

Name: _____ **Date:** _____

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?

- A. Administering oral fever-reducing medication
- B. Rapidly cooling the body using cold water immersion or wet cloths
- C. Encouraging the victim to perform light stretches
- D. Covering the victim with a weighted blanket to prevent shivering

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.

- A. True
- B. False

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.

- A. Backward
- B. Sideways
- C. Forward
- D. Supine

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?

- A. Applying a tourniquet 2-3 inches above the wound
- B. Applying a tourniquet directly over the knee joint
- C. Washing the wound with hydrogen peroxide immediately
- D. Giving the victim aspirin to thin the blood

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

- A. True
- B. False

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

- A. Seizure
- B. Stroke
- C. Diabetic Coma

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D. Concussion

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

- A. At least 2 minutes
- B. Exactly 5 minutes
- C. At least 20 minutes
- D. Only until the stinging stops

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

- A. True
- B. False

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

- A. Clavicle
- B. Sternum
- C. Abdomen
- D. Ribcage

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

- A. Flushed, red skin and high energy
- B. Pale, cool, clammy skin and rapid pulse
- C. Slow, deep breathing and high blood pressure
- D. Increased appetite and shivering