Standard First Aid Practice Test

1. What should you do first if an unconscious adult is not breathing normally?

A) Provide 2 breaths and check circulation

B) Start chest compressions immediately

C) Call for help and an AED

D) Place in the recovery position

2. For an adult suddenly collapsing, the first thing you should assess is their:

A) Medical history

B) Wallet

C) Breathing status

D) Pupil size

3. Isolating and immobilizing suspected fractures is important to:

A) Support the body part

B) Minimize pain

C) Avoid further harm

D) All of the above

4. When should rescuer breaths be provided during adult CPR?

A) After 30 compressions

B) If patient starts breathing

C) Only with one-way valves

D) Every 2 minutes

5. What protects a responder from liability when providing first aid?

A) Malpractice insurance

B) Basic training certification

C) Good Samaritan Law

D) Permission from bystanders

6. What should you do if the patient has a deep wound that doesn’t stop bleeding with pressure:

A) Apply a tourniquet below the wound

B) Apply a tourniquet above the wound

C) Apply a tourniquet on top of the wound

D) Put your thumb in the wound

7. What is the most accurate way to check an infant's breathing?

A) Listen to the infant’s breaths

B) Pinch the infant's toes

C) Check to see if the chest/abdomen rises

D) Ask the infant to speak

8. An allergic reaction requires use of which emergency medication?

A) Ibuprofen

B) Advil

C) Epinephrine auto-injector (EpiPen)

D) Activated charcoal

9. When should you call emergency services for a person in anaphylaxis?

A) After giving medication

B) Only if wheezing or swelling develops

C) After monitoring for 30 minutes

D) As soon as reaction is identified

10. To open an airway on an infant, you would:

A) Head tilt and chin lift into a neutral position

B) Jaw thrust maneuver

C) Pinch the nose and blow gently

D) Head extended far back

11. What is the most likely cause of an unconscious adult with no breathing and any pulse?

A) Drug overdose

B) Asthma attack

C) Cardiac arrest

D) Dehydration

12. What is the treatment for an open chest wound?

A) Apply tight bandage

B) Apply light pressure and switch the cloth once soaked with blood

C) Apply direct pressure

D) Do not touch the wound

13. Prior to moving a person, you should check their:

A) Horoscope

B) Level of consciousness

C) Evidence of spinal injury

D) Blood pressure

14. When should the spine be stabilized in a conscious trauma victim?

A) Always if injured

B) If there was a big force on the upper body (impact, fall, etc.)

C) When unable to rotate or flex neck

D) Only if an extrication device is available

15. If the scalp is bleeding severely, direct pressure should be applied:

A) Lightly with 4x4 dressings

B) Firmly using a large bulky dressing

C) With a bag of ice

D) Using herbs or alternative treatments

16. What positions a person on their side protecting the airway?

A) Sim's position

B) Recovery position

C) Downward dog

D) Cross-leg lying position

17. What agent may cause shortness of breath, chest tightness and coughing in some asthmatics?

A) Hair

B) Pollen

C) Dust

D) All of the above

18. Which is true about heat stroke?

A) Sweating still occurs

B) Body temperature may rise to 105°C

C) Treatment involves wrapping in blankets

D) It can be prevented by applying sunscreen and drinking water regularly

19. What do you do for a nosebleed?

A) Pinch the nose and lean forward

B) Pinch the nose and lean back

C) Put ice in between the armpits

D) Nothing

20. How does a person in diabetic emergency often act?

A) Happy

B) Depressed

C) Drunk

D) Excited

21. What is the first step in helping a poison victim?

A) Administer activated charcoal

B) Induce vomiting

C) Drink water

D) Gather information about what the person took

22. What is the medication that asthmatics use?

A) Epinephrine (EpiPen)

B) Ventolin/salbutamol (inhalers)

C) Insulin

D) Naloxone

23. When should you call emergency services for a baby or child?

A) They stop breathing during CPR

B) Fever exceeds 39°C

C) Seizure

D) All of the above

24. What is an acceptable way to check a pulse on an adult?

A) By counting beats for 30 seconds

B) Place your index and middle fingers on your neck to the side of your windpipe

C) Use your thumb to check the radial artery on the inside of the wrist

D) On the chest or abdomen

25. If a large deep wound won't stop bleeding after 10 minutes of pressure:

A) Apply a non-constricting bandage

B) Tie a tourniquet above the wound

C) Clean the wound and apply butterfly strips

D) Pack with dry sterile gauze

26. For an open fracture, the appropriate care is to:

A) Push bone back inside and splint

B) Clean and cover with sterile dressing

C) Splint limb in position found

D) Apply traction to straighten limb

27. Heat-related illness can be prevented by:

A) Drinking water

B) Avoiding sunny times of day

C) Wearing loose, lightweight clothing

D) All of the above

28. The management of a spinal cord injury includes:

A) Stretching the neck every 10 minutes

B) Panicking

C) Immobilization of the spine

D) All of the above

29. Signs of shock may include:

A) Cool, pale, clammy skin

B) Tired, weak

C) Weak rapid pulse, altered breathing

D) All of the Above

30. When should you remove impaled objects?

A) Prior to wrapping and transport

B) In the field if possible

C) In general, do not remove impaled objects

D) Only if skills are there and confidence is high

31. How would you open the airway of an unconscious adult?

A) Head tilt-chin lift maneuver

B) Pillow under the head

C) Pinch nose and blow into mouth

D) Head extended back sharply

32. To assist a conscious adult choking victim who can no longer speak, you should:

A) Deliver 5 back blows between shoulder blades

B) Perform 5 thrusts into lower abdomen

C) Let them drink water to cough it out

D) A and B

33. When should you induce vomiting in a poisoning victim?

A) If able to protect airway

B) If directed by the poison control center or MSDS

C) For all ingestions of hazardous substances

D) Never induce vomiting

34. The first thing to do for a breathing victim

A) Introduce yourself and get consent to help

B) Get a first aid kit

C) Get an AED

D) Start CPR

35. What should you do first for an unconscious choking victim?

A) Deliver 5 back blows

B) Deliver 5 abdominal thrusts

C) Start chest compressions

D) Attempt to give 2 breaths

36. For a soft tissue injury like a sprain, the R.I.C.E. method stands for:

A) Rest, immobilize, cold, elevate

B) Running, icing, cleansing, exercise

C) Resting, immobilization, cleaning, elevating

D) Rubbing, immobilization, compression, elevation

37. What should you administer to a diabetic person in emergency?

A) Insulin

B) Sugar

C) Ice

D) Nitroglycerin

38. Signs of a serious allergic reaction include:

A) Deep relaxed breathing

B) Flushed skin, itching, hives, difficulty breathing

C) Blurred vision, enlarged pupils

D) Fever, sweating

39. Proper use of an epinephrine auto-injector (EpiPen) device includes:

A) Lifting safety cap, jabbing outer thigh

B) rubbing liquid onto gums or under tongue

C) Injecting into shoulder muscle

D) Applying to swollen areas gently

40. Medication for heart attack includes:

A) Aspirin (ASA)

B) Naloxone (Narcan)

C) Nitroglycerin

D) A and B

E) A and C

41. Seizure first aid includes:

A) Holding tongue or placing items in mouth

B) Protect the head during violent shaking

C) Splashing cold water on them

D) Trying to restrain limb movements

42. Chest injuries like rib fractures may cause:

A) Pain with deep breathing

B) Sudden heart attack

C) Fainting spells

D) Blurred vision

43. Opioid overdose may be reversed by:

A) Nitroglycerin

B) NeoCitrin

C) Naloxone

D) Neosporin

44. Which of the following is true for CPR for an adult:

A) Rescue breaths after compressions

B) 100-120 compressions per minute

C) Chest compressions only at depth of 2 inches (5 cm)

D) All of the above

45. When should you call for help from emergency services?

A) Unconscious person

B) For a life-threatening condition

C) Person with altered mental status

D) All of the above

46. Which of the following is true for CPR for an infant:

A) Rescue breaths after compressions

B) 100-120 compressions per minute

C) Chest compressions only at depth of 1.5 inches (4 cm)

D) All of the above

47. A conscious adult is choking on food and still coughing. You should:

A) Deliver 5 blows between shoulder blades

B) Perform 5 abdominal thrusts

C) Let them attempt to cough it out

D) One good punch in the stomach

48. Which of the following is true for child CPR:

A) Compress 2 inches (5cm)

B) Compress at a rate of 100-120 compression per minute

C) Use one or two arms to do compressions

D) All of the above

49. What should you do for an object impaled in an eye?

A) Gently lift eyelid and remove object

B) Tent the object in place and cover both eyes

C) Pour water over the eye to wash it out

D) Blink it out

50. The priorities of care for multiple casualties include:

A) Tending to friends and family first

B) Triaging by injury severity

C) Providing CPR before all else to one victim

D) Directing bystanders and documenting everything

Answers

1. C

2. C

3. D

4. A

5. C

6. B

7. C

8. C

9. D

10. A

11. C

12. B

13. C

14. B

15. B

16. B

17. D

18. D

19. A

20. C

21. D

22. B

23. D

24. B

25. B

26. C

27. D

28. C

29. D

30. C

31. A

32. D

33. B

34. A

35. C

36. A

37. B

38. B

39. A

40. E

41. B

42. A

43. C

44. D

45. D

46. D

47. C

48. D

49. B

50. B