

**LIFEGUARDING
REVIEW QUESTIONS
CHAPTER 9: FIRST AID**

Multiple Choice

Circle the correct answer to the question.

- 1. The “S” in the mnemonic SAMPLE stands for—**
 - a. Secondary assessment.
 - b. Signs and symptoms.
 - c. Signs of life.
 - d. Standard of care.

- 2. As a lifeguard at a waterfront facility, you should be particularly concerned about patron safety regarding—**
 - a. Any changes to the facility budget.
 - b. Cost of the equipment purchased.
 - c. Kinds of marine life around the facility.
 - d. The number of lifeguards trained for the next season.

- 3. A physical injury to the body’s soft tissue, such as the skin, fat and muscles, is called a—**
 - a. Break.
 - b. Concussion.
 - c. Stroke.
 - d. Wound.

- 4. To minimize the effects of shock, you should do all of the following EXCEPT—**
 - a. Control any external bleeding.
 - b. Have the victim lie down and elevate the legs about 12 inches if a head, neck or back injury or if broken bones in the hips or legs are not suspected.
 - c. Give the victim warm beverages to sip.
 - d. Keep the victim from getting chilled or overheated.

- 5. You are on duty at your facility when a patron emerges from the locker room stating that a custodian has had an accident, spilling a small amount of cleaning product in one of her eyes. What should you do to provide care for chemicals in the eye?**
 - a. Flush away from the uninjured eye
 - b. Flush eyes with soap and water for 15 minutes
 - c. Flush the eye continuously with water for 10 minutes or until EMS personnel arrive
 - d. Both a and c are correct

- 6. Which of the following is true when providing care for a victim who has sustained a serious injury to the abdomen?**
- a. Cover the organs with a moist, sterile dressing and cover the dressing with plastic wrap.
 - b. Do not attempt to put the organs back into the abdomen.
 - c. Place a folded towel or cloth over the dressing to keep the organs warm.
 - d. All of the above.
- 7. Take all of the following steps to care for an embedded object EXCEPT—**
- a. Do not remove the object.
 - b. Place a bandage over the object.
 - c. Place several dressings around the object to keep it from moving.
 - d. Summon EMS personnel.
- 8. The victim of a heat-related emergency starts to lose consciousness. What should you do after you summon EMS personnel?**
- a. Continue to check for breathing and a pulse.
 - b. Continue to cool the victim by using ice or cold packs on his or her wrists, ankles, groin and neck and in the armpits.
 - c. Have the victim sit up.
 - d. Both a and b are correct.
- 9. Frostbite is the freezing of body parts exposed to the cold. The severity depends on—**
- a. Air temperature, body temperature and length of exposure.
 - b. Air temperature, length of exposure and the wind.
 - c. Air temperature, length of the body part and the wind.
 - d. Body temperature, length of exposure and the wind.

Matching

10. Match each term with the correct definition.

- A. Diabetic emergency**
- B. Fainting**
- C. Seizures**
- D. Poisoning**
- E. Stroke**

- ___ Too much or too little sugar in the blood.
- ___ Weakness or numbness usually on one side of the body, slurred speech or blurred vision.
- ___ Any substance that can cause injury, illness or death when introduced into the body.

- ___ Suddenly losing consciousness and then reawakening.
- ___ A condition recognized by uncontrolled, jerking body movements.

11. Match each term with the correct definition.

- A. Abrasion**
- B. Laceration**
- C. Avulsion**
- D. Puncture**

- ___ A cut in which a piece of soft tissue or even part of the body, such as a finger, is torn loose or is torn off entirely. Often, deeper tissues are damaged, causing significant bleeding.
- ___ A wound in which the skin has been rubbed or scraped away. The area usually is painful.
- ___ Often does not bleed a lot and can easily become infected. Bleeding can be severe with damage to major blood vessels or internal organs.
- ___ Cuts bleed freely and deep cuts can bleed severely. Deep cuts can damage nerves, large blood vessels and other soft tissues.

12. Match each term with the correct definition.

- A. First degree burns**
- B. Second degree burns**
- C. Third degree burns**

- ___ Burns that are full thickness
- ___ Burns that are partial thickness
- ___ Burns that are superficial

13. Match each term with the correct definition.

- A. Fractures**
- B. Dislocations**
- C. Sprains**
- D. Strains**

- ___ The tearing of ligaments at a joint.
- ___ A complete break, a chip or a crack in a bone.
- ___ The movement of a bone away from its normal position at a joint.
- ___ The stretching and tearing of muscles or tendons.

14. Match each term with the correct definition.

- A. Anatomic splints**

- B. Soft splints**
- C. Rigid splints**
- D. The ground**

- Boards, folded magazines or newspapers or metal strips that do not have any sharp edges.
- Soft materials, such as a folded blanket, towel, pillow or folded triangular bandage.
- A flat and level surface used to immobilize a body part.
- The person's body or body part used to immobilize another body part.

15. Match each term with the correct definition.

- A. Heat cramps**
- B. Heat exhaustion**
- C. Heat stroke**

- Signals include cool, moist, pale, ashen or flushed skin; headache, nausea, dizziness; weakness, exhaustion; and heavy sweating.
- Signals include red, hot, dry skin; changes in the level of consciousness; and vomiting.
- Signals include painful muscle spasms that usually occur in the legs and abdomen.

Multiple Answers

Place a check next to the correct answer or answers

16. To which of the following sudden illnesses or injuries should cold packs be applied?

- Insect sting
- Snakebite
- Spider bite
- Scorpion sting
- Stingray sting
- Jellyfish sting

True or False

Circle true or false.

- 17. True False The “P” in the mnemonic SAMPLE stands for “pertinent past medical history.”**

- 18. True False When speaking with children, do not kneel since this may confuse the child.**

- 19. True False During a secondary assessment, you should perform a quick head-to-toe examination of a child or infant, then take a brief history.**

20. True False **If any life-threatening conditions develop when performing the secondary assessment, quickly complete the assessment and then provide the appropriate care to the victim.**
21. True False **Following a seizure, the victim may be drowsy and unresponsive for a time.**
22. True False **Spider bites at aquatic facilities often occur on the hands and arms when people reach or rummage in dark areas, such as lockers or storage areas.**
23. True False **Most external bleeding injuries a lifeguard will encounter will be minor, such as a small cut, that can be cared for by applying an adhesive bandage.**
24. True False **During an accident, shock is a natural reaction by the body.**
25. True False **When treating an eye injury, do not put direct pressure on the eye.**
26. True False **Although knowing whether the injury is a fracture, dislocation, sprain or strain may be difficult, you must decide what type of injury the victim has because the care you provide will differ.**
27. True False **Splinting is a method of immobilizing an injured extremity and should be used only if moving or transporting a person to seek medical attention and if splinting does not cause further pain.**
28. True False **A person who has been immersed in the water can develop a cold-related illness, even when temperatures are not extreme.**
29. True False **Hypothermia can cause the loss of body parts.**
30. True False **Rapid warming of a victim of hypothermia may cause dangerous heart rhythms.**
31. True False **Temperatures do not need to be extremely cold for someone to suffer a cold-related emergency, especially if conditions are windy or the victim is wet.**

32. True False **Scalp injuries often bleed heavily. Putting pressure on the area around the wound can control the bleeding.**
33. True False **When dealing with a scalp injury, apply firm pressure at first because there may be a skull fracture.**
34. True False **If a depression, spongy areas or bone fragments are felt when treating a scalp injury, do not put direct pressure on the wound.**

Fill in the Blanks

35. The “E” in the mnemonic SAMPLE stands for _____ leading up to the incident.
36. After completing the initial assessment and determining that there are no life-threatening conditions, perform a _____.
37. Always summon EMS personnel if a victim of a diabetic emergency does not feel better within about _____ minutes after taking sugar.
38. Insect stings can be fatal for some people who have severe _____ reactions. This reaction may result in a(n)_____ emergency.
39. If you suspect that a person is showing signs of poisoning, call the _____ at 1-800-222-1222.
40. _____ wounds occur beneath the surface of the skin. _____ bleeding may occur when the skin’s surface is not broken and damage to soft tissue and blood vessels happens below the surface.
41. In a(n)_____ wound, the break in the skin can be as minor as a scrape of the surface layers or as severe as a deep penetration. The amount of bleeding depends on the _____ and severity of the injury.
42. Signs and symptoms of shock include—
- a. _____ or irritability.
 - b. Altered level of _____.
 - c. Pale or ashen, cool, moist _____.
 - d. Nausea or _____.
 - e. Rapid _____.
 - f. _____ pulse.

- g. Excessive _____.
43. If a tooth is knocked out, put a sterile _____ in the space left by the tooth. Have the victim down on it gently to put pressure on the dressing. Preserve the tooth by placing it in _____ and keep it with the victim. Handle the tooth by the crown (white part), not the root.
44. How severe a burn is depends on—
- The temperature or strength of the _____ or other source.
 - The length of _____ to the burn source.
 - The _____ of the burn.
 - The area and _____ of the burn.
 - The victim's _____ and general medical condition.
45. When caring for muscle, bone and joint injuries, use the general procedures for a land emergency and—
- Summon EMS personnel if the victim cannot _____ or use the injured area.
 - Support the injured area _____ and _____ the site of the injury.
 - Check for _____, _____ and _____ below the injured area.
 - _____ and secure the injured area if the victim must be moved and it does not cause further _____ or injury.
 - _____ for feeling, warmth and color _____ the injured area.
46. If splinting is necessary—
- Splint the injury in the _____ in which the injured area was found.
 - Splint the injured area and the joints or bones _____ and _____ the injury site.
 - Check for _____ (i.e., feeling, warmth and color) before and after splinting.
47. Take the following steps to care for someone suffering from a heat-related emergency—
- Move the victim to a _____ place.
 - _____ tight clothing.
 - _____ perspiration-soaked clothing.
 - Apply cool, wet _____ to the skin.
 - Fan the _____.
 - If the victim is conscious, give him or her small amounts of _____
_____ to drink.
48. The signs and symptoms of frostbite include—
- A lack of _____ in an affected area.

- b. _____ that appears waxy, _____ to the touch or discolored (flushed, white, yellow or blue).

Ordering

Place the following in the correct order.

49. Place in the correct order the five steps taken to provide general care for a dry chemical that gets on the skin causing a burn.

- ___ If possible, have the person remove contaminated clothes to prevent further contamination while continuing to flush the area.
- ___ Size up the scene.
- ___ Brush off dry chemicals with a gloved hand, being careful not to get the chemical on oneself or to brush it into the victim's eyes.
- ___ Flush the affected area continuously with large amounts of water. Keep flushing the area for at least 20 minutes or until EMS personnel arrive.
- ___ Summon EMS personnel.

Circle the Correct Answer from the Pair

50. If you are providing care to a victim of a diabetic emergency who has elevated blood sugar and who is conscious, (do/do not) give him or her sugar in a liquid form.

51. If a patron faints, make sure the victim is breathing and (give/do not give) the victim something to drink.

52. If the victim vomits (do/do not) place the victim on his or her side.

53. (Do/Do not) give food or drink to a victim of shock.

54. (Do/Do not) attempt to restrain a seizure victim.

55. To provide care to a victim of a nosebleed, have the victim lean (forward/backward) and pinch the nostrils together until the bleeding stops.

56. (Do/Do not) warm the victim of hypothermia quickly, such as by immersing him or her in warm water.

Short Answer

57. List at least five things a lifeguard should do during a secondary assessment on a conscious adult.

58. What is the “L” stand for in the mnemonic SAMPLE?

59. Why is looking for a medical identification tag or bracelet worn by a victim important?

60. How does treatment of an electrical burn differ from a heat burn?

61. You are providing care to a conscious child. List at least four important things to remember when interacting with a child.

62. List at least three types of sudden illness that can affect a patron at your facility.

63. What things should you NOT do for a victim of a snakebite?

64. You are providing care for a victim of a seizure in the water. List in order the four steps you

should take to appropriately care for the victim.

65. While leaving your facility, you note that another lifeguard who was cleaning the locker room is unconscious. You see two bottles of cleaner that should not be mixed together. The lifeguard appears to have inhaled poisonous fumes. What steps should you take?

66. As a lifeguard, you must know the signs and symptoms of sudden illnesses. Many sudden illnesses have similar signs and symptoms. List at least four signs and symptoms of sudden illnesses.

67. To care for a major open wound you should follow the general procedures for injury or sudden illness on land and perform what additional four steps?

68. List three steps you would take to care for bleeding that does not stop from a major open wound after you have applied the first dressing.

69. A parent with a child comes to you when you are not on surveillance duty and asks for your help. The child has sand or some other type of small debris in her eye. What three steps do you take to provide care?

70. If a pregnant woman is about to give birth, summon EMS personnel. List five important facts to give to the dispatcher.

71. List the four sources of burns.

72. In addition to wind and humidity, what other four conditions can contribute to heat- and cold-related emergencies?

73. List at least five signs and symptoms of hypothermia.

74. List in order the nine steps necessary to care for frostbite.