together.
- 42) A student on your bus has been hit in the mouth and a tooth was knocked out you should....
- a) Control the bleeding and have student bite down on a rolled sterile dressing in the space left by the tooth.
 - b) Save the tooth by placing it in milk or water.
 - c) Wrap the tooth in a dry tissue and give to student to take to dentist.
 - d) Both a and b
- 43) Which symptoms would indicate internal bleeding?
- a) Rapid weak pulse.
 - b) Skin that feels cool or moist, or looks pale or bluish.
 - c) Excessive thirst.
 - d) Tender, swollen, bruised, or hard areas of his body, such as the abdomen.
 - e) All of the above.
- 44) Wounds that would require stitches are....
- a) Over an inch long.
 - b) Bleeding from an artery or uncontrolled bleeding.
 - c) Human or animal bites.
 - d) All of the above.

- 45) Which is not a symptom of shock....
- a) Strong thirst, nausea, or vomiting.
 - b) Rapid breathing or rapid pulse.
 - c) Restless or irritability.
 - d) Chest or abdominal pain, breathing difficulty.
- 46) A first degree burn....
- a) Involves only the top layer of skin.
 - b) Is red and blistered.
 - c) Destroys all layers of skin.
 - d) Is the most serious of burns.
- 47) When caring for a victim who has a large burn on their forearm, you....
- a) Use large amounts of cool water to cool the burn.
 - b) Use ice or ice water to cool the burn.
 - c) Remove any cloth that has stuck to the burn and apply burn cream.
 - d) All of the above.
- 48) When caring for someone who has suffered an electrical burn, you would **not**....
- a) Check breathing and pulse.
 - b) Check for possible fractures.
 - c) Cool the burned area.
 - d) Treat for shock.
- 49) You should suspect that a victim has head and spine injuries for....
- a) An incident involving a lightning strike.
 - b) A person found unconscious for unknown reasons.
 - c) A fall from the height greater than the victims height.
 - d) All of the above.
- 50) You may suspect that a student has been poisoned if they....
- a) Are experiencing nausea, vomiting or diarrhea.
 - b) Have chest or abdominal pain, breathing difficulty.
 - c) Burns around the lips, tongue, or on the skin.
 - d) All of the above.
- 51) When caring for a student who is allergic to bees and has just been stung, you should....
- a) Give them an injection with their Epi-pen.
 - b) Apply a heat pack to ease pain.
 - c) Apply a cold pack.
 - d) Both a and c
- 52) Signals of an allergic reaction to a bee sting are....
- a) Feeling of tightness in the chest and throat.
 - b) Swelling of the face neck and tongue.
 - c) Rash, dizziness, or confusion
 - d) All of the above.

- 53) When caring for a student who is suffering from heat cramps.
- Apply cold packs.
 - Give cool water or sports drink.
 - Have student keep walking slowly to work the cramp out.
 - Massage the muscle vigorously to increase circulation.
- 54) What symptoms are associated with heat exhaustion....
- Cool, moist, pale, or flushed skin.
 - Rapid weak pulse.
 - Rapid, shallow breathing.
 - All of the above.
- 55) Heat stroke....
- Causes very high body temperature.
 - Hot red or dry skin.
 - Rapid weak pulse, shallow breathing.
 - All of the above.
- 56) When caring for someone who is suffering from frostbite, you should not....
- Soak effected part in warm water 100 to 105 degrees.
 - Rub vigorously until skin appears red and feels warm.
 - Handle area gently.
 - Avoid breaking blisters.
- 57) Hypothermia....
- Is not life threatening.
 - Victims must be heated up as fast as possible.
 - Is caused by exposure to temperatures below freezing.
 - Can be caused by swimming in waters below 70 degrees.
- 58) Snake bites can be very serious. When caring for a snake bite victim, which should you **not** do?
- Wash wounds.
 - Apply ice.
 - Keep bitten part still and below the heart.
 - Get professional medical care within 30 minutes.
- 59) When performing infant CPR or rescue breathing, what kind of breaths should you give to avoid forcing air into the infant's stomach?
- Hard and fast.
 - Smooth and fast.
 - Slowly and gently.
 - Long and hard.
- 60) Your role in making the EMS system work effectively includes four steps.
- Elevate, Identify, decide, execute.
 - Check, call, care, protect.
 - Recognize, decide, call, provide.
 - None of the above.

- 61) When should you give rescue breathing?
- a) Conscious choking victim.
 - b) Unconscious choking victim.
 - c) Unconscious, no pulse, not breathing.
 - d) Unconscious, not breathing, but has a pulse.
- 62) What would you do if a victim had a body part torn or cut off?
- a) Wrap severed body part in sterile gauze.
 - b) Place in a plastic bag.
 - c) Put the plastic bag on ice and take it to the hospital with victim.
 - d) All of the above.
- 63) What would you do for a victim who has internal bleeding?
- a) Keep the victim quiet and lying down.
 - b) Bend knees to make them comfortable.
 - c) Both a and b
 - d) None of the above.
- 64) To care for a victim with a sucking chest wound, you would?
- a) Cover the wound completely with a sterile gauze pad.
 - b) Cover the wound with a dressing that doesn't allow air to pass through.
 - c) Apply ice pack to the wound.
 - d) Both a and c
- 65) Internal bleeding can be caused by:
- a) Injury
 - b) Illness
 - c) Medication
 - d) All of the above.
- 66) When caring for a choking infant, what position is the infant held in?
- a) Upside down by the ankles and shoulders.
 - b) Face up on a flat surface.
 - c) Face down on your forearm with head lower than the body.
 - d) Face down on your knee, with head lower than the body.
- 67) Soft tissue wounds should be cared for by:
- a) Heat and elastic bandages.
 - b) Ice and elevation.
 - c) Apply direct pressure on the area to cut down on bleeding under skin.
 - d) Both b and c
- 68) What do you do for a chemical burn?
- a) Flush with water, dry, and cover.
 - b) Flush with large amounts of water and cover.
 - c) Flush with large amounts of warm water until help arrives.
 - d) Flush with large amounts of cool water until help arrives.

- 69) What is the most common reason an infant's heart stops?
- a) Allergies
 - b) Injury
 - c) Breathing problems.
 - d) SIDS (sudden infant death syndrome)
- 70) When can you move a victim?
- a) When you need to care for another victim.
 - b) When the victim is in danger.
 - c) When it would be easier to care for the victim.
 - d) All of the above.
- 71) What do you do for a victim who has a bleeding injury to the mouth and you are sure that there is no head, neck, or spine injury.
- a) Keep victim seated with head tilted slightly forward.
 - b) Keep victim seated with head tilted slightly backward.
 - c) Have the victim lie down on their side.
 - d) None of the above.
- 72) What is more serious?
- a) Heat Stroke
 - b) Heat Exhaustion
 - c) Heat Cramps
 - d) Heat Rash
- 73) To encourage people to help others in emergency situations, most states have enacted laws, which protect you, as a rescuer, from being sued. This is called.
- a) The Good-Will Law
 - b) The First Aid No-Fault Law
 - c) The Good Samaritan Law
 - d) There is no such law
- 74) Signals of head and spine injuries are:
- a) Blood or other fluids in the ears or nose.
 - b) Unusual bumps or depressions on the head or over the spine.
 - c) Has seizures, severe headaches, or slurred speech.
 - d) Both a and b
 - e) All of the above.
- 75) Shock is a condition where:
- a) The respiratory system fails to deliver air to the lungs.
 - b) The cardiovascular system fails to deliver blood to the heart.
 - c) The circulatory system fails to deliver blood to all parts of the body.
 - d) All of the above.

ANSWER KEY
FIRST AID TEST

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