

## First Aid Exam

### an element of the

# Emergency & Protective Preparedness Exam Series

designed to be an important and helpful tool for those people internationally who desire proficiency in routine & emergency medical assistance.

Coincidentally, the curriculum follows the requirements of the Boy Scouts of America and serves it's members towards satisfaction of their advancement and community assistance potential.

Follow this link to the [Emergency & Protective Preparedness Exam Series](#) introduction page for historic perspective, administration & assistance recommendations.

### **First Aid Badge Req. 1**

Satisfy your counselor that you have current knowledge of all first-aid requirements for Tenderfoot, Second Class, and First Class ranks.

Tenderfoot

01. Identify local poisonous plants; tell how to treat for exposure to them

Local poisonous plants are poison , poison , and poison . Wash your skin with  and , apply calamine lotion to help stop the . Clothing that has come into contact with the poison should be  and laundered.

itch | ivy | oak | removed | soap | sumac | water

02. Local poisonous plants are named

- a. Sumac, Oak & Ivy
- b. Elm, Maple & Birch
- c. Oak, Sage & Yucca
- d. Ivy, Spruce & Oak

03. Poisonous oils from these plants should be washed off the skin with

- a. salted hot water
- b. calamine lotion
- c. soap & water
- d. cool running water

04. Poisonous oils on clothing should be

- a. laundered
- b. burned
- c. submerged in a local stream for 5 minutes
- d. aired out on a hot rock

05. Demonstrate the Heimlich maneuver and tell when it is used

The Heimlich maneuver should be used when a victim is , and not able to . Step  the victim and put your  around their . Clasp your  together with the knuckle of your thumb just above their . With a sharp, inward thrust, drive your  up under the victim's  cage.

arms | behind | breathe | choking | hands | hands | midsection | navel | rib

06. The Heimlich maneuver should be used

- a. when you remove a fish hook
- b. as an alternative to the 2 man lift
- c. on a choking victim who cannot breathe

07. The Heimlich maneuver is

- a. done from behind the victim
- b. while pinching the nose closed
- c. with the legs raised 6 to 12 inches
- d. done while the victim is reclined on their back
- e. both a & d

Show first aid for the following:

08. Simple cuts & scratches

Clean the area with plenty of  & , let  and apply an adhesive , Larger areas require application of a gauze .

bandage | compress | dry | soap | water

09. When treating a simple cut or scratch, clean the area with plenty of soap & water, let dry and apply

- a. plenty of adhesive tape
- b. a sterile adhesive bandage
- c. a coating of insect repellent
- d. a thin layer of powdered milk

10. Blisters on the hand & foot

Wash area with  & . Protect blisters from breaking by applying  bandages. If it becomes necessary to break the blister, use a sterilized  heated by a match . Prick the blister near its  and press out the . Keep the wound clean with a sterile .

bandage | doughnut | edge | flame | liquid | pin | soap | water

11. Blisters should always be broken to relieve pressure and speed healing of the affected area.

- a. False
- b. True

12. Minor burns or scalds (first degree)

Treat immediately with cold . Apply a  dressing and bandage . If no water is available, apply a clean,  bandage.

dry | loosely | moist | water

13. A 1st degree burn is recognized by its characteristic \_\_\_\_\_ color.

- a. Purple
- b. Blue
- c. Green
- d. Yellow
- e. Red

14. Bites or stings of insects and ticks

Apply cold  or towel to relieve . If a stinger remains in the skin,  it away with a  or edge of a knife blade. If a tick has fastened itself to the skin, grasp it with  &  pull it away. Wash the area with  & .

fingernail | flick | gently | pain | soap | tweezers | water | water

15. Insect stingers left behind can be full of un-injected \_\_\_\_\_, squeezing injects it into victim & causes harm.

- a. honey
- b. poison
- c. anti-venom
- d. insect blood

16. Poisonous snakebite

Have victim lie  and rest, place bitten area  than the rest of the body. Put a  band 2 to 4 inches above the bite. If area swells,  the band. Treat for . Seek  help.

constricting | down | loosen | lower | medical | shock

17. Snake bite treatment includes removal of bracelets, watches, and rings in case the victims body begins to

- a. swell
- b. convulse or spasm
- c. dehydrate
- d. sweat

18. Nosebleed

Have victim sit up leaning  slightly, apply  to the bleeding nostril. Apply a cool  cloth to the area.

forward | pressure | wet

19. Nosebleeds can be serious in victims who are

- a. boxing professionals
- b. hyperactive children
- c. adults that have high blood pressure
- d. 1st Aid merit badge counselors with short tempers

20. Treat frostbite by

moving victim away from the cold place and into a  one. Thaw the frozen area by  it with warm  or blanket. Hold frozen part under  running water. When thawed and warm, have the victim  the injured area. Get the victim to a doctor.

covering | exercise | skin | warm | warmer

21. Sunburn should be treated as a

- a. 1st degree burn
- b. 3rd degree burn
- c. 2nd degree burn
- d. special minor type burn

Second Class

22. Show what to do for “hurry” cases of stopped breathing, serious bleeding, and internal poisoning

Stopped Breathing requires placing the victim on their , tilting the  back by pulling up on the  and pressing down on the . Close the  by pinching it and begin to breathe for the victim through a mouth to  method. 1 breath given every 5 seconds for  & 1 breathe every 3 seconds for . Make sure the air goes in by watching the  rise, Air not going in can be caused by not tilting the  properly, by the victims  or by a  obstruction. The Heimlich maneuver might be required to clear the .

adults | airway | back | chest | chin | forehead | foreign | head | head | infants | nose | mouth | tongue

23. One breath every 5 seconds is the treatment rate for \_\_\_\_\_ and persons over 8 years old.

- a. pets
- b. adults
- c. infants
- d. grandparents

24. Serious bleeding

Serious bleeding requires direct  with a cloth, sometimes several  on top of each other is necessary. Elevate the injured area above the level of the victims  if possible. Pressure against a pressure  may be necessary to  blood flow to the injury.

heart | layers | point | pressure | slow

25. Serious bleeding should be stopped by treatment in this order

- a. pressure point application, elevation above heart, multiple dressings, direct pressure
- b. direct pressure, multiple dressings, elevation above heart, pressure point application
- c. multiple dressings, pressure point application, direct pressure, elevation above heart
- d. direct pressure, multiple dressings, merthiolate, bactine, pressure point application

26. Poisoning

Call or  Poison Control and follow their . Monitor the victim for breathing, treat for . Save containers &  for professional content analysis.

instructions | telephone | shock | vomit

27. The most common ways to treat the victim of ingested poisons are

- a. dilution, filtration or absorption
- b. dilution, absorption or regurgitation
- c. vomiting and dilution
- d. neutralization, evaporation or filtration

28. Prepare a personal first aid kit to take with you on a hike

An individual hikers first aid kit should contain:

- a. adhesive bandages, tooth picks, sm. roll adhesive tape, Q-tips, gauze pads, & transistor radio
- b. sm. roll adhesive tape, chewing gum, gauze pads, fingernail file, eyebrow pencil & lg. gauze compress
- c. gauze pads, rollaids, pen, paper, tooth brush, soap, Q-tips, pocket knife, moleskin & spare change
- d. moleskin, adhesive bandages, sm. roll adhesive tape, gauze pads, lg. gauze compress, & spare change

Demonstrate first aid for the following:

29. Object in the eye

Blinking & tears may  out the object. Pull the  lid down over the lower. If object is under the lower lid, place  on skin below lid and pull  gently, use  of sterile gauze to  out object. Get medical care if all else fails.

corner | down | flush | lift | thumb | upper

30. If the object in the eye cannot be removed

- a. wait 10 minutes and try your 1st aid again
- b. cover both eyes and transport victim to a doctor
- c. cover the affected eye only and transport to a doctor
- d. cover both eyes, wait 10 minutes and try your 1st aid again

31. Bite of a suspected rabid animal

Scrub with  & water, cover with a sterile bandage & take victim to the . Identify the area where incident occurred. Inquire about animal owner's name &  if possible. Leave animal handling to the professionals.

address | doctor | soap

32. A warm blooded animal bite is suspect of rabies disease if the animal

- a. was caged
- b. made no noise
- c. had babies nearby
- d. attack was unprovoked

33. Puncture wounds from a splinter, nail, and fish hook

Take out object,  around wound, wash with soap & water, apply sterile  & call doctor. Fish hook  must be removed and hook  out if no medical services are available. Nail wounds require a  tetanus vaccination.

backed | bandage | barbs | current | squeeze

34. Puncture wounds bleed

- a. internally only
- b. more than lacerations
- c. usually not very much
- d. always with a spurting pulse

35. Serious burns

2nd degree burn should be  in running  if typical blisters are not broken, apply a loosely secured  dressing.

cooled | moist | water

36. Typically, 2nd degree burns

- a. are not painful
- b. are discolored blue
- c. have charring of tissue
- d. show blisters either broken or not

37. Serious burns

3rd degree burn is [ ] with clean [ ] dressing, victim treated for [ ] & [ ] to professional medical care.

dry | rushed | shock | wrapped

38. Pain is typically \_\_\_\_\_ with 3rd degree burns

- a. absent
- b. tingling only
- c. extremely intense
- d. pulsates or throbs

39. Heat exhaustion

Move victim out of the [ ], position on [ ], feet [ ], Loosen [ ], fan & apply [ ] wet cloths. Sips of [ ] to drink are OK.

back | clothing | cool | elevated | heat | water

40. Heat exhaustion is

- a. a deadly disease
- b. in the summer months only
- c. experienced indoors and outdoors
- d. an injury to the central nervous system

41. Shock

Position victim on back with [ ] raised 6 to 12 inches. Maintain [ ] body temperature by shading or covering with blankets. Conscious victims can [ ] water. Stay with victim and talk in a [ ] manner.

calming | legs | normal | sip

42. Raising the legs 6 to 12 inches allows gravity to

- a. shows bystanders that a serious condition exists
- b. rest the legs by draining them of oxygen deficient blood
- c. pull against the knee joints and distract the victims attention from serious injury
- d. help pool the available blood to the trunk of the body where it can do the most good

Heat stroke, dehydration, hypothermia, and hyperventilation

Heat Stroke [See 5f of merit badge]

43. Dehydration can be caused by

- a. diarrhea
- b. vomiting
- c. heavy perspiration
- d. all of the above

44. Treat dehydration by

- a. replacing fluids
- b. reducing activity
- c. avoiding high heat environments
- d. all of the above

Hypothermia [See 5a of merit badge]

45. Hyperventilation attacks are often triggered by

- a. heavy lifting
- b. fast running
- c. fear & stress
- d. allergic reactions

46. The hyperventilating victim's breaths

- a. too slow & too deep
- b. too rapid & too deep
- c. too slow & too shallow
- d. too rapid & too shallow

47. Treat hyperventilation by

- a. having the victim breathe into a paper bag
- b. diverting the victim's attention to other problems
- c. calming and coaching the victim to help regain normal breathing
- d. both a & c

48. Hyperventilating victims appear blue in color

- a. false
- b. true

First Class

49. Demonstrate bandages for injuries on the head, the upper arm, and collarbone, and for a sprained ankle

Head injuries require the use of a  or  bandage depending upon location &  of the injury.

cravat | extent | triangular

50. A triangular bandage is used to bandage the

- a. forehead only
- b. top and sides of the head
- c. eyes and mouth areas
- d. chin and ear areas

51. Upper arm injury

Upper arm injury requires 1 padded  tied to the , the forearm tied in a  and a  used to tie the arm to the body.

cravat | outside | sling | splint

52. Normally, a sling is made from a

- a. cravat
- b. elastic bandage
- c. triangular bandage
- d. an unfolded gauze compress

53. Collarbone injury

Collarbone injury requires a [ ] , hand raised 3 inches above the [ ] . Tie arm to the [ ] with a [ ] cravat.

body | elbow | sling | wide

54. The collarbone is located

- a. at the upper back
- b. under the tongue
- c. between the shoulders above the chest
- d. near the rear of the jaw bone of the face

55. Sprained ankle

Sprained ankle can be treated by [ ] shoe on the foot for [ ] and tying an [ ] bandage around the ankle, [ ] the shoe. For a bare foot, position victim on back, [ ] foot and reduce swelling by applying [ ] wet [ ] .

ankle | cold | leaving | over | raise | support | towels

56. An ankle bandage is

- a. only applied over a shoe
- b. a variation of the collar bandage
- c. tied over the upper foot, heel and ankle
- d. applied so tightly that the foot pulse disappears

Show how to transport by yourself, and with one other person, a person:

57. from a smoke-filled room

Place victim on [ ] and drag while you [ ] on hands & knees. The second rescuer remains [ ] and makes a telephone call for [ ] .

crawl | blanket | help | outside

58. The best air in a smoke filled room is

- a. cooler and closer to the floor
- b. located lower, below the smoke
- c. clear and completely free of pollutants
- d. both a & b

59. with a broken leg, for at least 25 yards

A [ ] carry is necessary for transporting victims long [ ]. 2 poles can be used in conjunction with scout [ ] or a [ ]. The poles are run through the shirt [ ] or the blanket is folded over [ ] and the [ ].

blanket | distances | itself | poles | shirts | sleeves | stretcher

#### 60. Stretchers

- a. are a type of medical pants
- b. help protect broken leg bones
- c. are used to carry victims long distances
- d. both b & c

Tell the 5 most common signs of heart attack. Explain steps (procedures) in cardiopulmonary resuscitation (CPR)

#### 61. Common Signs of Heart Attack:

- a. Pain in the abdomen, Dry throat, Nose Bleeds, Ringing in the Ears, Constipation
- b. Feeling of Weakness, Ringing in the Ears, Nose Bleeds, Urge to Vomit, Shortness of Breath
- c. Central Chest Pressure, Unusual Sweating, Urge to Vomit, Shortness of Breath, Feeling of Weakness
- d. Unusual Sweating, Central Chest Pressure, Urge to Vomit, Dry throat, Constipation

CPR Procedures: [See 3c of merit badge]

#### 62. The correct sequence for CPR is

- a. Check Responsiveness, Call 9-1-1, Open Airway, Position Victim, Give 2 Breaths, Check Pulse, Chest Compression's 15 & Breaths 2 [4 Sets], Re-check Pulse
- b. Check Responsiveness, Call 9-1-1, Position Victim, Open Airway, Give 2 Breaths, Check Pulse, Chest Compression's 15 & Breaths 2 [4 Sets], Re-check Pulse
- c. Call 9-1-1, Check Responsiveness, Open Airway, Position Victim, Give 2 Breaths, Chest Compression's 15 & Breaths 2 [4 Sets], Check Pulse, Re-check Pulse
- d. Call 9-1-1, Check Responsiveness, Position Victim, Open Airway, Give 2 Breaths, Check Pulse, Chest Compression's 15 & Breaths 2 [4 Sets], Re-check Pulse

Do the following:

Explain how you would obtain emergency medical assistance from your home, on a wilderness camping trip, & during an activity on open water.

63. Home: Phone call to  or other emergency .

9-1-1 | number

64. Wilderness:  Station relay or .

Ranger | signaling

65. Open Water: , Flares or other  devices.

Radio | signaling

Prepare a first-aid kit for your home. Display and discuss its contents with your counselor.

66. A first-aid kit for the home should, at the very minimum, contain

- a. Two 2-inch roller bandages, Two 1-inch roller bandages, Roll of 1-inch adhesive tape, 12 3x3-inch sterile pads, Large box assorted adhesive bandages, Six elastic bandages, 3-6 inches wide, Thermometer, Scissors, Tweezers, Safety pins, One set thin board splints, 30 inches long, One box alcohol swabs, Calamine lotion, Two pairs latex gloves, Antiseptic, Eye goggles, Mouth-barrier device
- b. Two 2-inch roller bandages, Two 1-inch roller bandages, Roll of 1-inch adhesive tape, 12 3x3-inch sterile pads, Large box assorted adhesive bandages, Six elastic bandages, 3-6 inches wide, Thermometer, Scissors, Tweezers, Safety pins, One set thin board splints, 30 inches long, One box alcohol swabs, Calamine lotion, Two pairs latex gloves, Antiseptic, Eye goggles, Mouth-barrier device
- c. Two 2-inch roller bandages, Two 1-inch roller bandages, Roll of 1-inch adhesive tape, 12 3x3-inch sterile pads, Large box assorted adhesive bandages, Six elastic bandages, 3-6 inches wide, Thermometer, Scissors, Tweezers, Safety pins, One set thin board splints, 30 inches long, One box alcohol swabs, Calamine lotion, Two pairs latex gloves, Antiseptic, Eye goggles, Mouth-carrier device
- d. Two 2-inch roller bandages, Two 1-inch roller bandages, Roll of 1-inch adhesive tape, 12 3x3-inch sterile pads, Large box assorted adhesive bandages, Six elastic bandages, 3-6 inches wide, Thermometer, Scissors, Tweezers, Safety pins, One set thin board splints, 30 inches long, One box alcohol swabs, Calamine lotion, Two pairs latex gloves, Antiseptic, Eye goggles, Mouth-barrier device



**First Aid Badge Req. 3**

Do the following:

67. Explain what action you should take for someone who shows signs of a heart attack.

Have victim  or recline, call , loosen , keep victim  & still, breath for victim if they  for themselves, if no  pulse commence .

9-1-1 | calm | cannot | clothing | CPR | neck | sit

68. The actions for treating a heart attack victim are

- a. position victim, call 9-1-1, loosen clothing, calm & comfort, keep still, monitor breathing, monitor consciousness, CPR if not responsive + no breathing + no neck pulse
- b. call 9-1-1, position victim, loosen clothing, calm & comfort, keep still, monitor breathing, monitor consciousness, CPR if not responsive + no breathing + no neck pulse
- c. position victim, loosen clothing, call 9-1-1, calm & comfort, keep still, monitor breathing, monitor consciousness, CPR if not responsive + no breathing + no neck pulse
- d. position victim, loosen clothing, calm & comfort, keep still, call 9-1-1, monitor breathing, monitor consciousness, CPR if not responsive + no breathing + no neck pulse

69. Identify the conditions that must exist before performing CPR on a person.

Victim must have no  beat, neck  absent.

heart | pulse

70. CPR is performed only when there is an absence of a heart beat, this pulse check is done in the

- a. neck
- b. wrist
- c. upper arm

Demonstrate proper technique in performing CPR using a training device approved by your counselor.

71. The order of performance for proper CPR technique is

- a. responsiveness?, call 9-1-1, open airway, breathing?, 2 slow breaths, pulse?, 15 compression's & 2 breaths [4 sets], pulse?
- b. call 9-1-1, responsiveness?, breathing?, open airway, pulse?, 2 slow breaths, 15 compression's & 2 breaths [5 sets], pulse?
- c. open airway, call 9-1-1, responsiveness?, breathing?, pulse?, 1 slow breath, 15 compression's & 2 breaths [4 sets], pulse?
- d. responsiveness?, call 9-1-1, open airway, breathing?, 2 slow breaths, pulse?, 15 compression's & 2 breaths [5 sets], pulse?

Show the steps that need to be taken for someone suffering from a severe laceration on the leg and on the wrist. Tell the dangers in the use of a tourniquet and the conditions under which its use is justified.

72. Leg Laceration: Direct , Additional , Elevation  Heart,  Pressure Point, Tourniquet, Treat for , Send for Help.

Above | Compresses | Groin | Pressure | Shock

73. The pressure point used to stop bleeding of a severe laceration to the leg is located in the

- a. wrist
- b. groin
- c. upper arm

74. Wrist Laceration: Direct , Additional , Elevation  Heart,  Pressure Point, Tourniquet, Treat for , Send for Help.

Above | Armpit | Compresses | Pressure | Shock

75. The pressure point used to stop bleeding of a severe laceration to the wrist is located in the

- a. wrist
- b. groin
- c. upper arm

Tourniquet

76. Tourniquet: Use only to save a life at the loss, expense or  of the .

limb | sacrifice

77. Tourniquet application is only used

- a. around the neck
- b. to save a life but loose the extremity
- c. when the incident happens on a campout
- d. when direct pressure does not stop the bleeding immediately

78. Explain why a bee sting could be life threatening & the necessary preventive & 1st Aid actions

Some people are severely [ ]. A prescribed kit should be [ ] & friends [ ] of allergy & [ ] procedures. Apply kit treatment & [ ] band, [ ] the sting site, keep limb [ ] heart level, monitor [ ], call 9-1-1.

allergic | below | breathing | carried | constricting | cool | told | treatment

79. People who are allergic to bee stings should

- a. carry a treatment kit prescribed by their physician
- b. teach their companions about their condition & their treatment kit
- c. become a bee keeper in a nudist colony
- d. take a series of injections that cure them of the problem
- e. both a and b

Explain the symptoms of heatstroke & what action needs to be taken for first aid & for prevention.

80. Signs & symptoms of heatstroke are

- a. red, hot, & dry skin, no sweating, rapid pulse, altered level of consciousness, unconsciousness, & convulsions
- b. red, hot, & dry skin, no sweating, slow pulse, altered level of consciousness, unconsciousness, & convulsions
- c. red, cool, & dry skin, sweating, rapid pulse, altered level of consciousness, unconsciousness, & convulsions
- d. gray, cool, & wet skin, sweating, rapid pulse, altered level of consciousness, unconsciousness, & convulsions

81. Heatstroke

Treat heatstroke with [ ] cooling, remove from [ ], victim [ ] with elevated [ ] & [ ], remove [ ], apply cool [ ] & water soaked [ ], fan, give [ ], treat for [ ], call 9-1-1.

clothing | cloths | fluids | head | heat | immediate | reclined | shock | shoulders | water

82. Heatstroke

Heatstroke can be prevented by avoiding extreme , limiting , maintaining , wearing  colored clothing & a hat, increasing  intake.  
activity | fluids | heat | light | salt



#### First Aid Badge Req. 4

Do the following:

Describe the signs of a broken bone. Show 1st-aid procedures for handling fractures, including open (compound) fractures of the forearm, wrist, upper leg, and lower leg using improvised materials.

83. Signs of a broken bone are

- a. Tenderness, swelling, normal color, abnormal shape - position - movement, grating sound or feeling, unable to move, heard or felt snap, simple fracture: bone broken skin ok, compound fracture: bone & skin broken
- b. Tenderness, swelling, blue color, abnormal shape - position - movement, grating sound or feeling, unable to move, heard or felt snap, simple fracture: bone broken skin ok, compound fracture: bone & skin broken
- c. Tenderness, swelling, blue color, abnormal shape - position - movement, grating sound or feeling, able to move, heard or felt snap, simple fracture: bone broken skin broken, compound fracture: bone & skin broken
- d. Tenderness, swelling, blue color, abnormal shape - position - movement, grating sound or feeling, unable to move, heard or felt snap, simple fracture: bone broken skin ok, compound fracture: bone & skin ok

84. Treatment procedures for simple fractures are

- a. do not move, immobilize in position found, keep victim moving, treat for shock, apply ice, seek medical help
- b. do not move, immobilize after straightening, keep victim still, treat for shock, apply ice, seek medical help
- c. do not move, immobilize in position found, keep victim still, treat for shock, apply hot liquids, seek medical help
- d. do not move, immobilize in position found, keep victim still, treat for shock, apply ice, seek medical help

85. Treatment procedures for compound fractures are

- a. indirect pressure for blood control, apply clean & dry dressing, no bone replacement, no wound cleaning, keep victim still, treat for shock, seek medical help
- b. direct pressure for blood control, apply clean & dry dressing, bone replacement, wound cleaning, keep victim still, treat for shock, seek medical help
- c. direct pressure for blood control, apply clean & dry dressing, no bone replacement, no wound cleaning, keep victim still, treat for shock, seek medical help
- d. direct pressure for blood control, apply dirty & dry dressing, no bone replacement, no wound cleaning, keep victim still, treat for shock, seek medical help

Describe the symptoms and possible complications and demonstrate proper procedures for treating suspected injuries to the back, neck, and head. Explain what measures can be taken to reduce the possibility of further complicating these injuries.

86. Signs & symptoms of suspected injuries to the back, neck & head are

- a. pain, paralysis, cuts, bruises, swelling, & trauma
- b. pain, cuts, bruises, swelling, deformity, & trauma
- c. paralysis, cuts, bruises, swelling, deformity, & trauma
- d. pain, paralysis, cuts, bruises, swelling, deformity, & trauma

87. Improper treatment can cause

- a. further damage, permanent paralysis, & death
- b. further damage, temporary paralysis, & death
- c. further damage, permanent parallels, & death
- d. both b & c

88. The proper order & first aid treatment procedures for back, neck & head injuries include

- a. Call to 9-1-1, holding head and maintaining alignment with spine, support sides of head, neck, shoulders, & trunk with padding, keep victim in position found, maintain abnormal body temperature, care for other injuries, move body as a unit (Only if Life is Threatened)
- b. Call to 9-1-1, holding head and maintaining alignment with shoulders, support back of head, neck, shoulders, & trunk with padding, keep victim in position found, maintain normal body temperature, care for other injuries, move body as a unit (Only if Life is Threatened)
- c. Call to 9-1-1, holding head and maintaining alignment with spine, support sides of head, neck, shoulders, & trunk with padding, keep victim in position found, maintain normal body temperature, care for other injuries, move body as a unit (Only if Life is Threatened)
- d. Call to 9-1-1, holding head and maintaining alignment with spine, support sides of head, neck, shoulders, & trunk with padding, move victim to the position of comfort, maintain normal body temperature, care for other injuries, move body as a unit (Only if Comfort is Threatened)

Describe symptoms, proper first-aid procedures, & possible prevention measures for

## Hypothermia

89. The signs & symptoms of hypothermia are

- a. shivering, irritability, disorientation, sleepiness, incoherence, unconsciousness, death
- b. shivering, irritability, disorientation, sleepiness, incoherence, consciousness, death
- c. shivering, irritability, orientation, sleepiness, incoherence, unconsciousness, death
- d. shivering, irritability, disorientation, sleepiness, coherence, unconsciousness, death

90. The proper treatment procedures for hypothermia is

- a. hyperthermia challenge, move away from cold, remove wet clothing, cover with warm blankets, give warm liquids orally, add extra body heat contact
- b. hypothermia challenge, move away from cold, remove dry clothing, cover with warm blankets, give warm liquids orally, add extra body heat contact
- c. hypothermia challenge, move away from cold, remove wet clothing, cover with warm blankets, give warm liquids orally, add extra body heat contact
- d. hypothermia challenge, move away from cold, remove wet clothing, cover with warm blankets, give cold liquids orally, add extra body heat contact

91. Prevention for hypothermia includes

- a. keeping dry, wearing head protection, eating enough good food, avoiding fatty acids
- b. keeping dry, wearing head protection, eating enough good food, avoiding fatigue
- c. keeping dry, wearing head phones, eating enough good food, avoiding fatigue
- d. keeping wet, wearing underwear protection, eating enough good food, avoiding fatigue

## Convulsions

92. The signs & symptoms of convulsions are

- a. staring into space, loss of unconsciousness, muscle spasms, swollen neck veins, red or blue face, breathing noises, drooling, urination, defecation
- b. staring into space, loss of consciousness, muscle cramps, swollen neck veins, red or blue face, breathing noises, drooling, urination, defecation
- c. staring into space, loss of consciousness, muscle spasms, swollen neck veins, red or blue face, breathing noises, drooling, urination, defecation
- d. staring into space, loss of consciousness, muscle spasms, swollen neck veins, red or green face, breathing noises, drooling, urination, defecation

93. The proper treatment procedures for convulsions is

- a. assist victim to floor, clear area, loosen tight clothing, no restraining, nothing placed into mouth, after seizure, place on left side, allow victim to rest, clear bystanders, repeated seizures require 9-1-1.
- b. assist victim to table, clear area, loosen tight clothing, no restraining, nothing placed into mouth, after seizure, place on head, allow victim to move, clear bystanders, repeated seizures require 9-1-1.
- c. assist victim to floor, clear area, tighten loose clothing, no restraining, nothing placed into mouth, after seizure, place on left side, allow victim to rest, attract more bystanders, repeated seizures require 9-1-1.
- d. assist victim to floor, clear area, loosen tight clothing, restrain movements, nothing placed into mouth, after seizure, place on left side, allow victim to rest, clear bystanders, repeated seizures require 9-1-1.

94. Prevention for convulsions includes

- a. teaching understanding

Frostbite

95. The signs & symptoms of frostbite are

- a. pain then warmth, stiffening, pink or yellow color, blisters
- b. pain then numbness, stiffening, gray or white color, blisters
- c. pain then warmth, stiffening, gray or white color, blisters
- d. pain then numbness, stiffening, pink or yellow color, blisters

96. The proper treatment procedures for frostbite is

- a. cover with warm bare skin, move away from cold, place in lukewarm water, no rubbing or abrasive actions, sterile dressing over blisters, treat for shock, transport to doctor
- b. cover with warm bare skin, move away from cold, place in lukewarm water, no rubbing or abrasive actions, sterile dressing under blisters, treat for shock, transport to doctor
- c. cover with warm bare skin, move toward cold, place in lukewarm water, no rubbing or abrasive actions, sterile dressing over blisters, treat for shock, transport to doctor
- d. cover with warm bare skin, move away from cold, place in boiling water, no rubbing or abrasive actions, steamed dressing over blisters, treat for shock, transport to doctor

97. Prevention for frostbite includes wearing adequate clothing, exchanging wet clothes for dry ones.

- a. false
- b. true

Bruises, Strains, Sprains

98. The signs & symptoms of bruising is discoloration (black & blue marks)

- a. false
- b. true

99. The proper treatment procedures for bruises is

- a. Cold wet towel application, resting trauma area, & hot towel application after 24 hrs.
- b. Cold wet towel application, exercise trauma area, & warm wet towel application after 24 hrs.
- c. Warm wet towel application, resting trauma area, & application of cold wet towels after 24 hrs.
- d. Cold wet towel application, resting trauma area, & warm wet towel application after 24 hrs.

100. Prevention for bruises includes wearing proper equipment, & maintaining physical condition.

- a. false
- b. true

### Strains & Sprains

101. The signs & symptoms of strains & sprains are

- a. tenderness, swelling, bruising, discoloration, restricted movement
- b. swelling, tenderness, bruising, discoloration, unrestricted movement
- c. bruising, tenderness, swelling, discoloration, restricted movement
- d. discoloration, hardness, swelling, bruising, restricted movement

102. The proper treatment procedures for strains & sprains is

- a. raise injured part, apply ice chest, apply elastic bandage, rest injury, apply heat (aftr 24 hrs strains)
- b. raise injured part, apply ice pack, apply elastic bandage, exercise injury, apply heat (aftr 24 hrs strains)
- c. raise injured part, apply ice pack, apply elastic bandage, rest injury, apply heat (aftr 24 hrs strains)
- d. lower injured part, apply ice pack, apply elastic bandage, rest injury, apply heat (aftr 24 hrs strains)

103. Prevention for strains & sprains includes

- a. wear improper equipment, maintain physical condition, warm up before exercise
- b. maintain physical condition, wear proper equipment, warm up before exercise
- c. wear proper equipment, maintain physical condition, cool down before exercise
- d. maintain psychological condition, wear proper equipment, warm up before exercise

### Burns

104. The signs & symptoms of burns are

- a. pain, discoloration (red), blisters, charring
- b. blisters, discoloration (blue), pain, charring
- c. charring, disintegration (orange), pain, blisters
- d. discoloration (yellow), gain, blisters, charring

105. The proper treatment for burns includes

- a. drape damp cloth (2nd & 3rd), no object removal, treat for shock, fluids orally, call 9-1-1
- b. lotion on red only (1st), cooling with ice or water, no blister breaking, air dry, loosely bandage
- c. both a & b

106. Prevention for burns includes use of

- a. sunscreen
- b. protective clothing
- c. careful when using flame & flammable items
- d. all the above

#### Abdominal Pain

107. The signs & symptoms of abdominal pain are

- a. pain, fever, nausea, tenderness, diarrhea, loss of appetite
- b. pain, fever, nausea, vomiting, constipation, loss of appetite
- c. pain, fever, nausea, tenderness, constipation, loss of appetite
- d. pain, fever, nausea, tenderness, constipation, a gain of appetite

108. The proper treatment procedures for abdominal pain is

- a. victim seated, drugstore remedies, baking soda & water, no solid foods, no laxatives etc., medical attention
- b. victim reclined, drugstore remedies, baking soda & water, no solid foods, no laxatives etc., medical attention
- c. victim seated, drugstore remedies, baking soda & water, solid foods, no laxatives etc., medical attention
- d. victim reclined, drugstore remedies, baking soda & water, solid foods, laxatives etc., medical attention

109. Prevention for abdominal pain includes eating

- a. slowly
- b. proper amounts
- c. proper mixtures
- d. all the above

### Broken, Chipped, or Loosened Teeth

110. The proper treatment procedures for broken, chipped or loosened teeth is

- a. clean with cold water, warm compress on face, collect & carry pieces, see dentist.
- b. clean with warm water, cold compress on face, collect & carry pieces, see dentist.
- c. clean with cold milk, cold compress on face, collect & carry pieces, see dentist.
- d. clean with warm beer, warm compress on face, collect & carry pieces, see dentist.

111. Prevention for broken, chipped or loosened teeth includes

- a. wear seat belts, wear safety sports gear, don't bite hard items, don't chew pencils, don't open things with teeth, visit dentist regularly.
- b. wear seat belts, wear safety sports gear, don't bite soft items, don't chew pencils, don't open things with teeth, visit dentist regularly.
- c. wear seat belts, wear safety sports gear, don't bite hard items, don't chew gum, don't open things with pliers, visit dentist regularly.
- d. wear seat belts, wear safety sports gear, don't bite hard items, don't chew pencils, don't brush your teeth, visit dentist regularly.

### Knocked Out Tooth

112. The proper treatment procedures for a knocked out tooth is

- a. handle by crown only, rinse if clean, re-insert in socket, place in milk or cold water, seek dental assistance quickly.
- b. handle by roots only, rinse if dirty, re-insert in socket, place in milk or cold water, seek dental assistance quickly.
- c. handle by crown only, rinse if dirty, re-insert in socket, place in milk or cold water, seek dental assistance quickly.
- d. handle by crown only, rinse if dirty, re-insert in mouth, place in milk or cold water, seek dental assistance quickly.

113. Prevention for a knocked out tooth includes

- a. wear seat belts, wear safety sports gear, don't bite hard items, don't chew gum, don't open things with pliers, visit dentist regularly.
- b. wear seat belts, wear safety sports gear, don't bite soft items, don't chew pencils, don't open things with teeth, visit dentist regularly.
- c. wear seat belts, wear safety sports gear, don't bite hard items, don't chew pencils, don't open things with teeth, visit dentist regularly.
- d. wear seat belts, wear safety sports gear, don't bite hard items, don't chew pencils, don't brush your teeth, visit dentist regularly.

### Muscle Cramps

114. The signs & symptoms of muscle cramps are

- a. pain
- b. heavy sweating
- c. all of the above
- d. none of the above

115. The proper treatment procedures for muscle cramps is

- a. pressure & massage
- b. oral sips of salted water
- c. removal from heat, pressure & massage
- d. removal from heat, oral sips of salted water, pressure & massage

116. Prevention for muscle cramps includes

- a. eating fresh fruit
- b. drinking cool sugar water
- c. drinking cool salted water
- d. swimming immediately after lunch



### First Aid Badge Req. 6

Do the following:

If a sick or an injured person must be moved, tell how you would determine the best method.

117. Movement of a victim is determined by taking into consideration

- a. distance necessary, time of incident, number of rescuers, type injury or sickness
- b. time available, distance necessary, number of rescuers, type injury or sickness
- c. type injury or sickness, time available, strength necessary, number of rescuers
- d. strength of rescuers, time available, distance necessary, type injury or sickness

With helpers under your supervision, improvise a stretcher and move a presumably unconscious person.

118. Choose 1 and demonstrate

- a. Board
- b. Blanket
- c. Improvised



### First Aid Badge Req. 7

Teach another Scout a first-aid skill selected by your counselor.

119. Choose 1 and demonstrate

- a. Snow Blindness
- b. Chemical Burns
- c. Pressure Point Locations & Application

Scout's Name:  Troop Number:  Date:

If answered on-line, be sure to print your exam for submission to your local counselor then,