

PATROL NAME: \_\_\_\_\_ TROOP # \_\_\_\_\_

PATROL LEADER'S NAME: \_\_\_\_\_

SCORE: \_\_\_\_\_ out of 100

# LEHIGH DISTRICT

## 2024 FIRST AID MEET

### FIRST AID TEST

Write the answer in the space provided & circle the correct answer (2 pts each).

- \_\_\_\_ 1. Which of the following is usually NOT the cause of a puncture wound?
- A. Gun Shot
  - B. Pins or needles
  - C. Razor blades**
  - D. Splinters
  - E. Fish Hook
- \_\_\_\_ 2. Added in the contact list of many cell phones, what does the acronym ICE stand for? \_\_\_\_\_ **IN CASE OF EMERGENCY**
- \_\_\_\_ 3. How long should you wash your hands?
- A. 5 to 10 seconds
  - B. 2 to 3 minutes
  - C. 45 to 55 seconds
  - D. 15 to 20 seconds**
  - E. at least 1 hour
- \_\_\_\_ 4. A strain occurs when \_\_\_\_\_ are overstretched.
- A. Muscles**
  - B. Nerves
  - C. Ligaments
  - D. Veins
  - E. Arteries
- \_\_\_\_ 5. **True** or False: A hot spot is a sign that a blister may be forming.
- \_\_\_\_ 6. **True** or False: You should treat all accident victims for shock.
- \_\_\_\_ 7. **True** or False: A brown recluse spider is known by its distinctive fiddle marking.
- \_\_\_\_ 8. True or **False**: Hypothermia can only occur in the winter.
- \_\_\_\_ 9. True or **False**: A heart attack and a cardiac arrest are the same thing.
- \_\_\_\_ 10. Cause(s) of anaphylactic shock may include:
- A. Peanuts
  - B. Latex
  - C. Jellyfish Stings
  - D. All of the above**

\_\_\_ 11. True or **False**: When someone is having a seizure you should stick something in their mouth to prevent them from swallowing their tongue.

\_\_\_ 12. To remove a tick, do one of the following:  
A. Use the heat from a match to force the tick out.  
B. Use petroleum jelly and smother the tick to force it out.  
C. Use a credit card and scrape it off.  
**D. Use tweezers to grasp the tick and gently pull it out.**  
E. All of the above

\_\_\_ 13. True or **False**: Tourniquets should never be used and Scouts should not learn how to make and use them.

**For #14 & 15 Match the letter with the appropriate number**

**\_B\_** 14. Closed Fracture                      A. Compound Fracture (bone sticks out)

**\_A\_** 15. Open Fracture                      B. Simple Fracture (bone does not stick out)

**For #16-18 Match the letter with the appropriate number**

**\_A\_** 16. 1<sup>st</sup> Degree burn                      A. Superficial Burn

**\_B\_** 17. 2<sup>nd</sup> Degree burn                      B. Partial-Thickness Burn

**\_C\_** 18. 3<sup>rd</sup> Degree burn                      C. Full-Thickness Burn

\_\_\_ 19. The ditty “red and black-friendly jack; red and yellow-deadly fellow” refers to which snake?

- A. Cottonmouth moccasin
- B. Copperhead
- C. Eastern Rattlesnake
- D. Coral Snake**

\_\_\_ 20. A person that has pale and clammy skin, is suffering from nausea, tiredness, and dizziness, and is complaining of a headache, muscle cramps, and weakness may be suffering from:

- A. Food Poisoning
- B. Heart Attack
- C. Hypothermia
- D. Heat Exhaustion**

\_\_\_ 21. An example of an abrasion is:

- A. A black and blue mark
- B. A pulled muscle
- C. A cut or scrape**
- D. A partial amputation

\_\_\_ 22. An AED (Automated External Defibrillator) is a tool that is used for:

- A. Opening a victim’s airway
- B. Removing splinters and other foreign bodies from a person
- C. Restarting the heart of a patient who is in ventricular fibrillation**
- D. Opening car doors that have been smashed in an accident.

- \_\_\_ 23. While hiking, someone suffers a minor ankle sprain. You should.....  
(Page 40 First Aid MBP)  
A. Remove the boot immediately and check for swelling.  
**B. Reinforce the ankle by wrapping it, boot and all.**  
C. Tell them that they just need to suck it up and continue.  
D. Request immediate evacuation.
- \_\_\_ 24. The act of quickly checking each victim for injuries or symptoms of illness and then determining how best to use available first aid resources.  
(Page 14 First Aid MBP)  
A. Treatment  
**B. Triage**  
C. Separation  
D. Organization
- \_\_\_ 25. You should treat every accident victim... (Page 17 First Aid MBP)  
A. As if nothing is wrong with them.  
B. As a person who will sue you.  
C. As if they have the worst possible injuries.  
**D. As a person in shock.**

RICE stands for... (Page 39 First Aid MBP)

26. R REST  
27. I ICE  
28. C COMPRESSION  
29. E ELEVATION
- \_\_\_ 30. Procedure for a venomous snake bite includes the following:  
**A. Stay calm and get medical help.**  
B. Apply an ice pack to the wound area.  
C. Cut an "X" over the wound and suck the venom out.  
D. Place a tourniquet between the bite and the heart.  
E. All of the above.

TRUE or FALSE: (Circle correct answer)

You should stop CPR when... (Page 83 First Aid MBP)

31. **TRUE** or FALSE: An AED is ready to use.
32. **TRUE** or FALSE: You find an obvious sign of life, such as breathing.
33. **TRUE** or FALSE: You become too exhausted to continue.
34. **TRUE** or FALSE: The scene becomes unsafe.
35. **TRUE** or FALSE: Another trained responder or EMT arrives to take over.
- \_\_\_ 36. Which of the following is not a part of the RICE Method for treating muscle, bone, and joint injuries?  
A. Rest  
B. Ice  
**C. Collect**  
D. Elevate

- \_\_\_ 37. What is the "FAST" check in First Aid?  
A. **A quick way of checking if a victim is having a stroke**  
B. A way of checking if a victim has drowned  
C. A way of checking if a victim is having a seizure  
D. A way of checking if the person has a headache
- \_\_\_ 38. How can you stop a nosebleed?  
A. Taking a deep breath  
B. Applying ice to the nose  
C. **Pinching the nostrils together while sitting with the head slightly forward**  
D. Sneezing the blood out
- \_\_\_ 39. What is the first aid treatment for someone having an asthma attack?  
A. Tell the person to run around quickly  
B. Give the person some smelling salts  
C. **Assist the person in using their prescription inhaler**  
D. Assist the person with their epinephrine auto-injector
- \_\_\_ 40. When you use the first aid method, what is the step you do first every time?  
A. Treat for shock  
B. Call for help  
C. **Check the scene**  
D. Provide urgent treatment
- \_\_\_ 41. **TRUE** or FALSE: If a person who swallowed a poison vomits, should you save it (like in a bowl, pot, or bag)?
- \_\_\_ 42. To treat a person for shock, if no suspected back, neck, or head injuries, or fractures in the hip, leg, or pelvis, you should raise the feet how many inches?  
A. 3 inches  
B. **12 inches**  
C. 2 feet  
D. 18 inches  
E. 1 yard
- \_\_\_ 43. TRUE or **FALSE**: If stung by a bee, wasp, or hornet, you should remove the stinger if it is still present by using tweezers.

If you suspect a stroke, think FAST. What does FAST stand for

44. F\_\_\_ **FACE** \_\_\_\_\_
45. A\_\_\_ **ARM** \_\_\_\_\_
46. S\_\_\_ **SPEECH** \_\_\_\_\_
47. T\_\_\_ **TIME** \_\_\_\_\_
- \_\_\_ 48. **TRUE** or FALSE: King Arthur removed Excalibur in "The Sword in the Stone".
- \_\_\_ 49. **TRUE** or FALSE: Sir Lancelot was a Knight of the Roundtable.
- \_\_\_ 50. TRUE or **FALSE**: The Roundtable was triangular in shape.