



First Aid Quiz

1. Which of the following is a common symptom of a heart attack?
 - Severe headache
 - Chest pain or discomfort
 - Persistent coughing
 - Sudden loss of vision

2. What is the first thing you should do when encountering a conscious choking adult?
 - Perform back blows
 - Perform abdominal thrusts
 - Perform chest thrusts
 - Encourage them to cough

3. What is an appropriate action to take when someone has a heatstroke?
 - Provide hot fluids
 - Move to a cool area
 - Take a cold shower
 - Put ice to the skin

4. What should you do if you suspect someone has a sprained ankle?
 - Massage the injured area
 - Apply heat to the injured area
 - Elevate the leg and apply an ice pack
 - Wrap the ankle in a bandage

5. What is the correct technique for controlling bleeding from a severe external wound?
- Apply a sterile bandage or a plaster
 - Pour hydrogen peroxide on the wound
 - Apply direct pressure with a sterile dressing or cloth
 - Elevate the wound above the heart if possible
6. What is the recommended first aid treatment for a nosebleed?
- Apply a cold compress to the neck
 - Lean forward and pinch the nose
 - Apply pressure to the forehead
 - Tilt the head back
7. What is the recommended first aid treatment for a suspected fracture?
- Apply a heating pad to reduce pain
 - Massage the injured area to promote blood circulation
 - Encourage the person to move to prevent stiffness
 - Immobilize the injured area with a splint or makeshift support
8. What is the recommended method for removing a small embedded object, such as a splinter?
- Picking it out with tweezers
 - Applying a hot compress
 - Cutting it out with a scalpel
 - Ignore the object unless it causes severe pain
9. When should CPR NOT be initiated?
- When the person is breathing fast
 - When the person is not breathing
 - When you cannot feel a pulse
 - When the person is gasping

10. What is the recommended compression-to-ventilation ratio during CPR for adults?

- 5:1
- 15:2
- 30:2
- 50:2