

First Aid Worksheet: **BURNS, POISONS, COLD WEATHER INJURIES, HEAT INJURIES**

Cadet Name: _____

Company: _____

1. (U4C2L5:F1) Scenario: You and your friends spent a fun day at the beach but forgot your sunscreen. Later that evening you notice blisters across your friend's back and realize he got sunburned. How bad are the burns?
 - A) first-degree
 - B) second-degree
 - C) third-degree
2. (U4C2L5:F3) After calling 911, what is the first thing you do to treat an electrical burn victim?
 - A) Monitor ABC's since electrocution can cause cardiac and respiratory emergencies.
 - B) Cover the area of the burn with a dry, loose bandage.
 - C) Secure the area by turning off the power source.
 - D) Apply ointment to the burned area.
3. (U4C2L5:F4) Why do you only treat dry chemical burns with water if a large amount of water is available?
 - A) Small amounts of water can cause more burning.
 - B) You do not treat chemical burns with water.
 - C) You must flush the area for no more than 5 minutes.
4. (U4C2L5:F6) A friend calls you to ask how to perform first aid for a first-degree, caustic burn that her little brother has on his arm and shoulder.

What's the first thing you should tell her?

- A) Put on gloves and/or goggles to protect herself.
 - B) Remove the chemical from the skin and clothing.
 - C) Move her brother away from the electrical source.
 - D) Put pressure on the burn with a sterile dressing.
5. (U4C2L5:F7) When treating first-, second-, or third-degree burns which depth of burn is not treated with water?
 - A) first-degree burns
 - B) second-degree burns
 - C) third-degree burns
6. (U4C2L5:Q2) You called 911 to request emergency assistance for a victim burned in a fire. The victim tells you that he is in a lot of pain. His skin has many blisters and is severely swollen.

What should you tell the 911 operator when he asks, "How bad are the burns?"

- A) "They are first-degree burns."
 - B) "They are second-degree burns."
 - C) "They are third-degree burns."
7. (U4C2L5:G1) T or F: Cool running water should be used to wash out open blisters of third degree burns.
 - A) True
 - B) False
8. (U4C2L5:G2) What are the three types of burns?
 - A) First, second, and fifth degree
 - B) Heat, chemical, and lightening
 - C) Heat, chemical, and electrical
 - D) Steam, chemical, and electrical

9. (U4C2L5:G3) What is the most painful type of burn?
- A) First-degree burns, because the outer skin is so sensitive
 - B) Third-degree burns, because they are the most severe
 - C) Second-degree burns, because nerve endings are still intact even though tissue damage is severe
 - D) All types of burns are excruciatingly painful
10. (U4C2L5:G4) The type of burn caused by wind, brief exposure to steam, and light sunburn is _____.
- A) First-degree burn
 - B) Second-degree burn
 - C) Third-degree burn
 - D) The most severe burn
11. (U4C2L5:G14) _____ burns may only produce a small burn on the skin, but should be treated as potentially life threatening.
- A) First-degree
 - B) Chemical
 - C) Electrical
 - D) Second-degree
12. (U4C2L5:G15) Chemical burns on the skin and eyes can be caused by _____ chemicals.
- A) dry and liquid
 - B) dry
 - C) liquid
13. (U4C2L5:G5) Flammable liquids that suddenly burst into flames generally cause what degree of burns?
- A) Second-degree
 - B) First-degree
 - C) Third-degree
 - D) Flash
14. (U4C2L5:G6) T or F: Third-degree burns are the most painful because they cause the deepest tissue damage.
- A) True
 - B) False
15. (U4C2L5:G7) What degree of burn is caused by electric shock?
- A) Third-degree
 - B) Second-degree
 - C) First-degree
 - D) All of the above
16. (U4C2L5:G8) T or F: Victims of second-degree burns to the face need careful monitoring for swelling and blockage of the airway.
- A) True
 - B) False
17. (U4C2L5:G11) Name three items that can be used to separate an electric shock victim from the source of the electric current.
- A) A broom, stick, chair, or other item of dry non-conducting material like wood, plastic, or cardboard
 - B) A metal pole, a broom, cardboard
 - C) Your shoes (if they are rubber soled), a stick, or a chair
 - D) A metal folding chair, a plastic pipe, or a stick

18. (U4C2L5:G12) What variables affect the seriousness of a chemical burn?

- A) The length of time the chemical is in contact with the skin; the concentration (or strength) of the chemical; the temperature of the product containing the chemical
- B) The place on the body the burn happens; the temperature of the product
- C) The exposure of the chemical on the skin and the ambient temperature of the surrounding air
- D) How long the chemical is on the skin and the temperature of the water used to rinse the chemical

19. (U4C2L5:AD2) Butter can be effective on first- and second-degree burns.

- A) True
- B) False

20. (U4C2L5:AD3) When washing chemicals off the body, flush with water for at least five minutes.

- A) True
- B) False

21. (U4C2L5:AD5) Pain and inflammation can be relieved with aspirin or ibuprofen for those victims who can tolerate those over-the-counter medications.

- A) True
- B) False

22. (U4C2L6:Q2) You witnessed a horrible motorcycle accident. The rider's left arm was torn off his body. You run as fast as you can to assist him. To your surprise, the rider is conscious but is obviously in shock, and his arm is bleeding heavily. You act immediately by performing all but one of the following steps.

Which one should you skip to best help the victim?

- A) Apply a tourniquet.
- B) Treat for shock.
- C) Call 911.
- D) Perform the ABC's.

23. (U4C2L6:Q3) Raymond was climbing up a ladder to his attic when he slipped and banged his leg on the bottom step. He rubbed it for a couple seconds and told himself, "That's going to be a nice bruise," then climbed back up again. As he was climbing down, he noticed that his leg was bleeding where he had bruised it earlier. He lifted up his pant leg and saw a two-inch cut that was bleeding slowly, but didn't appear to go all the way through the skin. When he looked at the ladder, he saw a sharp, but clean, edge sticking out with a piece of skin hanging from it.

Which of the following would you tell Raymond he does NOT have to do?

- A) Go to the emergency room for more medical attention.
- B) Clean the wound, put some antiseptic on it, and cover it with a bandage.
- C) Check to see if he's had a tetanus shot in the last 10 years.
- D) Place an ice pack on his bruise and cut.

24. (U4C2L6:Q4) A fellow student in chemistry class accidentally swallowed a poisonous substance. He has abdominal cramps and burns in his mouth, and has vomited. He is also starting to "pass out." While your teacher calls the poison control center, you try to keep him awake by walking him around, but he sits down on the floor.

How should you position him to help reduce the effects of the poison?

- A) Place him on his left side to delay advancement of the poison into the small intestine
- B) Elevate his feet so that his blood circulates to the heart and brain.
- C) Have him kneel over a trash can so he can vomit.
- D) Keep him standing and walking

25. (U4C2L6:G1) T or F: In situations of inhalation poisoning, you should call for help before you attempt a rescue.
- A) True
 - B) False
26. (U4C2L6:G2) On what side should a victim's body be positioned to delay absorption of an oral poison into the circulatory system?
- A) On his or her back
 - B) Upright in a sitting position
 - C) On his or her right side
 - D) On his or her left side
27. (U4C2L6:G3) What types of fluids are appropriate for victims who have ingested corrosive or caustic poisons?
- A) Milk or water
 - B) Only milk
 - C) Only water
 - D) Carbonated beverage
28. (U4C2L6:G4) Explain the difference between a cut and a scrape wound.
- A) A cut, or laceration, is a straight, even wound made with a sharp object like a knife or razor blade. A scrape, or abrasion, is caused by sliding impact between the skin and a rough surface.
 - B) A cut is shallow, whereas a scrape is deep.
 - C) A scrape bleeds a lot, whereas a cut bleeds very little.
 - D) A cut has irregular edges and an abrasion is a straight, even wound.
29. (U4C2L6:G6) How do you treat a bruise?
- A) Apply heat, and if the swelling continues, seek medical attention.
 - B) Ice it and elevate it, and seek medical attention if it continues to swell, becomes more painful, appears deformed, or if the body part won't move.
 - C) Drain the hematoma and administer antibiotics.
 - D) Ignore it and it will go away.
30. (U4C2L6:F6) How long is someone protected by a tetanus shot before needing another shot?
- A) 1 year
 - B) 5 years
 - C) 10 years
 - D) 15 year
31. (U4C2L6:F7) Should you apply heat or ice to a bruise?
- A) Heat
 - B) Ice
32. (U4C2L6:F9)

Katie was having a barbecue at her house and was busily preparing the food. In her haste, she cut straight through her finger with a knife. What would be the first step in treating the wound?

- A) Clean the wound with soap and water
- B) Apply antibiotic ointment to prevent infection
- C) Apply pressure with a sterile dressing to control bleeding
- D) Have her drink plenty of water to avoid dehydration

33. (U4C2L6:V6) Which image shows an abrasion?

A)



B)



C)



D)



34. (U4C2L6:V4) Which image shows an avulsion?

A)



B)



C)



D)



35. (U4C2L6:V3) Which image shows a laceration?

A)



B)



C)



D)



36. (U4C2L8:F3)

While out snowboarding you see that your friend is trembling. When you stop to ask if he is okay he complains he is dizzy and you notice his speech is slurred. He is exhibiting signs of _____.

- A) frostbite
- B) trench foot
- C) hypothermia
- D) snow blindness

37. (U4C2L8:F4) True or False. Massaging the affected area of a cold weather injury is the proper treatment necessary to stimulate blood flow and bring warmth to the area.

- A) True
- B) False

38. (U4C2L8:F5)

Warming the affected area of a cold weather injury is part of the treatment for all answer choices except _____.

- A) frostbite
- B) immersion foot
- C) hypothermia
- D) snow blindness

39. (U4C2L8:F6) Why do you elevate the foot of a victim with immersion foot?

- A) So it dries off
- B) To relieve pain and burning
- C) To massage it
- D) To reduce swelling

40. (U4C2L8:F7)

You and a friend are looking forward to a day of cross country skiing. Your friend tells you not to bother wearing sunglasses since it is hazy, cloudy weather. Do you agree?

- A) Yes
- B) No

41. (U4C2L8:Q1) Before a 4-day weekend in late autumn, you were directed to give a safety briefing about wind chills. The weather report said the temperature was going to be between 10° - 30° F, and the winds were going to be from 10 - 20 mph. You used the wind chill chart to see what the equivalent temperatures will be. Of the following statements, which one should you include in your safety briefing?

Estimated Wind Speed in MPH	Actual Thermometer Reading (°F)											
	50	40	30	20	10	0	-10	-20	-30	-40	-50	-60
	Equivalent Temperature (°F)											
Calm	50	40	30	20	10	0	-10	-20	-30	-40	-50	-60
5	48	37	27	16	6	-5	-15	-26	-36	-47	-57	-68
10	40	28	16	4	-9	-24	-33	-46	-58	-70	-83	-95
15	36	22	9	-5	-18	-32	-45	-58	-72	-85	-99	-112
20	32	18	4	-10	-25	-39	-53	-67	-82	-96	-110	-124
25	30	16	0	-15	-29	-44	-59	-74	-88	-104	-118	-133
30	28	13	-2	-18	-33	-48	-63	-79	-94	-109	-125	-140
35	27	11	-4	-21	-35	-51	-67	-82	-96	-113	-129	-145
40	26	10	-6	-24	-37	-53	-69	-85	-100	-116	-132	-148
Wind Speeds above 40 mph have little additional effect	Little Danger for the Properly clothed person; Maximum Danger of false sense of security				Increasing Danger of Freezing Exposed Flesh				Great Danger			
Trench foot and immersion foot may occur at any point on this chart												

- A) There is no danger of cold weather injuries.
- B) There is a high danger of a false sense of security.
- C) There is an increased danger of freezing exposed flesh.
- D) There is great danger of freezing exposed flesh and other cold weather injuries.

42. (U4C2L8:Q2) Read the paragraph below, and decide which option (A-D) is correct.

Jesse is supposed to be working outside in cold, damp, and possibly wet weather tomorrow. His job is hard work, so to prevent cold injuries, he starts to prepare today. He started to drink one quart of water an hour, and the weather report said that the temperatures and wind speeds weren't going to be that bad. He washed his good work clothes, has two extra pairs of socks, and he plans to wear his new heavy waterproof jacket. He knew he was physically fit because he works out regularly, and because his doctor told him he was "fit as a fiddle." All he had left to do was to eat a good meal, take a shower, and get a good night's sleep.

Of all of his actions, which one is most likely to cause a cold injury?

- A) Drinking only one quart of water each hour
- B) Wearing a heavy waterproof jacket
- C) Working outside in cold, damp, and wet weather
- D) Physical fatigue

43. (U4C2L8:Q3) Even though the temperature is 53°F, the light rain and wind put an extra chill in the air. You and three of your friends have been playing touch football for the past three hours, and you just decided to take a break before starting your last game. After a few minutes, your friend Ethan is shivering, and he looks a little pale. He groans as he stands up, and then he trips over his own feet. When you help him up, his hand feels very cold.

What should you and your friends do next?

- A) Start treating him for hypothermia.
- B) Start treating him for trench foot or immersion foot.
- C) Start treating him for dehydration.
- D) Continue to monitor his temperature to see if he warms up.

44. (U4C2L8:G1) What causes trench foot?

- A) Ingrown toenails
- B) Poor foot care in geographic areas that are hot and dry
- C) A fungal infection similar to athlete's foot
- D) Prolonged exposure of the feet to wet conditions

45. (U4C2L8:G2) When body tissue dies because of a lack of blood supply, as happens with deep frostbite, it is called _____.

- A) goosebumps
- B) gangrene
- C) overexposure
- D) the tourniquet effect

46. (U4C2L8:G3) T or F: One treatment for frostbite is to put the affected area close to a high heat source such as a fire.

- A) True
- B) False

47. (U4C2L8:G5) What do experts mean when they say that precipitation increases cold weather injuries?

- A) The lower the chance of precipitation, the greater the chance of injuries
- B) Water, rain, or snow decreases the chance of a cold-weather injury
- C) Snow indicates severe cold that can cause frostbite
- D) Water or moisture in the form of rain or snow speeds the loss of body heat and can cause cold injuries

48. (U4C2L8:G7) When ice crystals form in body tissue exposed to temperatures below freezing, it is called _____.

- A) goosebumps
- B) chill factor
- C) frostbite
- D) overexposure

49. (U4C2L8:G12) How do you treat cold weather dehydration?

- A) Tighten the victim's clothes, move the victim out of the wind, and give fluids.
- B) Move the victim out of wind and cold, and keep him or her warm; Loosen the victim's clothing; Give the victim fluids, rest, and prompt medical treatment.
- C) Move the victim into the sun and fresh air, tighten the victim's clothing, and give fluids.
- D) None of the above

50. (U4C2L8:V4) Frostbite

- A) An injury caused to body tissue by frost or extreme cold
- B) A condition that results when fluids are lost from the body and not replaced
- C) Too little body heat with abnormally low internal body temperature
- D) Any form of water, such as rain, snow, sleet, or hail that falls to the earth's surface
- E) To use materials to protect or isolate something from the elements of weather
- F) Injuries that are not very serious and only affect the surface of the body
- G) Beneath the top layer of skin

51. (U4C2L8:V6) Hypothermia

- A) An injury caused to body tissue by frost or extreme cold
- B) A condition that results when fluids are lost from the body and not replaced
- C) Too little body heat with abnormally low internal body temperature
- D) Any form of water, such as rain, snow, sleet, or hail that falls to the earth's surface
- E) To use materials to protect or isolate something from the elements of weather
- F) Injuries that are not very serious and only affect the surface of the body
- G) Beneath the top layer of skin

52. (U4C2L8:V7) Dehydration

- A) An injury caused to body tissue by frost or extreme cold
- B) A condition that results when fluids are lost from the body and not replaced
- C) Too little body heat with abnormally low internal body temperature
- D) Any form of water, such as rain, snow, sleet, or hail that falls to the earth's surface
- E) To use materials to protect or isolate something from the elements of weather
- F) Injuries that are not very serious and only affect the surface of the body
- G) Beneath the top layer of skin

53. (U4C2L8:V5) Superficial

- A) An injury caused to the body tissue by frost or extreme cold
- B) A condition that results when fluids are lost from the body and not replaced
- C) Too little body heat with abnormally low internal body temperature
- D) Any form of water, such as rain, snow, sleet, or hail that falls to the earth's surface
- E) To use materials to protect or isolate something from the elements of weather
- F) Injuries that are not very serious and only affect the surface of the body
- G) Beneath the top layer of skin

54. (U4C2L7:F2) Why should you stay away from salt if you are going to be involved in some type of activity in the heat?

- A) Too much salt makes you thirsty.
- B) Salt is not a natural product and is therefore bad for you.
- C) Increased salt intake decreases your blood pressure.
- D) Digesting salt pulls water away from your muscles.

55. (U4C2L7:F3) The following list of symptoms are related to which type of heat injury?

- Heavy sweating, Rapid breathing and pulse, Fainting or dizziness, Nausea, Vomiting, Exhaustion

- A) Heat fatigue
- B) Heat stroke
- C) Heat cramps
- D) Heat exhaustion

56. (U4C2L7:F4) Which of the following is incorrect for treatment of heat cramps?

- A) Get the victim to a cooler location.
- B) Loosen the victim's clothing
- C) Give a full glass of cool water every 5 minutes
- D) Discontinue liquids, if victim is nauseated.

57. (U4C2L7:F5) Which of the following is a life-threatening emergency created as a result of the body's inability to regulate its core temperature?

- A) Heat fatigue
- B) Heat stroke
- C) Heat cramps
- D) Heat exhaustion

58. (U4C2L7:F6) You are in charge of a community service project. Today's weather report indicates that it is going to be hot and humid. Your volunteers are going to be working outside all day, and they have a number of tasks that have to be completed by the end of the day. You wrote some notes about heat injuries to help educate the volunteers, but you notice that one of them is incorrect.

Which of the following notes is incorrect?

- A) Eat high sodium foods to replace the salt lost during perspiration.
- B) Drink at least one quart of water every hour.
- C) Wear loose fitting clothes that protect you from the sun.
- D) Do the most strenuous activities early or late in the day.

59. (U4C2L7:Q1) You're a platoon sergeant. Today's weather report indicated that it was going to be hot and humid. Your squads are going to be working outside all day, and they have a number of tasks that have to be completed today. You wrote some notes about heat injuries to help you brief the squad leaders, but you notice that one of them is incorrect.

Which one of your following notes should you not brief to your squad leaders?

- A) Avoid hard work in hot weather.
- B) Have all Cadets drink at least one quart of water every hour.
- C) Schedule required strenuous activities earlier and later in the day.
- D) Identify fatigued Cadets. Cadets who have had previous heat related injuries and monitor them closely.

60. (U4C2L7:Q3) On a hot summer day, you look out your window at your neighbor working in her garden. Suddenly, you see her collapse. You rush outside, and she is trying to get up, but she doesn't know where she is, and she says, "I think I'm going to vomit." As you try to help her sit up, her skin seems very hot and very dry, and she doesn't seem to be perspiring.

You realize she needs immediate aid so you move her quickly to a shady spot and start treating her for _____.

- A) heat stroke
- B) heat fatigue
- C) heat cramps

61. (U4C2L7:G2) Another name for the sweat evaporation that carries heat away from the body is _____.

- A) self-regulation
- B) perspiration or perspiring
- C) condensation
- D) evaporation

62. (U4C2L7:G3) _____ is the condition that results when fluids are lost from the body and not replaced.

- A) Concentration
- B) Evaporation
- C) Starvation
- D) Dehydration

63. (U4C2L7:G6) What physiological event takes place during heat exhaustion?

- A) The body goes into shock because of retention of too much liquid.
- B) When the body loses a great amount of fluid through heavy perspiration, less blood flows to vital organs, resulting in a form of shock.
- C) The body goes into shock because of high humidity and low ventilation.
- D) The pain of heat cramps is so severe that a form of shock sets in.

64. (U4C2L7:G9) The most threatening kind of heat injury is _____.

- A) Heat exhaustion
- B) Sun blistering
- C) Heat stroke or sun stroke
- D) Sunburn

65. (U4C2L7:G10) What causes heat cramps?

- A) Doing physical activity out-of-doors when the heat index is above 90 degrees
- B) Loss of oxygen to the brain due to dehydration
- C) Loss of salt from the body through sweating or inadequate intake
- D) Loss of oxygen to the muscles due to exertion

[Answer Key]

1. B
2. C
3. A
4. A
5. C
6. B
7. B
8. C
9. C
10. A
11. C
12. A
13. A
14. B
15. A
16. A
17. A
18. A
19. B
20. B
21. A
22. D
23. A
24. A
25. A
26. D
27. A
28. A
29. B
30. C
31. B
32. C
33. A
34. C
35. B
36. C
37. B
38. D
39. D
40. B
41. B
42. B
43. A
44. D
45. B
46. B
47. D
48. C
49. B
50. A
51. C
52. B
53. F

- 54. D
- 55. D
- 56. C
- 57. B
- 58. A
- 59. A
- 60. A
- 61. B
- 62. D
- 63. B
- 64. C
- 65. C