

Name: _____

Date: _____

Answer Key: Could You Save a Life? 7th Grade Tactical First Aid Quiz

Evaluate complex medical scenarios to determine intervention priorities, from managing environmental hazards to identifying subtle signs of systemic shock.

1. While on a remote hiking trail, a peer exhibits heat exhaustion. After moving them to shade, what is the most scientifically sound next step to prevent progression to heatstroke?

Answer: B) Apply cold packs to the neck, armpits, and groin areas

Cooling the areas where large blood vessels are close to the skin surface (neck, armpits, and groin) is the most efficient way to reduce core body temperature rapidly through conduction.

2. True or False: If an object is deeply embedded in a puncture wound, you should leave it in place and stabilize it with bulky dressings rather than removing it.

Answer: A) True

Removing an embedded object can cause uncontrollable hemorrhaging because the object may be acting as a plug for a damaged blood vessel; stabilization is the priority during transport.

3. When addressing a severe limb injury with arterial bleeding that cannot be controlled by direct pressure, the most effective tool to apply is a _____.

Answer: C) Commercial or makeshift tourniquet

A tourniquet is designed to apply circumferential pressure to an extremity to stop life-threatening arterial blood flow when direct pressure fails.

4. You find a person who is unconscious and breathing, but you suspect a spinal injury. How should you position them if you must leave them alone to seek help?

Answer: B) In the H.A.I.N.E.S. recovery position

The High Arm in Endangered Spine (H.A.I.N.E.S.) position keeps the airway clear while minimizing movement of the cervical spine compared to a standard recovery position.

5. An individual experiencing a 'hypoglycemic emergency' (low blood sugar) who is still conscious and able to swallow should be given _____.

Answer: C) A fast-acting carbohydrate like glucose gel

Name: _____ Date: _____

Fast-acting carbohydrates (simple sugars) are absorbed quickly into the bloodstream to raise blood glucose levels and prevent loss of consciousness.

6. True or False: In a 'secondary assessment' of a victim, you should only look for visible bleeding and ignore symptoms like skin temperature or pupil dilation.

Answer: B) False

A thorough secondary assessment must include checking vital signs like skin condition and pupil response, as these provide clues about internal issues like shock or head trauma.

7. A person has been exposed to a dry chemical powder that is burning their skin. What is the correct protocol for decontamination?

Answer: C) Brush off the powder before flushing with water

Many dry chemicals react violently with water; brushing the powder off first removes the bulk of the irritant before flushing away the remaining residue with large volumes of water.

8. Which of these is a critical component of 'Scene Size-Up' that must occur before physically touching a victim?

Answer: B) Identifying the 'Mechanism of Injury' (MOI)

Identifying the MOI (how the injury happened) helps the responder anticipate potential internal injuries and ensures the scene is safe to enter.

9. If you are alone and must perform CPR on an adult, and an Automated External Defibrillator (AED) becomes available, your first priority is to _____.

Answer: B) Clear the area and turn on the AED

Early defibrillation is the most critical factor in surviving cardiac arrest; the AED should be powered on and used as soon as it is physically available.

10. True or False: Consent to provide first aid is 'implied' if a victim is unconscious or unable to respond due to the severity of their condition.

Answer: A) True

Implied consent is a legal principle assuming that a person in a life-threatening situation would want help if they were capable of asking for it.