What Should You Do?
Universal Basic First Aid
7/14/16

1. Basic First Aid trains to recognize, assess, and prioritize the need for first aid care in an emergency.

2. The suspected mechanism of injury is what typically highlights a serious injury.

3. Always pause and assess for hazards before springing into action.

4. If you encounter any emergency situation, you should stop and help to the best of your ability.

5. When attempting to control bleeding, protective barriers such as gloves, regardless of your relationship with the person you are helping, are best for protecting against blood borne diseases.

6. The basic purpose of Good Samaritan laws is to encourage bystanders to help those in need.

7. Your Emergency Action Plan for the workplace is NOT part of community-wide emergency medical services (EMS) system.

8. If someone has fallen and injured their back in a place with moving forklifts, it is best not to move the victim and have others stop any forklift traffic.

9. A coworker is unresponsive in the lunch room. EMS has been called and someone is getting an AED. You determine she is breathing normally. You should place her in the recovery position to protect her airway.

10. Angle the body and face towards the ground when placing a person in the recovery position to help keep fluids and the tongue clear from the airway.

11. A choking victim requires your help if he cannot speak or make any sounds.

12. A child is bleeding heavily from her left leg. You should attempt to control the bleeding for the injury on her leg.

13. Someone has accidentally cut himself. You should apply pressure with a clean pad directly to the bleeding site until bleeding stops.

14. Internal bleeding can be difficult to detect. A person who received a forceful blow to the chest or the abdomen should be suspected of internal bleeding.

15. The general underlying cause of shock is poor blood flow that creates a shortage of oxygen to body tissues.

16. A child has fallen from a high ladder. He is responsive and has a small bruise on his forehead. You should have someone activate EMS while you manually stabilize his head.

17. Someone who has sustained a significant blow to the head is awake but clearly confused and unable to understand you. A bloody fluid is flowing from one of his ears. You should activate EMS immediately and manually stabilize the head with your hands.

18. A person accidentally struck his head. Witnesses tell you he was initially stunned and slow to respond, but seems much better now. He seems normal to you, but is still a bit confused about what happened. You should have him seek evaluation by a healthcare provider or EMS personnel as soon as possible.

19. A girl has fallen and injured her forearm, which is lying at an unnatural angle. There is an open wound with exposed bone and minor bleeding. You should immobilize the limb as found using

Bleeding
Internal Bleeding & Shock
Head & Neck
Head Injury
Broken Arm
20. A man has a burn on his forearm about the size of your palm. **Your initial treatment** for the burn is cool or cold water as quickly as possible.

21. A boy has a nosebleed. **You should** pinch the soft portion of the nose and have him tilt his head forward, chin down.

22. Proper care for a knocked out tooth includes keeping the tooth moist, in saliva.

23. You are waiting for EMS to arrive while caring for a person with an altered mental status. **You should** place him in a recovery position to maintain and protect the airway if the person's level of responsiveness becomes severely diminished.

24. If your coworker suddenly feels light-headed and warm, **you should** quickly lay him flat on his back, and elevate his feet 6 to 12 inches.

25. The **F.A.S.T. Assessment** (Face, Arms, Speech, Time) is a tool you can use to help reduce the time it takes to get a person with a suspected stroke treated at a hospital.

26. A visitor suddenly became confused, shaky, and pale. The person he is with tells you he is diabetic. The visitor is able to follow simple commands and can swallow without trouble. **You should** provide glucose tablets or something that contains dietary sugars.

27. A woman suddenly collapses. Her whole body is jerking and convulsing. **You should** protect her from further injury by moving away from her any objects she might bump into.

28. A child with Asthma has difficulty breathing. She does not have her medication with her. Her breathing is fast, weak, and taking significant effort. Her lips look bluish-purple and she appears exhausted. **You should** be prepared for breathing failure.

29. A coworker is stung by a bee. He tells you he is allergic to bee stings. His face is swollen and he has difficulty breathing. **You should** help to find his prescribed epinephrine auto-injector and assist him in self-administering it.

30. A coworker of yours is complaining of severe pressure and discomfort in his chest. His skin is pale, and he is sweating. He asks you not to make a fuss over him, but you know he has problems with his heart. **You should** have someone activate EMS and get an AED, if one is available.

31. A child thinks she may have accidentally swallowed something poisonous. She is responsive and looks worried but does not look or feel sick. **You should** call the Poison Control Help line.

32. You approach an ill employee who works near a furnace. She is responsive but confused. Her skin is dry and very warm, almost hot to your touch. **You should** get her to a cooler place and begin immediate cooling.

33. On a bitterly cold day, you are caring for a friend whom you suspect of having frostbite on his fingers. EMS has been activated. **You should** wrap the affected fingers in a clean towel or pad, keeping them still and protected.