

JROTC Distance Learning Courses

Study Guide

First Aid

Distance Learning



Navy Junior Reserve Officer Training Corps

Name: _____

Date: _____

CHECK YOUR UNDERSTANDING: FIRST AID

1. From start to finish, place the five steps to treating shock in order.

_____ If the victim is unresponsive (with no suspected spinal injury), place the victim in the recovery position.

_____ Check ABCs and care for life-threatening injuries.

_____ Try to maintain the victim's normal body temperature. If lying on the ground, put a coat or blanket under the victim. If in doubt, keep the victim warm with a blanket or coat.

_____ Call 9-1-1.

_____ Have the victim lie on his or her back and raise their legs about 8 to 12 inches (unless the victim may have a spinal injury). Loosen any tight clothing

2. Match each term with its definition.

_____ Stroke

_____ Cardiac arrest

_____ Abdominal thrusts

_____ Rescue breathing

_____ CPR

_____ AED

A. An upward push to the abdomen given to clear the airway of a person with a complete airway obstruction; procedure used to expel an object lodged in the airway of a choking victim.

B. A device used to treat a patient with cardiac arrest whose heart is beating irregularly.

C. The sudden stoppage of the heart.

D. An emergency method to keep blood and oxygen flowing through a person whose heart and breathing has stopped.

E. The act of forcing air into and out of the lungs of a person by another person.

F. A reduction of blood flow to a part of the brain.

3. Are the following true or false?

- _____ You should not attempt to move a victim if you suspect head, back, or neck injury.
- _____ You should never attempt to move a victim if you suspect head, back, or neck injury.
- _____ Ipecac syrup induces vomiting and is used for every type of poisoning.
- _____ Activated charcoal is given to absorb certain types of poison after ingestion has occurred. It is not recommended for home use.
- _____ Injected poisons are usually the result of bites or stings from insects, spiders, scorpions, bees, ticks, snakes, and some marine life.
- _____ Poison ivy, poison oak, and poison sumac are examples of toxic plants that may cause a severe allergic reaction to some people.

4. Match the heat injury to the temperature.

- | | |
|---------------------|---|
| _____ Extremely Hot | A. Fatigue possible with prolonged exposure |
| _____ Very Hot | B. Heat cramps/exhaustion likely |
| _____ Hot | C. Heat stroke imminent |
| _____ Very warm | D. Heat stroke/cramps/exhaustion possible with prolonged exposure, exercise |

5. Match the heat injury to the treatment.

_____ Heat stroke
_____ Heat exhaustion
_____ Heat cramps
_____ Sunburn

- A. Take shower using soap to remove oils that may block pores, which can prevent the body from cooling naturally. Apply dry, sterile dressing to any blisters and get medical attention if sunburn is severe.
- B. Get victim to cooler location. Lightly stretch and gently massage affected muscles to relieve spasms. Give sips of up to a half glass of water every 15 minutes. (Do not give liquids with caffeine or alcohol.) Discontinue liquids if victim is nauseated.
- C. Get victim to lie down in a cool place. Loosen or remove clothing. Apply cool, wet clothes. Fan or move victim to air conditioned place. Give sips of water if victim is conscious; half glass of cool water every 15 minutes. Be sure water is consumed slowly. Discontinue water if victim is nauseous. Seek immediate medical attention if vomiting occurs.
- D. Call 9-1-1, or get victim to hospital immediately. Move victim to cooler environment. Remove clothing. Try a cool bath, sponging, or wet sheet to reduce body temperature. Watch for breathing problems. Use extreme caution. Use fans and air conditioner.

6. Match the cause to the type of cold weather injury.

_____ Snow blindness
_____ Hypothermia
_____ Dehydration
_____ Immersion foot
_____ Chilblain
_____ Frostbite



- A. Depletion of body fluids.
- B. Exposure of unprotected eyes to the UV rays in bright sunlight reflected from snow or ice.
- C. Prolonged exposure of feet to wet conditions at temperatures between 32°F and 50°F.
- D. Prolonged cold exposure and body heat loss. May occur well above freezing, especially when a person is immersed in water.
- E. Freezing of tissue, normally due to exposure below 32°F.
- F. Repeated exposure of skin to temperatures from 20°F to 50°F (those who are not acclimated to the cold).

7. **After surveying the scene, what is next step in administering first aid?**
- A. Surveying the injured person
 - B. Stopping the bleeding
 - C. Applying a neck brace
 - D. Checking the temperature of the injured person
8. **Give chest compressions in CPR to an adult at a rate of _____ compressions per minute.**
- A. 60
 - B. 100
 - C. 120
 - D. 80
9. **Read the following paragraph and decide which of the options is correct. When an abdominal wound has exposed internal organs, cover the abdomen loosely with clean dressing. Do not force the organs back into the body cavity. Do not give victims with abdominal wounds any food or water.**
- A. Delete "or water."
 - B. Replace "Do not force" with "If necessary, force."
 - C. Replace "loosely" with "tightly"
 - D. Do not make any changes. The paragraph is correct.
10. **What is an open fracture?**
- A. A break of a bone joint.
 - B. One in which the two sides of the break do not touch each other.
 - C. A break with two or more fractures of the same bone.
 - D. One in which the sharp edges of the bone cut through the skin.
11. **If a victim has swallowed poison and is unconscious but breathing normally:**
- A. Offer sips of water.
 - B. Cover the victim's mouth and nose with a wet handkerchief.
 - C. Place in the lateral position.
 - D. Place them into the recovery position.
12. **Why is excessive intake of salt bad for the body?**
- A. Salt is not a natural product and is therefore bad for you.
 - B. Salt causes the body to excrete water, in turn decreasing blood pressure.
 - C. Salt causes the body to retain unnecessary water, in turn increasing blood pressure.
 - D. It makes you thirsty.
13. **Which of the following is a symptom of anaphylaxis?**
- A. Loss of consciousness
 - B. Swelling of tongue; inability to swallow
 - C. Hives
 - D. All of the choices

14. **In which situation(s) do you have the consent of a victim to give first aid?**
- A. An unresponsive adult
 - B. A child whose parents/guardians are not present
 - C. An adult who nods when you ask if you can help
 - D. All of the choices
15. **Rescue breathing is given to adults at a rate of one breath every _____ seconds.**
- A. 3
 - B. 5
 - C. 10
 - D. 2
16. **What degree of burn is caused by electric shock?**
- A. Second
 - B. First
 - C. All of the choices
 - D. Third