

## **RAIDER FIRST AID STUDY GUIDE**

1. Q- What is the definition of First Aid?

**A- The immediate care given to victim until qualified medical personnel arrives.**

2. Q- What is the law designed to protect the rescuer and encourage people to assist others in distress by granting them immunity against lawsuits?

**A- The Good Samaritan Law**

3. Q- List 6 items in a well stocked First Aid kit.

**A- Bandages, band-aids, tape, aspirin, antiseptic cream and cleanser, safety pins, scissors, tweezers, cotton, and tissues.**

4. Q- List the 7 steps to Evaluating a Casualty ?

**A- 1) Consciousness**

**2) Breathing**

**3) Bleeding**

**4) Shock**

**5) Fractures**

**6) Burns**

**7) Head Injury**

5. Q- List 3 signs of Shock.

**A- Sweaty but cool skin, paleness, restlessness(nervousness), thirst, loss of blood, confusion, fast breathing, blotchy(bluish) skin, vomiting(nausea)**

6. Q- What are the ABCD's of First Aid?

**A- Airway, Breathing, Circulation, Disability**

7. Q- What are the 2 procedures that make up CPR?

**A- Mouth-to-mouth resuscitation and closed chest heart massage**

8. Q- Only under what circumstance should you use a tourniquet?

**A- As the last resort**

9. Q- What is the name of the best known method to clear a person's airway?

**A- The Heimlich Maneuver**

10. Q- What are the 2 types of fractures?

**A- Simple and Compound**

C-3

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ANNEX C (CROSS COUNTRY RESCUE) To 6<sup>th</sup> BDE JROTC Raider Challenge SOP, CROSS COUNTRY RESCUE

11. Q- What are the 3 degrees of burns?

**A- 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>**

12. Q- What are the 3 types of heat injuries from least severe to most severe?

**A- Heat cramps, heat exhaustion, heat stroke (most)**

13. Q- What are the 3 types of venom?

**A- Neurotoxins, hemotoxins (skin), cardiotoxins**

14. Q- What are 4 symptoms of insects bites and stings?

**A- Pain at site, itching(hives), weakness, anxiety, headache, breathing difficulty, nausea(vomiting), diarrhea**

15. Q- What type of venom does the Black Widow spider produce?

**A- Neurotoxins**

16. Q- What type of venom does the Brown Recluse spider produce?

**A- Hemotoxins**

17. Q- What are 2 precautions to avoid poisonous plants?

**A- Dress appropriately;**

**Avoid areas where poisonous plants grow;**

**Do not eat plants you don't recognize.**

18. Q- Within how long does shock usually occur after a severe injury?

**A- Within the first hour after**

19. Q- When treating for shock, you should position the victim on his/her \_\_\_\_\_;

However, if the victim is having difficulty, allow him/her to \_\_\_\_\_;

Or if the victim is vomiting, position the person on his/her \_\_\_\_\_.

**A- Back, sit up, side**

20. Q- What are the 3 types of bleeding and how do you recognize each?

**A- Arterial- bright red blood that spurts with the heartbeat**

**Venous- steady flow of dark blood**

**Capillary- slow flow of blood**

21. Q- When is the best time to give food/drink to a shock victim?

**A- Not to, unless help is not coming for awhile, then give small amounts of fluids with salt every 15 min.**

C-4

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ANNEX C (CROSS COUNTRY RESCUE) To 6<sup>th</sup> BDE JROTC Raider Challenge SOP, CROSS COUNTRY RESCUE

22. Q- Which body part is least likely to be affected by frostbite?

A) Neck

B) Forehead

C) Wrists

D) Cheeks

**A- A) Neck**

23. Q- List 2 precautions to take to prevent heat injuries.

**A- Avoid working outside in hot, humid weather;**

**Drink at least 1 quart of water every hour;**

**Limit your exposure to high temp.**

24. Q- What are 2 types of cold-weather injuries?

**A- Frostbite, immersion foot/ trench foot, hypothermia, snow blindness, dehydration**

25. Q- What is the RICE procedure for muscle injuries?

**A- Rest, Ice, Compression, Elevation**