

REACT RIGHT

Final Exam | A | English-Metric

Instructions: Select the best answer from the choices below.
Mark your answer on an SSI 50-Question Answer Form.

First Aid/Cardio-Pulmonary Resuscitation (CPR)

1. What is the first step of the emergency action plan?

- A. Defibrillation
- B. Danger
- C. Discuss
- D. Decide

2. Before approaching a victim you have to determine whether:

- A. The victim is breathing
- B. The victim has a pulse
- C. All answers are correct
- D. It is safe for you

3. A primary assessment allows you to identify hazards to:

- A. Only the victim
- B. Only to bystanders
- C. Only to yourself
- D. Yourself or the victim

4. After verifying the victim is unresponsive and not breathing normally, the first step in an emergency response is:

- A. Yelling for help
- B. Summon emergency medical services
- C. Calling the training center
- D. Starting rescue breaths

5. What is the purpose of the secondary assessment?

- A. To identify any life threatening problems
- B. To identify any serious problems that may not be immediately life threatening
- C. To evaluate the scene
- D. To establish an airway and begin CPR

6. Vital signs include measuring the victim's:

- A. Heartbeat and breathing rate
- B. Pupil dilation and blood pressure
- C. Body temperature
- D. All answers are correct

7. The breathing rate for a normal resting human is:

- A. One breath every 2 - 6 seconds
- B. Two breaths every 2 seconds
- C. One breath every second
- D. One breath every 10 seconds

8. What are the links of the Chain of Survival?

- A. Early CPR
- B. All answers are correct
- C. Early defibrillation
- D. Early advanced care by the EMS

9. Keep the airway open and look, listen, and feel for normal breathing for no longer than:

- A. 30 Seconds
- B. 60 seconds
- C. 10 Seconds
- D. 2 Minutes

10. If you are unsure, or cannot detect signs of life within 10 seconds on any victim:

- A. Start chest compressions or CPR
- B. Wait for another 10 seconds, then check again
- C. Wait 30 seconds before starting CPR
- D. Place the victim in the recovery position

11. To provide rescue breaths to an infant, ensure you have a good seal covering the infant's:

- A. Nose only
- B. Nose and mouth
- C. Mouth only
- D. No answer is correct

12. Chest compressions on infants should be done with:

- A. One hand
- B. Two fingers
- C. Two hands
- D. Thumb only

13. Attempting to measure a victim's pulse rate:

- A. All answers are correct
- B. Is often ineffective
- C. Can lead to an incorrect diagnosis of their condition
- D. Delaying time-critical emergency care



14. Chest compressions provide a small but critical amount of:

- A. Oxygen to the lungs
- B. Blood flow to the brain
- C. Carbon Dioxide to the body tissues
- D. No answer is correct

15. The required depth for chest compressions for an adult victim is:

- A. 2.5 centimeters
- B. 10 centimeters
- C. 1.25 centimeters
- D. 5 centimeters

16. What is the correct rate for chest compressions during CPR?

- A. 50 per minute
- B. 100 per minute
- C. 30 per minute
- D. 200 per minute

17. What is the ratio for chest compressions and rescue breaths during CPR in adults?

- A. 30 compressions to 5 rescue breaths
- B. 10 compressions to 1 rescue breath
- C. 30 compressions to 2 rescue breaths
- D. 100 compressions to 2 rescue breaths

18. For small children and infants, it is important to avoid using abdominal thrusts, as this may cause:

- A. Hiccups
- B. Dizziness
- C. Rescuer exhaustion
- D. Severe injury

19. What is a sign of a severe airway obstruction?

- A. Effectively coughing
- B. Absent or ineffective cough
- C. Crying or providing verbal responses
- D. Breathing before/in between coughing

20. For a child with a suspected airway obstruction who is effectively coughing, you should:

- A. Tell them to stop their efforts and leave them alone
- B. Give 5 chest thrust with both hands
- C. Give up to 5 forceful back slaps with your fist
- D. Encourage them to continue their efforts and monitor them

21. Which technique requires the rescuer to deliver five forceful blows between the shoulder blades?

- A. Chest thrust
- B. Abdominal thrust
- C. Back blow
- D. Stomach squeeze

22. Shock is the body's attempt to protect:

- A. The brain from receiving too much oxygen
- B. Vital organs during a medical emergency
- C. The body from hypothermia when it overheats
- D. The extremities and skin during an emergency

23. Many of the medical problems addressed in first aid training are usually:

- A. Immediately life-threatening
- B. Easily corrected by untrained personnel
- C. Not immediately life-threatening
- D. Only correct by emergency medical services

24. Any bleeding that may be life-threatening should be treated:

- A. After checking the victim's pulse
- B. Immediately
- C. After getting permission from the victim
- D. At the hospital

25. What is a classification of a burn?

- A. Level 1
- B. Heavy
- C. All answers are correct
- D. Superficial

26. For a victim who may be suffering from a heart attack, you should summon emergency medical personnel:

- A. Only if the victim tells you to call
- B. Only if the victim is unconscious
- C. Immediately, even if the victim tells you not to call
- D. After monitoring their symptoms for at least 10 minutes

27. What is hyperthermia?

- A. A medical condition where the body produces or absorbs more heat than it can dissipate.
- B. A medical condition caused by freezing of the skin and underlying tissues.
- C. A medical condition where the body loses heat faster than it can produce heat.
- D. A medical condition where the body produces too much carbon dioxide.

28. Which heat-related illness requires you to immediately to call emergency medical services?

- A. Heat stroke
- B. Heat exhaustion
- C. Heat cramps
- D. All answers are correct



29. Which of the following is a common cold-related problem?

- A. Hyperthermia
- B. Hyperoxia
- C. Hypothermia
- D. Hypoxia

Automated External Defibrillator (AED)

30. What do you do if the victim is not breathing and has no signs of circulation or a pulse?

- A. Search for an AED
- B. Summon emergency medical services immediately
- C. Check the color of the skin
- D. Press the "shock" button of the AED

31. While preparing the AED you should not delay:

- A. Minor first aid
- B. Monitoring vital signs
- C. CPR
- D. All answers are correct

32. The AED patches should be attached to the victim's:

- A. Head
- B. Chest
- C. Legs
- D. Arms

33. If the AED states that a shock is required, verify that nobody is:

- A. Talking to the victim
- B. Closer than 1 meter to the victim
- C. Touching the victim
- D. Closer than 2 meters to the victim

34. Some AEDs have a button that must be pushed for the unit to start analyzing the:

- A. Heart rhythm of the victim
- B. Battery
- C. Breathing rate of the victim
- D. Respiratory volume of the victim

35. Before initiating the AED shock, what verbal command should you give:

- A. Only "I am clear"
- B. Only "All clear"
- C. No command is given
- D. "Stand clear"

36. Once the shock has been delivered, what signs should you check for on the victim:

- A. Circulation
- B. Skin color
- C. Skin temperature
- D. Pupil reflex

37. After delivering an AED shock, check for signs of circulation for at least:

- A. 2 seconds
- B. 10 seconds
- C. 5 minutes
- D. 2 minutes

38. If the victim has circulation but is not breathing, perform:

- A. Abdominal thrusts
- B. Rescue breaths
- C. Additional shocks with the AED
- D. 60 chest compressions

39. Do not shock a victim if:

- A. Someone is touching the victim
- B. The victim is laying in, or surrounded by, liquid
- C. All answers are correct
- D. The AED does not prompt to do so



Oxygen Provider

40. Oxygen is usually extremely beneficial in situations that impair ability of the victim's lungs to transfer:

- A. Nitrogen to the body tissues
- B. Oxygen to the bloodstream
- C. Carbon dioxide out of the brain
- D. Carbon monoxide to the bloodstream

41. Oxygen is a critical component:

- A. When using an AED
- B. To sustain life
- C. In any first aid situation
- D. For any diving incident

42. Administering high concentrations of oxygen decreases the workload required to deliver that oxygen to:

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43. Diffusion means that a high concentration of a substance will travel to areas where there is a:

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44. We can potentially decrease any progression in the symptoms or injuries caused by the hyperbaric incident by:

- A. Adding gas that has caused symptoms
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45. A basic oxygen delivery system consists of:

- A. Cylinder with a specialized valve made specifically for oxygen systems
- B. Regulator designed to fit the special valve
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46. What percentage of oxygen is best for emergency oxygen delivery:

- A. 100%
- B. 75%
- C. 50%
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47. Which of the following is a regulator used in emergency oxygen systems?

- A. Demand
- B. All answers are correct
- C. Constant Flow
- D. Multi-type

48. Emergency oxygen regulators must provide at least a ___ flow rate.

- A. 50 liter/min
- B. 10 liter/min
- C. 15 liters/min
- D. 5 liters/min

49. Which mask may be used for both non-breathing and breathing victims (medium oxygen concentrations up to fifty percent)?

- A. Nasal cannula
- B. Pocket masks
- C. Diving mask
- D. Non-rebreather mask

50. Which device provides the highest concentration of oxygen to a victim?

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- B. Pocket mask
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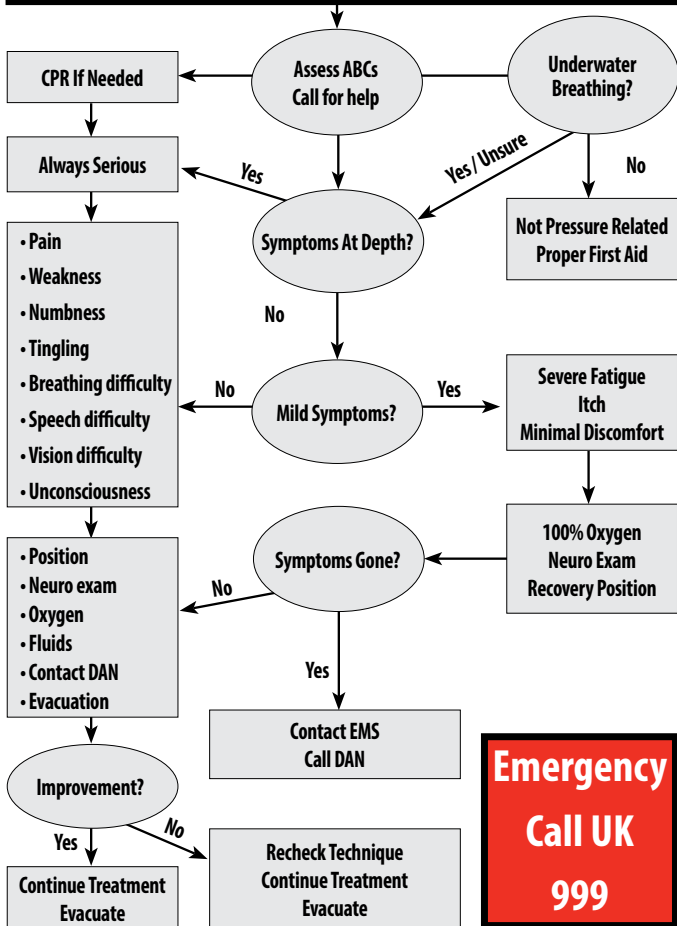


DIVER STRESS & RESCUE

DIVING ACCIDENT MANAGEMENT FLOW CHART

REPRINTED BY PERMISSION FROM THE DIVERS ALERT NETWORK

DIVER WITH SYMPTOMS



**Emergency
Call UK
999**

DIVER STRESS & RESCUE

DIVING ACCIDENT MANAGEMENT FLOW CHART



REPRINTED BY PERMISSION FROM THE DIVERS ALERT NETWORK

DIVE PROFILE

Day	Dive #	Depth	Bottom Time	Surface Interval

VICTIM'S NAME

ADDRESS

PHONE NUMBER

DATE / TIME

ALLERGIES

MEDICATIONS

IN CASE OF EMERGENCY, CONTACT (NAME & PHONE NUMBER)

LOCAL MEDICAL FACILITY (NAME, ADDRESS & PHONE NUMBER)

DIVER STRESS & RESCUE

5-MINUTE NEURO-EXAM

NOTE: USING THIS CUE-CARD DOES NOT REPLACE THE NECESSARY TRAINING TO EFFECTIVELY PERFORM A NEUROLOGICAL EXAM.

Perform the following steps and place a check in the box next to any area that has abnormal or questionable results.

1. **ORIENTATION** - Does the diver know his/her own name and age? Does the diver know the present location? Does the diver know what time, day, year it is? Note: Even though a diver appears alert, the answers to these questions may reveal confusion. Do not omit them.
2. **EYES** - Have the diver count the number of fingers you display, using two or three different numbers. Check each eye separately and then together. Have the diver identify a distant object. Tell the diver to hold head still, or you gently hold it still, while placing your other hand about 18 inches/0.5 meters in front of the face. Ask the diver to follow your hand. Now move your hand up and down, then side to side. The diver's eyes should follow your hand and should not jerk to one side and return. Check that the pupils are equal in size.
3. **FACE** - Ask the diver to purse the lips. Look carefully to see that both sides of the face have the same expression. Ask the diver to grit the teeth. Feel the jaw muscles to confirm that they are contracted equally. Instruct the diver to close the eyes while you lightly touch your fingertips across the forehead and face to be sure sensation is present and the same everywhere.
4. **HEARING** - Hearing can be evaluated by holding your hand about 0.6 meters/2 feet from the diver's ear and rubbing your thumb and finger together. Check both ears moving your hand closer until the diver hears it. Check several times and compare with your own hearing. Note: If the surroundings are noisy, the test is difficult to evaluate. Ask bystanders to be quiet and to turn off unneeded machinery.
5. **SWALLOWING REFLEX** - Instruct the diver to swallow while you watch the "Adam's apple" to be sure it moves up and down.
6. **TONGUE** - Instruct the diver to stick out the tongue. It should come out straight in the middle of the mouth without deviating to either side.
7. **MUSCLE STRENGTH** - Instruct the diver to shrug shoulders while you bear down on them to observe for equal muscle strength. Check diver's arms by bringing the elbows up level with the shoulders, hands level with the arms and touching the chest. Instruct the diver to resist while

you pull the arms away, push them back, up and down. The strength should be approximately equal in both arms in each direction. Check leg strength by having the diver lie flat and raise and lower the legs while you resist the movement.

8. **SENSORY PERCEPTION** - Check on both sides by touching lightly as was done on the face. Start at the top of the body and compare sides while moving downwards to cover the entire body. Note: The diver's eyes should be closed during this procedure. The diver should confirm the sensation in each area before you move to another area.
9. **BALANCE & COORDINATION** - Note: Be prepared to protect the diver from injury when performing this test. 1. First, have the diver walk heel to toe along a straight line while looking straight ahead. 2. Have her walk both forward and backward for 10 feet or so. Note whether her movements are smooth and if she can maintain her balance without having to look down or hold onto something. 3. Next, have the diver stand up with feet together and close eyes and hold the arms straight out in front of her with the palms up. The diver should be able to maintain balance if the platform is stable. Your arms should be around, but not touching, the diver. Be prepared to catch the diver who starts to fall. 4. Check coordination by having the diver move an index finger back and forth rapidly between the diver's nose and your finger held approximately 18 inches/0.5 meters from the diver's face. The diver should be able to do this, even if you move your finger to different positions. 5. Have the diver lie down and instruct him to slide the heel of one foot down the shin of his other leg, while keeping his eyes closed. The diver should be able to move his foot smoothly along his shin, without jagged, side-to-side movements. 6. Check these tests on both right and left sides and observe carefully for unusual clumsiness on either side.

IMPORTANT NOTES

Tests 1,7, and 9 are the most important and should be given priority if not all tests can be performed. • The diver's condition may prevent the performance of one or more of these tests. Record any omitted test and the reason. If any of the tests are not normal, injury to the central nervous system should be suspected. • The tests should be repeated at 30- to 60-minute intervals while awaiting assistance in order to determine if any change occurs. Report the results to the emergency medical personnel responding to the call. • Good diving safety habits would include practicing this examination on normal divers to become proficient in the test. • Examination of an injured diver's central nervous system soon after an accident may provide valuable information to the physician responsible for treatment. • The On-Site Neuro Exam is easy to learn and can be done by individuals with no medical experience at all.

DAN Europe 24hrs EMERGENCY NUMBER (+39) 06 4211 5685

European Union Emergency Number 112

National Agency Emergency Number: _____