

JROTC Distance Learning Courses

Study Guide

First Aid

Distance Learning



Navy Junior Reserve Officer Training Corps

Name: _____

Date: _____

STUDY GUIDE: FIRST AID

Lesson 1: The Need for First Aid

Lesson 1
Screen 2 of 27

First aid is _____

Lesson 1
Screen 2 of 27

Six (6) things that must be done before giving first aid:

1. Survey the scene.
2. _____
3. _____
4. _____
5. _____
6. Be prepared.

Lesson 1
Screen 6 of 27

Seven (7) universal precautions whenever administering first aid:

1. Wash hands before and after each medical procedure.
2. _____
3. _____
4. _____
5. _____
6. _____
7. Dispose all contaminated personal protective equipment in an appropriate container.

Eight (8) tips for attending to elderly casualties:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

Eight (8) tips for attending to child casualties:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

Good Samaritan laws are intended to protect _____

Lesson 1
Screen 9 of 27

Six (6) tips Good Samaritans use to stay out of court:

1. Take a CPR and first aid class.
2. _____
3. _____
4. _____
5. _____
6. _____

Lesson 1
Screen 12 of 27

Triage is _____

Lesson 1
Screen 13 of 27

Three (3) steps to survey a patient:

1. _____
2. _____
3. _____

Lesson 1
Screen 14 of 27

Usual method for opening an airway for the purpose of performing rescue breathing:

Usual position to place an unconscious victim in case he or she vomits:

Lesson 1
Screen 15 of 27

If you ask a bystander to call an ambulance, make sure they _____

back to you once released by the emergency operator to confirm the call has been made.

Lesson 1
Screen 18 of 27

Three (3) stages to performing a secondary survey of a casualty:

1. _____
2. _____
3. _____

Lesson 1
Screen 19 of 27

Questions to ask while interview a casualty:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

Lesson 1
Screen 20 of 27

Four (4) things to check for when checking vital signs:

1. _____
2. _____
3. _____
4. _____



Lesson 1
Screen 21 of 27

The main causes of shock are severe _____, _____ problems, and _____ system injuries. Other types of injuries may also cause shock such as dehydration, serious infection, severe burns, and allergic reaction.

Lesson 1
Screen 22 of 27

Five (5) steps to treating shock:

1. _____
2. _____
3. _____
4. _____
5. _____

Lesson 1
Screen 24 of 27

Three (3) steps to performing a head-to-toe examination on an adult:

1. Look for medical alert bracelets or medallions.
2. _____
3. _____

Lesson 2: CPR and Choking

Lesson 2
Screen 5 of 27

A stroke is _____

Cardiac arrest is _____

Abdominal thrusts are _____

Rescue breathing is _____

CPR is _____

An AED is _____

Lesson 2

Screen 6 of 27

Five (5) indications other than the universal sign for choking that someone may be choking:

1. _____

2. _____

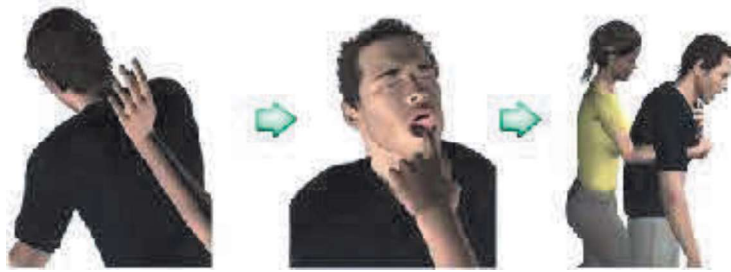
3. _____

4. _____

5. _____



The American Red Cross recommends a five and five approach to deliver first aid to choking victims. This approach includes delivering five back blows and five abdominal thrusts.



Five (5) steps to treating a choking victim:

1. _____

2. _____

3. Give up to five (5) abdominal thrusts. Place a clenched fist between the naval and the bottom of the breast bone and pull inwards and upwards. Check the mouth quickly after each thrust. If the obstruction does not clear after three cycles of back blows and abdominal thrusts, dial your local emergency services for an ambulance.
4. _____

5. _____

Three (3) steps to performing abdominal thrusts on yourself:

1. _____
2. _____
3. _____

Lesson 2
Screen 8 of 27

Three (3) steps to clearing the airway of an unconscious person

1. _____
2. _____
3. _____

Lesson 2
Screen 8 of 27

Three (3) steps to performing abdominal thrusts on someone else:

1. _____
2. _____
3. _____

Lesson 2
Screen 8 of 27

Three (3) steps to performing abdominal thrusts on a pregnant woman or obese person:

1. _____
2. _____
3. _____

Lesson 2
Screen 11 of 27

Three (3) steps to performing rescue breathing:

1. _____
2. _____
3. _____

Four (4) steps to performing chest compressions:

1.

2.

3.

4.



Four (4) steps to performing CPR on an adult:

1. _____

2. _____

3. _____

4. Check for normal breathing, take no more than five (5) or ten (10) seconds: look for chest motion, listen for breath sounds, and feel for the person's breath on your cheek and ear. Gasping is not considered normal breathing. If the person isn't breathing normally and you are trained in CPR, begin mouth-to-mouth rescue breathing and proceed directly to chest compressions to restore circulation.



The illustrated emergency device is called an _____.

Eight (8) steps to using an AED:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

Some of the precautions to follow when using an AED:

- _____
- _____
- _____
- _____
- _____
- _____

If a patient has a pacemaker that is noticeable under his or her skin, where do you place the pads of an AED?

How old must a child be before using an adult type AED on his or her? _____

If a person is wearing a medication patch, what do you do the patch and area where the patch is attached before using an AED?

Lesson 3: Bleeding

Three (3) types of bleeding:

- _____
- _____
- _____

REMEMBER: Serious injuries do not always bleed heavily and some relatively minor injuries bleed quite a lot.

Six (6) steps to controlling external bleeding:

1. _____

2. _____

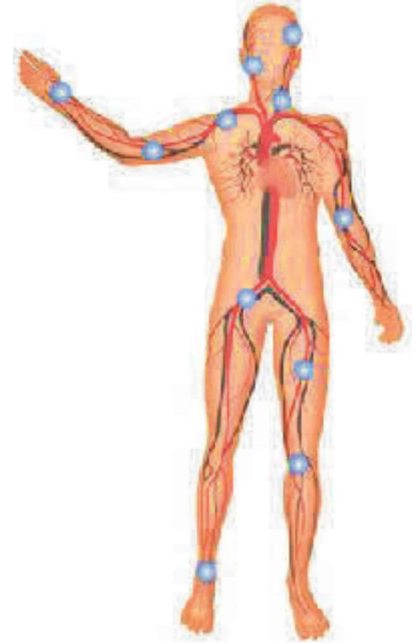
3. _____

4. _____

5. _____
- _____
6. _____
- _____
- _____

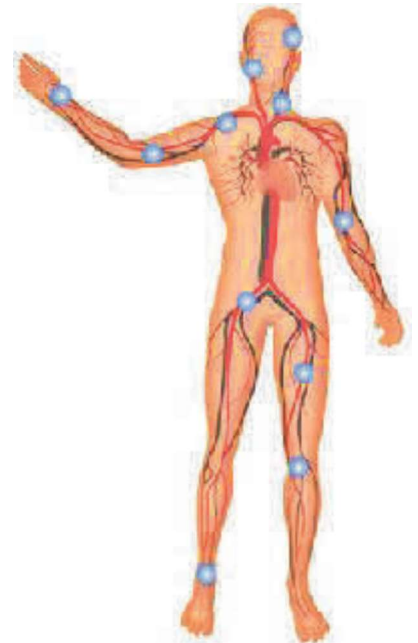
Lesson 3
Screen 7 of 40

The pressure point to press and hold for a victim with a wound to his or her lower leg (circle it):



The pressure point to press and hold for a victim with a wound to his or her temple or scalp (circle it):

NOTE: The use of pressure points should not be used unless the technique is absolutely necessary to help stop severe bleeding. To check if bleeding has stopped, release your fingers slowly from the pressure point, but do not release pressure at the bleeding site. If the bleeding continues, continue to apply pressure to the artery. Continue until the bleeding stops or until help arrives. After bleeding stops, do not continue to apply pressure to an artery for longer than 5 minutes.



The type of wound shown is:



Nine (9) steps to controlling bleeding from a major wound:



1. _____

2. _____

3. _____

4. _____
5. _____
6. _____
7. _____
8. _____
9. _____

Lesson 3
Screen 15 of 40

Nine (9) steps to treating an open abdominal wound:



1. _____

2.

3.

4.

5.

6.

7.

8.

9.

Seven (7) steps to treating a minor open wound:



1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

Seven (7) steps to treating a puncture wound:



1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____



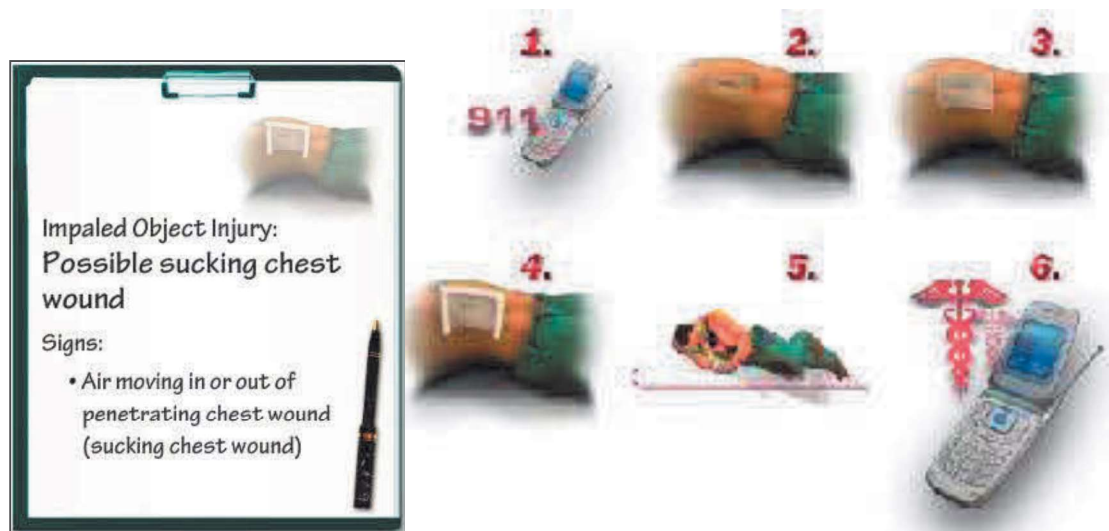
1. _____

2. _____

3. _____

4. _____

5. _____



1. _____

2. _____

3. _____

4. _____

5. _____

Eleven (11) steps to treating an amputation wound.



1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____

Six (6) steps to treating a head injury without any signs of a skull fracture:



1. _____

2. _____

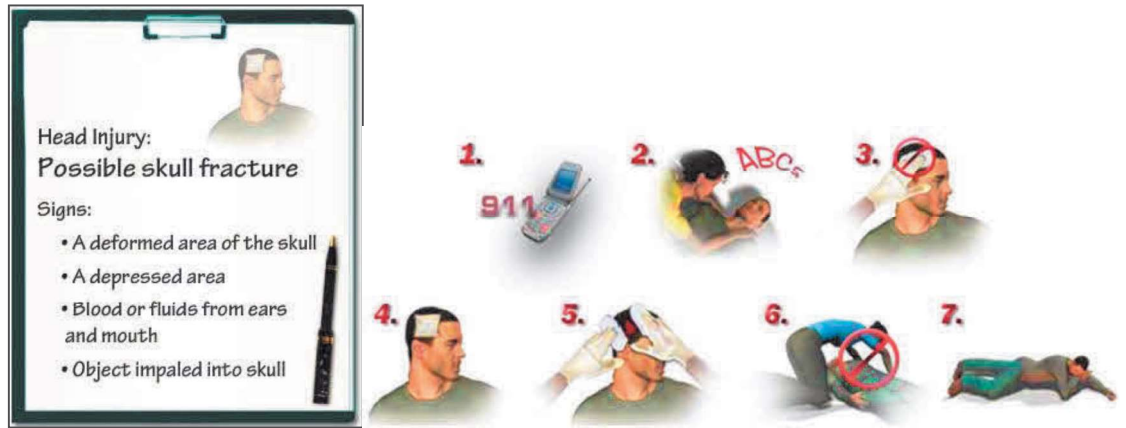
3. _____

4. _____

5. _____

6. _____

Seven (7) steps to treating a head injury with signs of a skull fracture:



1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

Four (4) steps to treating bleeding from the external ear:



1. _____

2. _____

3. _____

4. _____

Seven (7) steps to treating an injury with bleeding from the nose:



1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

Lesson 3
Screen 29 of 40

Five (5) steps to treating an injury with bleeding from the mouth:



1. _____

2. _____

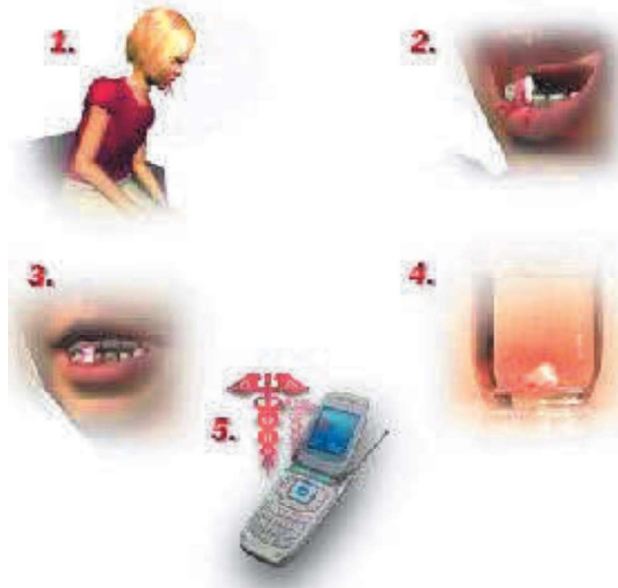
3. _____

4. _____

5. _____

Lesson 3
Screen 30 of 40

Five (5) steps to treating a victim whose tooth has been knocked out:



1. _____

2. _____

3. _____

4. _____

5. _____

Lesson 3
Screen 34 of 40

Four (4) steps to treating a victim with a simple closed wound (bruising):

1. _____

2. _____

3. _____

4. _____

Lesson 3
Screen 35 of 40

Six (6) steps to treating a victim with internal abdominal bleeding:



1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

Lesson 3
Screen 36 of 40

Five (5) steps to treating a victim with a pelvic injury:



1. _____

2. _____

3. _____

4. _____

5. _____

Lesson 4: Fractures, Sprains, and Strains

Lesson 4
Screen 5 of 22

Open and closed fractures:

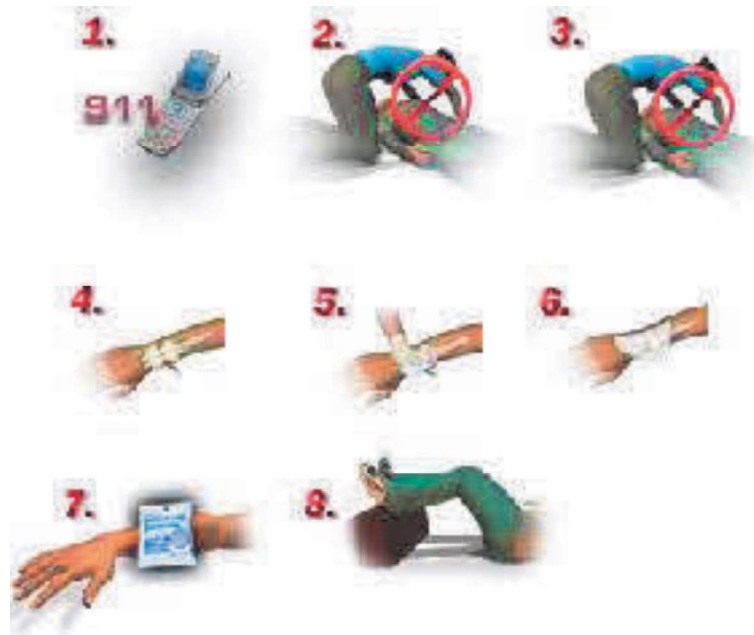
With an _____ fracture there is an open wound at the fracture site, and bone may protrude through the wound. Bleeding can be severe with fractures of large bones, and organs may be injured. With a _____ fracture, the skin is not broken.

Lesson 4
Screen 6 of 22

Nine (9) signs and symptoms of fractures:

1.	<div>Snapping</div>	4.		7.	
2.		5.	<div>Grating</div>	8.	
3.		6.		9.	<div>Pain</div>

Attending to a victim with a fracture:



1. _____

2. DO NOT attempt to move the victim if you suspect head, back, or neck injury; if there's a visible deformity of bone; or if the victim cannot be splinted or transported without causing more pain.

3. Suspect back or neck injury if the victim is unconscious or has head injury, neck pain, or tingling in arms or legs. If neck or back injury suspected, DO NOT move the victim unless necessary to save victim's life such as a threat of fire.

4. Immobilize and support affected bone in position found. DO NOT try to push protruding bone back into body or let victim move or use affected area.

5. Control any bleeding through direct pressure or by using pressure points, but DO NOT elevate the affected area.

6. _____

7. Immobilize injured area, and, if no open wound present, apply ice pack wrapped in clean cloth.

8. _____

Lesson 4
Screen 8 of 22

Examples of items that can be used to create a splint:

- _____
- _____
- _____
- _____

Lesson 4
Screen 12 of 22

Five (5) steps to treating a sprain:

1. _____

2. _____

3. _____

4. _____

5. _____

Lesson 4
Screen 13 of 22

Five (5) steps to treating a dislocation:

1. _____

2. _____

3. _____

4. _____

5. _____

Lesson 4
Screen 16 of 22

Five (5) steps to treating a strained muscle:

1. _____

2. _____

3. _____

4. _____

5. _____

Lesson 4
Screen 18 of 22

Three (3) steps to treating muscle cramps:

1. _____

2. _____

3. _____

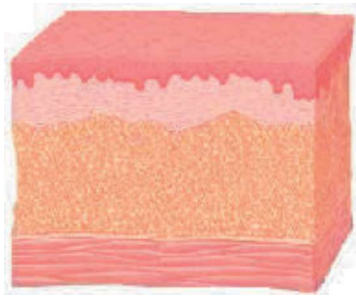
Lesson 5: Burns

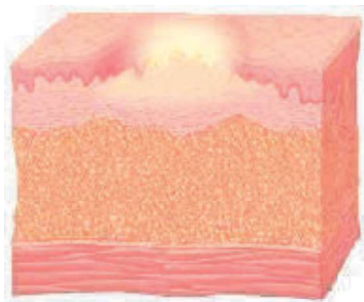
Lesson 5
Screen 5 of 24

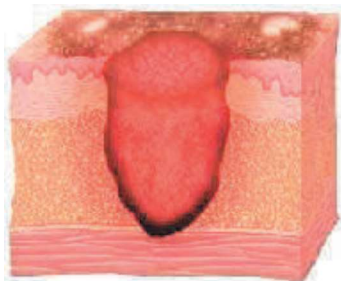
Four (4) types of burns:



Three (3) degrees of burns:







Four (4) causes of first-degree burns:

1. _____

2. _____

3. _____

4. _____

Lesson 5
Screen 10 of 24

Five (5) steps to treating a first-degree burn:

1. _____
2. _____
3. _____
4. _____
5. _____

Lesson 5
Screen 13 of 24

Five (5) causes of second-degree burns:

1. _____
2. _____
3. _____
4. _____
5. _____

Lesson 5
Screen 14 of 24

Four (4) steps to treating a second-degree burn:

1. _____
2. _____
3. _____
4. _____

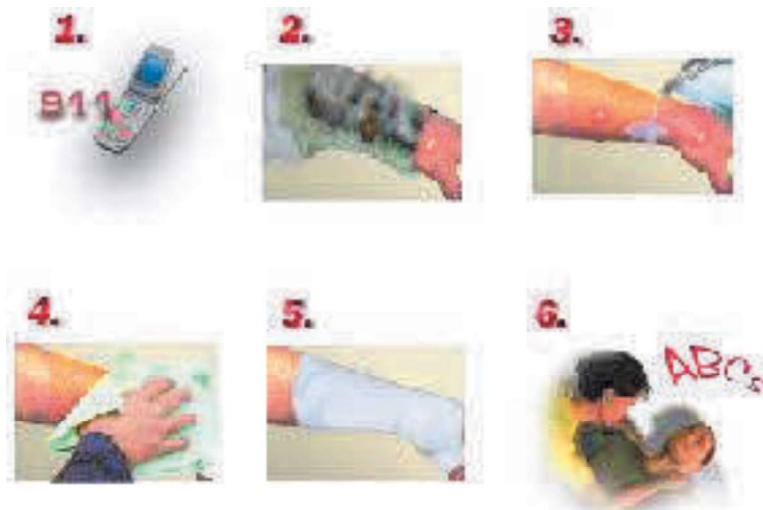
Four (4) causes of third-degree burns:

1. _____
2. _____
3. _____
4. _____

Seven (7) steps to treating a third-degree burn:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

Six (6) steps to treating a second-degree chemical burn:



1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

Lesson 5
Screen 20 of 24

Seven (7) steps to treating a third-degree electrical burn:



1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

Thirteen (13) steps to treating a third-degree burn:



1. Call _____.
2. If a person's clothes are burning, do not let them run. Running can fan the flames so they rise to the person's face. Smother the flames with a blanket, rugs, or jacket while rolling him or her on the _____.
3. Remove any clothing or _____ from area to prevent constricting as area swells.
4. Do not remove clothing that _____ to the burned area.
5. Do not apply ice water, lotions, ointments, sprays, or home _____.
6. Immerse the burned area in cold water or apply cold compresses _____ to bring body temperature back to normal. Leaving the burned area in cold water too long can lead to cooling down the body too much.
7. In extensive burns, check for signs of _____.
8. If the person is in _____, be sure you have called for medical help. Do not move the person unless you have to. The victim should be lying down. Unless the victim has breathing difficulties or pain, raise his or her feet. Cover the victim with a blanket to conserve body heat. Keep them as calm as possible.

9. Loosely wrap the person in a clean sheet if the burned area is extensive. Otherwise, apply dry, loose _____.
10. Raise a burned arm or leg higher than the person's heart. However, keep the head and shoulders raised slightly if the person is burned on the neck or face or is having trouble _____.
11. If the person is conscious and not _____ and medical help is more than two hours away, give him or her small sips of water or clear juice.
12. If the victim is in shock, however, and asks for water, moisten their lips but do not allow them to drink. Do not give the person _____.
13. Monitor _____.

Lesson 6: Poisons

Lesson 6
Screen 5 of 27

Five (5) signs of poisoning:

1. _____
2. _____
3. _____
4. _____
5. _____

Lesson 6
Screen 10 of 27

Four (4) ways poison can enter a body:

1. _____
2. _____
3. _____
4. _____

Lesson 6
Screen 5 of 27

Phone number to Poison Control Center in the United States:

Lesson 6
Screen 11 of 27

Four (4) steps to treating a victim who is conscious and who has swallowed poison:

1. _____
2. _____
3. _____
4. Give as much information as possible about the swallowed poison.

Lesson 6
Screen 11 of 27

Three (3) steps to treating a victim who is unconscious and who has swallowed poison:

1. _____
2. Be prepared to give chest compression and to perform rescue breathing if necessary.
3. _____

Four (4) steps to treating a victim who has inhaled poison:



1. _____
2. _____
3. _____
4. _____

Four (4) steps to treating a victim who has absorbed poison:



1. _____
2. _____
3. _____
4. _____

Lesson 6
Screen 19 of 27

Types of poisonous plants:



Lesson 6
Screen 19 of 27

The irritating substance that is an oily resin in poison ivy, poison oak, and poison sumac is

_____.

Lesson 6
Screen 21 of 27

Four (4) ways to become affected by poison ivy:



- _____
- _____
- _____
- _____

Lesson 6
Screen 22 of 27

Four (4) ways to avoid or limit the irritating effects of touching or brushing against poisonous plants:

- _____
- _____
- _____
- _____

Lesson 6
Screen 23 of 27

When to seek medical attention after being affected by a toxic plant:

- _____
- _____
- _____
- _____
- _____

Lesson 7: Heat Injuries

Lesson 7
Screen 6 of 17

Four (4) things you can do to reduce risk of heat injury:

- _____
- _____
- _____
- _____
- _____



Lesson 7
Screen 9 of 17

Heat stroke is _____

Heat exhaustion is _____

Heat cramps are _____

Sunburn is _____

Lesson 7
Screen 9 of 17

The treatment for heat stroke is to _____

The treatment for heat exhaustion is to _____

The treatment for heat cramps is to _____

The treatment for sunburn is to _____

Lesson 7
Screen 10 of 17

Four (4) steps to treating heat cramps:

1. _____
2. _____
3. _____
4. _____

Three (3) steps to treating heat exhaustion:

1. _____
2. _____
3. _____

Six (6) steps to treating heat stroke:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

Lesson 8: Cold Weather Injuries

Five (5) factors that can contribute to cold-weather injuries:

1. _____
2. _____
3. _____
4. _____
5. _____

Snow blindness is _____

Hypothermia is _____

Dehydration is _____

Immersion foot (trench foot) is _____

Chilblain is _____

Frostbite is _____

Six (6) steps to treating frostbite:



1. _____
2. _____
3. _____
4. _____
5. If possible, submerge the effected area in water. Fill a shallow container with enough water to cover the frostbitten body part. Make sure the water is at room temperature. The water does not have to be cool, but it cannot be too warm. The warmer the water, the worse the pain.
6. Immerse the injured area. Ensure that the skin does not come in contact with anything! Repeat these steps by refreshing the water as it cools until the skin is back to a normal color and texture. This may take several hours depending on the severity of the injury.

Six (6) steps to treating hypothermia:



1. _____
2. _____
3. _____
4. _____
5. Use heat packs to warm the patient or other means such as using body heat by laying next to the victim. Do not allow the packs to touch naked skin.
6. Victims who are alert may drink warm liquids, however, do not give any drinks containing alcohol, caffeine, or give a drink that is too hot.

Lesson 9: Bites, Stings, and Poisonous Hazards

Lesson 9 Screen 5 of 30

Signs and symptoms of an insect bite result from the injection of venom or other substances into your skin. The venom triggers an allergic reaction. The severity of your reaction depends on your sensitivity to the insect venom or substance.



Four (4) signs and symptoms of a severe reaction:

- _____
- _____
- _____
- _____

Lesson 9 Screen 6 of 30

Five (5) steps to treating mild reactions to bites, stings, and poisonous hazards:

1. _____

2. _____

3. _____

4. Apply hydrocortisone cream (0.5 percent or 1 percent), calamine lotions or a baking soda paste – with a ration of three (3) teaspoons baking soda to 1 teaspoon water – to the bite or sting several times a day until symptoms subside.
5. Take an antihistamine containing diphenhydramine (Benadryl, Tylenol Severe Allergy) or chlorpheniramine maleate (Chlor-Trimeton, Actifed).

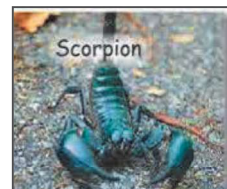
Lesson 9 Screen 8 of 30

Six (6) steps to treating severe reactions to bites, stings, and poisonous hazards:



1. Check for special medications that the person might be carrying, such as an auto-injector of epinephrine (for example, EpiPen). Use as directed – usually by pressing the auto-injector against the person’s thigh and holding it in place for several seconds. Massage the injection site for 10 seconds to enhance absorption.
2. _____
3. _____
4. _____
5. _____
6. _____

Lesson 9
Screen 12 of 30



- The venom of a _____ is neurotoxin and may produce symptoms such as stomach and muscle cramps, breathing difficulties, nausea, sweating, vomiting, and convulsions. In some cases, venom can affect the heart and may digest tissue producing a severe local wound.
- The venom of a _____ can produce severe tissue damage around the bite (possibly leading to gangrene).
- The stings of a _____ can cause nausea, fever, stomach cramps, and possible convulsions and shock.
- The venom of a _____ is neurotoxin and may cause stomach and muscle cramps, breathing difficulties, nausea, sweating, vomiting, and convulsions.

Lesson 9
Screen 13 of 30

The best method to remove a tick is to use _____.

Four (4) steps to treat a tick bite:

1. _____
2. _____
3. _____
4. _____

Three (3) types of snake venom:

1. _____
2. _____
3. _____

Nine (9) signs of snake bite:

1. Puncture, marks on skin may be visible, but the following may take from 15 minutes to 2 hours to develop.
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. Tightness in the chest and difficulty breathing.
9. _____

Three (3) steps to treating a snake bite:

1. _____
2. _____
3. _____

Warning

Some practices previously advised in cases of snake bite are no longer recommended.

- DO NOT cut or cauterize the snake bite or attempt to suck out the poison.
- DO NOT apply ice.
- DO NOT apply a tourniquet or restrictive bandage.
- DO NOT wash venom off the skin -- it can help experts to identify the snake.
- DO NOT use electric shock.



Types of poisonous plants:



The irritating substance that is an oily resin in poison ivy, poison oak, and poison sumac is _____.

Four (4) ways to become affected by poison ivy:



- _____
- _____
- _____
- _____

Four (4) ways to avoid or limit the irritating effects of touching or brushing against poisonous plants:

- _____
- _____
- _____
- _____

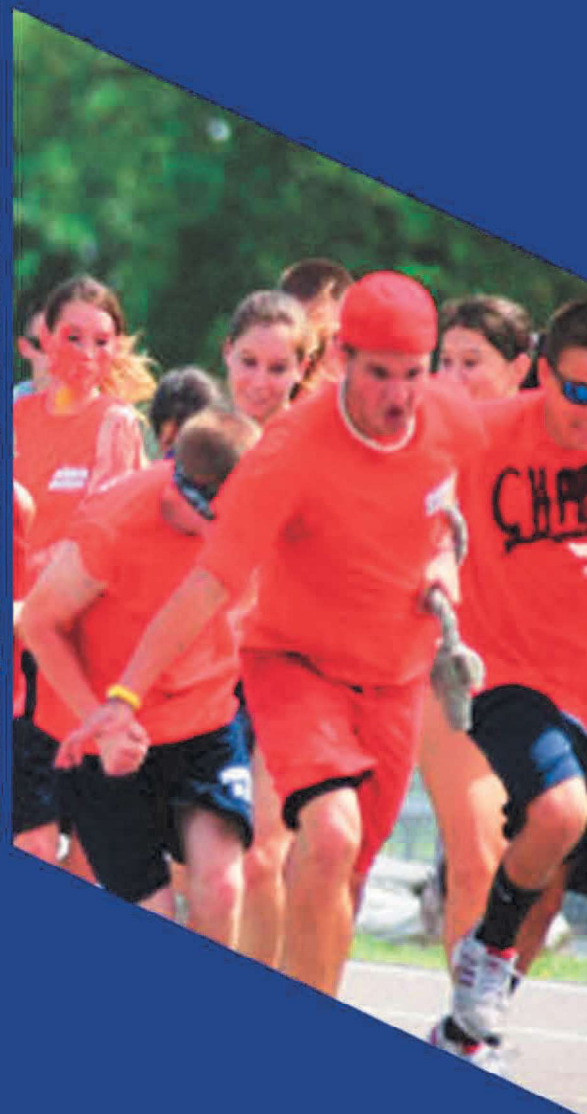
When to seek medical attention after being affected by a toxic plant:

- _____
- _____
- _____
- _____
- _____

A severe allergic reaction is called _____ and it can cause shock and life-threatening respiratory distress and circulatory collapse.

If you've had an anaphylactic reaction in the past, make sure you have an _____ pill in your first aid kit.

You can self-administer epinephrine with an auto-injector, such as the _____.



Navy Junior Reserve Officer Training Corps