

# CPR in Schools™ FIRST AID



## Pretest (fill out *before* first aid training)

Fill in the box for the **1 best** response to each test item. Do not make any other marks on this page.

**1. A person has fallen and is bleeding from a cut on the leg. Where should you apply pressure to stop the bleeding?**

- On the wound, under the dressings
- Directly on the wound, over the dressings
- On the nearest pressure point of the leg
- On the side of the leg opposite the wound

**2. What are the first signs of dehydration?**

- Hyperactivity, sweat, hunger, and thirst
- Sweat, sleepiness, thirst, and boredom
- Weakness, thirst, dizziness, and confusion
- Alertness, talking, hunger, and thirst

**3. The first action to take for heat cramps is to have the person stop activity until he or she is completely cooled off.**

- True
- False

**4. After phoning 9-1-1, what is the next step you take for a person with heat exhaustion?**

- Have the person lie down in a cool place.
- Keep the person in a comfortable position.
- Ask the person, "Are you OK?"
- Remove the person's clothing.

**5. What are some signs that a person has heat stroke?**

- Confusion
- Vomiting
- Seizures
- All of the above

**6. How do you help a person who is dizzy but is still responsive?**

- Have the person sit up, give her water, and continue to observe her behavior.
- Help the person lie flat, and seek medical help; if unresponsive, phone 9-1-1.
- Phone 9-1-1, help the person lie flat, give water, and check for injuries.
- Check for injuries, help the person lie flat, and phone 9-1-1.

**7. If a person has low blood sugar, which of the following symptoms might be present?**

- Irritability
- Weakness
- Confusion
- All of the above

**8. What is the most important first aid action you can take when a person is having a seizure?**

- Check if the person needs CPR.
- Get help for the person.
- Protect the person from injury.
- Hold the person down.

**9. You notice a man who has been stung by a bee and is having difficulty breathing. Where should the epinephrine pen be injected into him?**

- At the site of the bee sting
- Into the thigh, halfway between the hip and knee
- Into the lower leg
- Into the arm, halfway between the shoulder and elbow

**10. All concussions should be taken seriously.**

- True
- False

**11. Which of the following symptoms might be a sign of a head, neck, or spine injury?**

- Moaning or not responding
- Vomiting, trouble seeing, or a seizure
- Trouble walking or moving a part of the body
- All of the above

**12. What are some signs of a drug overdose?**

- Shallow or slow breathing
- No breathing or only gasping
- Signs of the drug nearby
- All of the above

**13. What causes alcohol poisoning?**

- Drinking small quantities of alcohol in a long period of time
- Drinking large quantities of alcohol in a short period of time
- Drinking small quantities of alcohol in a short period of time
- Drinking large quantities of alcohol in a long period of time

**14. What are some signs of life-threatening alcohol poisoning?**

- Vomiting or the inability to wake up
- Slow or irregular breathing
- Seizures or low body temperature
- All of the above

**15. What is the most preventable cause of death in the United States?**

- Smoking
- Cancer
- Diabetes
- Injuries

**16. What can you do to lead a healthy lifestyle?**

- Eat sweets and don't exercise
- Walk some and eat fried foods
- Exercise and eat healthy foods
- Eat healthy foods and don't exercise

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