

# Lifeguard + University

## First Aid

Fill in the blanks.

1. During \_\_\_\_\_, body temperatures drop below 95°F.
2. Always summon EMS personnel if a victim of a diabetic emergency does not feel better within about \_\_\_\_\_ minutes after taking sugar.
3. Insect stings can be fatal for some people who have severe \_\_\_\_\_ reactions. This reaction may result in a(n) \_\_\_\_\_ emergency.
4. If you suspect a person has been poisoned, call the \_\_\_\_\_ at 1-800-222-1222 or 402-955-5555.
5. Signs and symptoms of shock include—
  - a. \_\_\_\_\_ or irritability.
  - b. Altered level of \_\_\_\_\_.
  - c. Pale or ashen, cool, moist \_\_\_\_\_.
  - d. Nausea or \_\_\_\_\_.
  - e. Rapid \_\_\_\_\_.
  - f. \_\_\_\_\_ pulse.
  - g. Excessive \_\_\_\_\_.
6. If a tooth is knocked out, put a sterile \_\_\_\_\_ in the space left by the tooth. Have the victim \_\_\_\_\_ down on it gently to put pressure on the dressing. Preserve the tooth by placing it in \_\_\_\_\_ and keep it with the victim. Handle the tooth by the crown (white part), not the root.
7. Take the following steps to care for someone suffering from a heat-related emergency—
  - a. Move the victim to a \_\_\_\_\_ place.
  - b. \_\_\_\_\_ tight clothing.
  - c. \_\_\_\_\_ perspiration-soaked clothing.
  - d. Apply cool, wet \_\_\_\_\_ to the skin.
  - e. Fan the \_\_\_\_\_.
  - f. If the victim is conscious, give him or her small amounts of \_\_\_\_\_ to drink.
8. The signs and symptoms of frostbite include—
  - a. A lack of \_\_\_\_\_ in an affected area.
  - b. \_\_\_\_\_ that appears waxy, \_\_\_\_\_ to the touch or discolored (flushed, white, yellow or blue).

Circle the correct answer to the question.

9. To minimize the effects of shock, you should do all of the following EXCEPT—
  - a. Control any external bleeding.
  - b. Have the victim lie down and elevate the legs about 12 inches if a head, neck or back injury or if broken bones in the hips or legs are not suspected.
  - c. Give the victim warm beverages to sip.
  - d. Keep the victim from getting chilled or overheated.
10. Take all of the following steps to care for an embedded object EXCEPT—
  - a. Do not remove the object.
  - b. Place a bandage over the object.
  - c. Place several dressings around the object to keep it from moving.
  - d. Summon EMS personnel.

**11. The victim of a heat-related emergency starts to lose consciousness. What should you do after you summon EMS personnel?**

- a. Continue to check for breathing and a pulse.
- b. Continue to cool the victim by using ice or cold packs on his or her wrists, ankles, groin and neck and in the armpits.
- c. Move them to an air conditioned room
- d. Both a and b

**12. To provide care to a victim of a nosebleed, have the victim lean (forward/backward) and pinch the nostrils together until the bleeding stops.**

**13. Match each term with the correct definition.**

**A. Diabetic emergency      B. Fainting      C. Seizures      D. Poisoning      E. Stroke**

- \_\_\_\_\_ Too much or too little sugar in the blood.
- \_\_\_\_\_ Weakness or numbness usually on one side of the body, slurred speech or blurred vision.
- \_\_\_\_\_ Any substance that can cause injury, illness or death when introduced into the body.
- \_\_\_\_\_ Suddenly losing consciousness and then reawakening.
- \_\_\_\_\_ A condition recognized by uncontrolled, jerking body movements.

**14. Match each term with the correct definition.**

**A. Abrasion      B. Laceration      C. Avulsion      D. Puncture**

- \_\_\_\_\_ A cut in which a piece of soft tissue or even part of the body, such as a finger, is torn loose or is torn off entirely. Often, deeper tissues are damaged, causing significant bleeding.
- \_\_\_\_\_ A wound in which the skin has been rubbed or scraped away. The area usually is painful.
- \_\_\_\_\_ Often does not bleed a lot and can easily become infected. Bleeding can be severe with damage to major blood vessels or internal organs.
- \_\_\_\_\_ Cuts bleed freely and deep cuts can bleed severely. Deep cuts can damage nerves, large blood vessels and other soft tissues.

**15. Match each term with the correct definition.**

**A. Anatomic splints      B. Soft splints      C. Rigid splints      D. The ground**

- \_\_\_\_\_ Boards, folded magazines or newspapers or metal strips that do not have any sharp edges.
- \_\_\_\_\_ Soft materials, such as a folded blanket, towel, pillow or folded triangular bandage.
- \_\_\_\_\_ A flat and level surface used to immobilize a body part.
- \_\_\_\_\_ The person's body or body part used to immobilize another body part.

**16. Match each term with the correct definition.**

**A. Heat cramps      B. Heat exhaustion      C. Heat stroke**

- \_\_\_\_\_ Signals include cool, moist, pale, ashen or flushed skin; headache, nausea, dizziness; weakness, exhaustion; and heavy sweating.
- \_\_\_\_\_ Signals include red, hot, dry skin; changes in the level of consciousness; and vomiting.
- \_\_\_\_\_ Signals include painful muscle spasms that usually occur in the legs and abdomen.

**Circle true or false.**

**17. True False      If any life-threatening conditions develop when performing the secondary assessment, quickly complete the assessment and then provide the appropriate care to the victim.**

**18. True False      Following a seizure, the victim may be drowsy and unresponsive for a time.**

**19. True False      Most external bleeding injuries a lifeguard will encounter will be minor, such as a small cut, that can be cared for by applying an adhesive bandage.**

**20. True False      During an accident, shock is a natural reaction by the body caused by a lack of oxygen.**

**21. True False      When treating an eye injury, do not put direct pressure on the eye.**

**22. True False      Splinting is a method of immobilizing an injured extremity and should be used only if moving or transporting a person to seek medical attention and if splinting does not cause further pain.**

23. True False A person who has been immersed in the water can develop a cold-related illness, even when temperatures are not extreme.
24. True False Rapid warming of a victim of hypothermia may cause dangerous heart rhythms.
25. True False Temperatures do not need to be extremely cold for someone to suffer a cold-related emergency, especially if conditions are windy or the victim is wet.
26. True False Scalp injuries often bleed heavily. Putting pressure on the area around the wound can control the bleeding.
27. True False If a depression, spongy areas or bone fragments are felt when treating a scalp injury, do not put direct pressure on the wound.

**Short answer.**

28. List at least five things a lifeguard should do during a secondary assessment on a conscious adult.

29. What the mnemonic SAMPLE stand for?

30. Why is looking for a medical identification tag or bracelet worn by a victim important?

31. You are providing care to a conscious child. List important things to remember when interacting with a child.

32. While one duty, you notice a co-worker, who was doing maintenance, is unconscious. As you are surveying the scene, you notice a couple bottles of chemicals have spilled and mixed on the floor. What steps should you take?

33. What are the signs that someone has become suddenly ill? List AT LEAST eight (8) signs and symptoms.

34. List the steps you would take to care for bleeding that does not stop from a major open wound after you have applied the first dressing.

35. A parent with a child comes to you when you are not on surveillance duty and asks for your help. The child has sand or some other type of small debris in her eye. What steps do you take to provide care?

**36. In addition to wind and humidity, what other four conditions can contribute to heat- and cold-related emergencies?**

**37. List at least five signs and symptoms of hypothermia.**

**38. List the three steps to provide general care for any burn.**