**The First Aid Provider**

1. OSHA defines First Aid as, "Emergency care provided for injury or sudden illness before professional emergency medical treatment becomes available.

2. What are the essential responsibilities of a first aid provider:
   a. Recognizing a medical emergency
   b. Making a decision to help
   c. Identify hazards and ensuring personal safety. If unsafe, DO NOT enter.
   d. Activating EMS system.
   e. Providing supportive basic first aid care.

**Legal Considerations**

3. Who do the Good Samaritan laws protect and what do the laws say?
   Good Samaritan laws protect anyone who voluntarily provides assistance without expecting or accepting compensation; is responsible and prudent; does not provide care beyond their training; and, is not "grossly negligent" or completely careless.

4. What must you ask a person who is responsive?
   Ask the person if they want help.

5. What is implied consent?
   If a person is or becomes unresponsive, it allows a provider to help without asking because it is assumed that the person would have given consent if able to.

**Recognizing an Emergency and Deciding to Help**

6. Mechanism of injury is the manner in which a force creates an injury.

**Personal Safety**

7. What is most commonly used barrier? What are 2 keys points to removing them when done.
   Disposable gloves are the most commonly used barrier. When done using them, remove them carefully and wash your hands when done. Dispose of gloves properly.

**Emergency Medical Services**

8. Immediate EMS activation is recommended when a person is unresponsive, a significant mechanism of injury has occurred, a warning sign of serious illness exists, or the severity of a person's condition is unclear.

9. What does EAP stand for? What is it?
   EAP=Emergency Action Plan. It is a plan with specific procedures on how to respond to emergencies.

**Respiratory and Circulatory Systems**

10. Arteries carry oxygenated blood away from the heart and veins carry oxygen-poor blood back to the heart.
CPR, AED, AND FIRST AID FOR ADULTS WORKSHEET ANSWERS

**Sudden Cardiac Arrest and Early Defibrillation**

11. CPR allows a bystander to restore some oxygen to the brain during sudden cardiac arrest, but the most effective treatment is defibrillation.
12. After as little as 10 minutes, defibrillation is rarely successful.
13. An AED can double or even triple the chance of survival of cardiac arrest.

**Chain of Survival**

14. The Chain of Survival has the following 5 interdependent links:
   a. Immediate recognition and activation of EMS.
   b. Early CPR with effective chest compressions
   c. Rapid defibrillation
   d. Effective advanced life support procedures; medication used by paramedics
   e. Integrated post-cardiac arrest care.

**Chest Compressions**

15. For chest compressions you should:
   a. Position person face-up on a flat, firm surface. Kneel close to chest.
   b. Place heel of hand on center of chest and the other hand on top of fist.
   c. Position your shoulders directly above your hands.
   d. Lock your elbows and use your upper body weight to push.
   e. Push hard straight down at least 2 inches.
   f. Lift hands and allow chest to full rebound.
   g. Push fast at a rate of at least 100 times per minute.

**Rescue Breaths**

16. When giving rescue breaths:
   a. The head tilt, chin lift is the recommended way to open the airway.
   b. Open the airway each time you give a breath.
   c. Use a protective barrier such as a CPR mask.
   d. Avoid blowing too hard or too long.
   e. Each breath is one second in length. Create a visible rise of the chest.
   f. Remove your mouth and let the person exhale completely.

**Primary Assessment: Unresponsive Person**

17. Primary Assessment:
   a. Pause and assess the scene for hazards.
   b. Tap or squeeze the shoulder and ask loudly, "Are you okay?"
   c. If person is unresponsive, have another bystander activate EMS. If you are alone with an unresponsive adult, you should activate EMS yourself.
   d. Look at face and chest for normal breathing. If found, put the person in the recovery position. If person is not breathing or only gasping, perform CPR.
Unresponsive and Breathing – Recovery Position

18. If a person is unresponsive and breathing the recovery position can help maintain and protect the airway until EMS responds. Extend arm nearest you alongside the head, bring far arm across the chest and place the back of the hand against the cheek. Grasp far leg just above the knee and pull it up so the foot is flat on the ground. Grasp shoulder and hip and roll patient toward you. Position elbow and knee to stabilize head and body.

19. If a person has been seriously injured, should you move them? When should you move them?

Don’t move the victim unless fluids are collecting in the airway, or you are alone and need to leave to get help. Also, if the victim’s life is in danger because of the surroundings, you would move them (room with smoke, off a busy street, etc).

Unresponsive and NOT Breathing

20. If you do not want to perform rescue breaths on a person who needs CPR, what should you do?

You should continue to give chest compressions only at a rate of 100 per minute.

21. If a person has fluids in the airway, what do you need to do to clear the airway?

Roll person to their side (without twisting) remove any material in the mouth that you can easily remove with a gloved finger.

22. Can you make a person worse who is in cardiac arrest? NO

23. CPR ratio of compressions to breaths is 30 compressions to 2 breaths. You should ALWAYS do compressions first.

24. You should continue CPR until another provider or EMS personnel takes over, the person shows signs of life or you are too exhausted.

Automatic External Defibrillators/Basic AED operation/Troubleshooting and Other Considerations

25. Steps to using an AED:

a. Turn on the AED.

b. Adhere the debrillation pads to the person’s bare chest. The pads have pictures on them to assist in proper positioning.

c. Allow the AED to analyze the heart rhythm. Make sure no one is touching the person.

d. Safely deliver a shock if advised to by the AED. Give a verbal warning before delivering shock.

e. Immediately after giving shock, resume CPR, starting with chest compressions.

f. If no shock is indicated by the AED, resume CPR.

26. AED’s shouldn’t be used in standing water. They can be used on a person laying on a wet surface. An AED should NEVER be immersed in water or have fluids spilled on it. AED’s can be used on metal surfaces.
CPR, AED, AND FIRST AID FOR ADULTS WORKSHEET ANSWERS

Choking
27. If someone is choking, a forceful thrust beneath the ribs and up into the diaphragm can compress the air in the chest and “pop” the object out. Direct compression over the chest can also create enough pressure.

28. With a mild blockage, a person can speak, cough or gag. This is typically cleared by coughing. With a severe blockage, a person cannot dislodge the object on his own.

29. Signs of a severe blockage are: very little or no air exchange, lack of sound, the inability to speak or cough forcefully, and the person may hold his hands to the throat.

30. If you are alone and choking, try pressing your abdomen against a rigid surface.

Primary Assessment – Responsive Person
31. Primary assessment’s goal is to look for immediately life-threatening conditions, including bleeding and shock.

32. If there is a bluish color to the skin, it can indicate a lack of oxygen.

33. Cool, wet skin can indicate shock.

Secondary Assessment
34. Secondary assessment is done if no life-threatening problems are found in primary assessment.

35. DOTS is part of secondary assessment to help look for signs of injury. They stand for: Deformities, Open Injuries, Tenderness, Swelling

36. If at any time you suspect a spinal injury, you should immediately provide what: Spinal Motion Restriction

37. If someone has an illness, SAMPLE can be used to help determine more information about it: Symptoms, Allergies, Medications, Past Medical History, Last oral intake, Events leading to problem

Control of Bleeding (caring for serious injury)
38. Arterial bleeding is bright red and will often spurt from a wound. If the blood is dark red and flowing steadily, it is likely coming from a damaged vein. Activate EMS immediately for any heavy bleeding.

39. Continuous firm and direct pressure applied to the wound is the best method for controlling External bleeding.
**Internal Bleeding (caring for serious injury)**

40. What can create injury and bleeding inside the body?
   
   A significant blow to the body.

41. Signs of **shock** may be the earliest indication that **internal** bleeding is occurring.

**Managing Shock**

42. Shock develops when poor **blood** flow creates a shortage of **oxygen** to body tissues.

43. What are 2 signs of shock?
   
   1. skin becomes pale, cool, and sweaty
   2. person becomes uneasy, restless or worried
   3. responsiveness may diminish

44. What are 2 things you can do to help control the effects of shock?
   
   1. keep airway open
   2. control external bleeding
   3. maintain body temperature (cover, but don’t overheat them)
   4. don’t give them anything to eat or drink

**Head, Neck or, Back Injury**

45. What are 2 things considered to be a significant force that may cause spinal injury?
   
   1. Falling from a significant height  
   2. Shooting  
   3. Motor vehicle crash

46. Injury to the spinal cord can result in temporary or permanent **paralysis** or in a life-threatening condition, such as loss of **breathing**. 

47. What are things you should ask about to determine whether or not there is a spinal injury?
   
   1. Ask how the injury occurred.
   2. Ask about numbness, tingling, burning, or loss of sensation in the arms or legs.

48. What should you do immediately if you suspect a spinal cord or brain injury?

   Keep the person still and use spinal motion restriction.

**Swollen, Painful, Deformed Limb**

49. There are 4 different types of injuries affecting bones, muscles and joints: **Strains**, **Sprains**, **Dislocations**, and **Fractures**.

50. The immediate treatment for a skeletal injury is to minimize **movement** and prevent additional **injuries**.
**Burns (Fire, electrical, and chemical)**

51. **Minor** burns should be covered with a loose sterile pad and generally health without further treatment. **Critical** burns over a large area of the body are the most **severe** and require activation of EMS **immediately**. Expose the affected area by cutting or tearing away **clothing**. Do not remove clothing if it is stuck to the burn.

52. If a chemical burn is present, flush with **water** until the burning sensation stops.

53. An **electrical** shock can burn the skin or cause an **abnormal** heart rhythm.

**Warning Signs of Sudden Illness**

54. What are 2 of the most common warning signs of serious illness and require activation of EMS?
   1. Breathing difficulty or shortness of breath.
   2. Altered mental status
   3. Severe pain, pressure, or discomfort in the chest
   4. Severe abdominal pain.

**Altered Mental Status**

55. A **stroke** occurs when the blood supply to a portion of the brain is suddenly interrupted.

56. A quick method to determine if someone could be suffering from a stroke is to ask the person to **smile**, hold up both their **arms**, and to **speak** a simple sentence.

**Diabetic Emergencies**

57. A diabetic emergency can occur when the amount of sugar in the blood becomes very **high** or very **low**.

58. If a person is known to be **diabetic** and they are not able to swallow, activate EMS and **DO NOT** GIVE ANYTHING TO EAT OR DRINK. If the person is responsive and able to swallow, give sweet **juice**, candy or any sweet substance containing real sugar.

**Seizure**

59. **Seizures** are triggered by excessive electrical activity within the brain. **Protect** the person during the seizure. Do not put anything in the **mouth**. Activate EMS if the person is injured during the seizure, but has not **history** of seizure, or continues to seize for more than **10** minutes.

**Breathing Difficulty, Shortness of Breath**

**Asthma**

60. If a person with asthma does not improve within **15-20** minutes, activate EMS.

**Severe Allergic Reaction**

61. A severe **allergic** reaction or anaphylaxis is an extreme response of the body's **immune** system. In general, the faster a reaction happens, the more **severe** it is.
Pain, Severe Pressure, or Discomfort in the Chest
62. What are some signs and symptoms of a heart attack?
   5. Skin may be pale, cool, sweaty

63. Aspirin can be life saving for a person having a heart attack. While waiting for EMS to arrive, encourage the person to chew one non-coated adult tablet.

Severe Abdominal Pain
64. Severe abdominal pain can be a warning sign of serious illness. The abdomen may be rigid or tender to the touch. EMS should be activated and the person made comfortable and reassured.

Ingested Poisoning/Inhaled Poisoning
65. Children under the age of 6 account for over half of all poisonings. If you suspect someone has ingested something act quickly. Activate EMS and/or call the national poison help Hotline 1-800-222-1222.

66. With ingested or inhaled poisoning, help identify the substance and provide details about the incident.

Heat Exhaustion/Heat Stroke
67. Heat exhaustion is a generalized raising of the body temperature. Signs of heat illness include heavy sweating, and pale, cool skin. May be nauseated and vomit. They may complain of a headache or dizziness. Stop the person from their activity. Cool them with water, wet cloths, and encourage them to drink cool fluids.

68. Signs of heat stroke include: skin can become red, very warm, or even hot, and completely dry. This is a medical emergency and EMS should be activated. The best treatment is to immerse the person in cool water up to their neck.

Hypothermia/Frostbite
69. Hypothermia is a generalized cooling of the body. To help recognize hypothermia, look for pale, cold skin, uncontrollable shivering, loss of coordination, difficulty speaking, and an altered mental status. Activate EMS if available.

70. Frostbite develops when skin freezes. Re-warm the area if possible, do not let the person use the affected part after it is thawed and get them medical care as soon as possible.

Emergency Moves
71. It is best never to move an injured person unless they are clearly in danger. Use the drag, pulling in the direction of the long axis of the body. You can use their extremities, clothing, or a blanket to drag them.
Emotional Considerations

72. What should you do to help yourself deal with the emotional stress of caring for an individual?
   You could talk to a friend, family member, or co-worker. You could even talk to a Professional counselor.