



## 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