**PATROL NAME: _____ TROOP #_____**
**PATROL LEADER'S NAME: _____**
**SCORE: _____ out of 100**

# LEHIGH DISTRICT
# 2025 FIRST AID MEET
# FIRST AID TEST

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

___ 1. Which is not one of the 3 Goals of First Aid as listed in your Scout Handbook?
- A. Get professional medical help
- **B. Ensure that you have a proper 1st Aid Kit available**
- C. Stop life-threatening medical emergencies
- D. Protect a person who is injured or ill from further harm.

___ 2. The Scout Handbook provides a list of recommended first aid supplies for all but which type of First Aid Kit?
- A. Troop First Aid Kit
- B. Home First Aid Kit
- **C. Camp First Aid Kit**
- D. Patrol First Aid Kit
- E. Individual First Aid Kit

___ 3. 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

4. Added in the contact list of many cell phones, what does the acronym ICE stand for? ___**IN CASE OF EMERGENCY**_____

___ 5. How long should a quick survey of an injured person's condition take?
- A. 5 to 10 seconds
- B. 2 to 3 minutes
- C. 45 to 55 seconds
- **D. 15 to 20 seconds**
- E. about 1 minute

___ 6. A strain occurs when _____ are overstretched.
- **A. Muscles**
- B. Nerves
- C. Ligaments
- D. Veins
- E. Arteries

___ 7. **True** or False: A hot spot is a sign that a blister may be forming.

___ 8. **True** or False: You should treat all accident victims for shock.

___ 9. **True** or False: A brown recluse spider is known by its distinctive fiddle marking.

___ 10. True or **False**: Hypothermia occurs only in the winter.

___ 11. True or **False**: A heart attack and a cardiac arrest are the same thing.

___ 12. Cause(s) of anaphylactic shock may include:
A. Peanuts
B. Latex
C. Jellyfish Stings
**D. All of the above**

___ 13. True or **False**: When someone is having a seizure you should stick something in their mouth to prevent them from swallowing their tongue.

___ 14. To remove a tick, do one of the following:
A. Use 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

___ 15. True or **False**: Tourniquets should never be used, and Scouts should not learn how to make and use them.

**For #16 & 17 Match the letter with the appropriate number**

**_B_** 16. Closed Fracture — A. Compound Fracture (bone sticks out)

**_A_** 17. Open Fracture — B. Simple Fracture (bone does not stick out)

**For #18-21 Match the letter with the appropriate number**

**_A_** 18. 1st Degree burn — A. Superficial Burn

**_B_** 19. 2nd Degree burn — B. Partial-Thickness Burn

**_C_** 20. 3rd Degree burn — C. Full-Thickness Burn

___ 21. 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**

___ 22. **TRUE** or FALSE: If a person who swallowed a poison vomits, you should save it (in a bowl, pot, or bag).

___ 23. An example of an abrasion is:
A. A black and blue mark

B. A pulled muscle
**C. A superficial cut or scrape**
D. A partial amputation

___ 24. 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 person who is in ventricular fibrillation**
D. Opening car doors that have been damaged in an accident.

___ 25. While hiking, someone sustains a minor ankle sprain. You should:
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.

___ 26. The act of quickly checking each victim in a mass casualty situation for injuries or symptoms of illness and then determining how best to use available first aid resources.
A. Treatment
**B. Triage**
C. Separation
D. Organization

___ 27. Which of the following is part of the Universal Precautions do you use when providing First Aid?
A. A First Aid Book
**B. Disposable latex-free gloves**
C. A neckerchief
D. A radio

RICE stands for…
28. R___**REST**_____
29. I____**ICE**_____
30. C___**COMPRESSION**___
31. E___**ELEVATION**_____

___ 32. Procedure for a venomous snake bite includes which of 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…

33. **TRUE** or FALSE: An AED is ready to use.

34. **TRUE** or FALSE: You find an obvious sign of life, such as breathing.

35. **TRUE** or FALSE: You become too exhausted to continue.

36. **TRUE** or FALSE: The scene becomes unsafe.

37. **TRUE** or FALSE: Another trained responder or EMT arrives to take over.

___ 38. RICE (rest, ice, compression, and elevation) is typically used to treat:

A. Head injuries
B. Nausea and flu
C. Nose injuries and sinus problems
**D. Strains and sprains**
E. Gall stones and kidney stones

___ 39. 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

___ 40. 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

___ 41. 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

___ 42. 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

___ 43. A person with pale, clammy skin, nausea, tiredness, dizziness, headache, muscle cramps, and weakness may be suffering from:

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

___ 44. Persistent, uncomfortable pressure, squeezing, fullness, pain, unusual sweating, nausea, shortness of breath, and a feeling of weakness are some of the possible common warning signs of what medical problem?

A. Stroke
B. Flu
**C. Heart Attack**
D. Shock

___ 45. TRUE or **FALSE**: If stung by a bee, wasp, or hornet, you should remove the stinger if it is still present by using tweezers.

___ 46. The Declaration of Independence was approved by the Second Continental Congress on (month, day, year)?
**JULY 4, 1776**

___ 47. **TRUE** or FALSE: The Liberty Bell was hidden in Allentown, PA.

___ 48. TRUE or **FALSE**: The medics in the Continental Army were well equipped with oxygen, blood pressure monitors, and Epi-Pens.

49. The First Continental Congress met in what Pennsylvania city?
**PHILADELPHIA**

50. The famous ride of Paul Revere, William Dawes, and Samuel Prescott to warn the local militias of the British Regulars coming from Boston led to two battles in Massachusetts on April 19, 1775. What were the two famous battles? (Choose 2 answers for 1 point each by circling the correct answers)

A. The Battle of Midway
B. The Battle for Boston
C. **The Battle of Lexington**
D. The Battle of Valley Forge
E. The Battle of West Point
F. **The Battle of Concord**
G. The Battle of Britain