

Name: _____

Date: _____

Answer Key: Triage and Trauma: High School First Aid Essentials Quiz

Challenge your ability to identify life-saving interventions for hypothermia, heat stroke, and arterial bleeding using modern medical protocols.

1. When addressing a suspected case of heat stroke, what is the most critical first step after calling emergency services?

Answer: B) Rapidly cooling the body using cold water immersion or wet cloths

Heat stroke is a medical emergency where the body's temperature regulation fails; rapid cooling is essential to prevent organ damage.

2. If an object is deeply embedded in a wound, you should leave it in place and stabilize it with bulky dressings rather than pulling it out.

Answer: A) True

Removing an embedded object can cause uncontrollable bleeding, as the object may be acting as a plug for a punctured blood vessel.

3. When a person is experiencing a severe nosebleed that won't stop, the correct postural response is to lean _____ while pinching the soft part of the nose.

Answer: C) Forward

Leaning forward prevents blood from draining down the throat, which can cause gagging or stomach irritation.

4. You encounter a victim with a deep laceration on the thigh that is spurting bright red blood. Direct pressure has failed. What is the next recommended intervention?

Answer: A) Applying a tourniquet 2-3 inches above the wound

Spurting bright red blood indicates arterial bleeding; if direct pressure fails, a commercial tourniquet applied above the wound is the standard life-saving procedure.

5. When treating a victim with hypothermia, you should vigorously rub their arms and legs to create friction heat.

Answer: B) False

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Vigorous rubbing can cause 'afterdrop' by sending cold blood from the extremities back to the heart, potentially causing cardiac arrest.

6. The acronym FAST (Face, Arms, Speech, Time) is primarily used to recognize the clinical signs of a _____.

Answer: B) Stroke

The FAST exam helps bystanders identify facial drooping, arm weakness, and speech difficulties associated with a stroke.

7. In the event of a chemical splash to the eyes, for how long should the eyes be flushed with clean, running water?

Answer: C) At least 20 minutes

Extended irrigation for 20 minutes is necessary to ensure all traces of the chemical are diluted and removed from the ocular tissue.

8. If a person is having a seizure, you should place a sturdy object between their teeth to prevent them from biting their tongue.

Answer: B) False

Placing objects in the mouth during a seizure can cause dental injuries or airway blockages; modern first aid advises against this practice.

9. The proper hand placement for performing chest compressions on an adult is the center of the chest, on the lower half of the _____.

Answer: B) Sternum

The sternum (breastbone) is the correct anatomical site for compressions to effectively squeeze the heart against the spine.

10. Which of these is a symptom of 'Shock' (hypoperfusion) that requires immediate elevation of the legs and keeping the victim warm?

Answer: B) Pale, cool, clammy skin and rapid pulse

Shock occurs when the circulatory system fails to provide enough oxygenated blood to the body, resulting in pale, cool skin and a weak, rapid pulse.