

Name: _____ Date: _____

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?

- A. Force them to drink two liters of plain water immediately
- B. Apply cold packs to the neck, armpits, and groin areas
- C. Administer an over-the-counter fever reducer
- D. Induce shivering to help regulate internal temperature

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.

- A. True
- B. False

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 _____.

- A. Sterile adhesive bandage
- B. Tight elastic athletic wrap
- C. Commercial or makeshift tourniquet
- D. Topical antibiotic ointment

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?

- A. Flat on their back with the head elevated
- B. In the H.A.I.N.E.S. recovery position
- C. Seated upright against a solid surface
- D. Prone (on their stomach) to protect the spine

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

- A. Diet soda or sugar-free gum
- B. Large amounts of high-protein meat
- C. A fast-acting carbohydrate like glucose gel
- D. A cold glass of plain water

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.

- A. True

Name: _____

Date: _____

B. False

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

- A. Pour water over the powder immediately
- B. Neutralize it with a mild vinegar solution
- C. Brush off the powder before flushing with water
- D. Apply a thick layer of petroleum jelly

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

- A. Counting the victim's pulse rate
- B. Identifying the 'Mechanism of Injury' (MOI)
- C. Applying sterile gloves to both hands
- D. Asking the victim for their medical history

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 _____.

- A. Complete 5 more cycles of compressions
- B. Clear the area and turn on the AED
- C. Wait for a second responder to arrive
- D. Perform rescue breaths for two minutes

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.

- A. True
- B. False