A women burned her hand in the lunchroom. You should:
- Cool the burn with large amounts of cool or cold potable water for at least 10 minutes
- Cover the burn loosely with a dry, sterile dressing.
- Remove her from the source of the burn

What is true about a concussion?
- A concussion is a type of traumatic brain injury

You are giving first aid to a person with a muscle, bone or joint injury. Emergency medical services (EMS) has been called. What should you do until they arrive?
- Apply cold if the person can tolerate it, and watch the person for signs and symptoms of shock.

When caring for a person who is having a seizure, you should:
- Remove nearby objects that might cause injury

What sudden illness is usually caused by a blockage of blood flow to the brain?
- Stroke

A person is having a diabetic emergency and requests sugar. The person is responsive and able to safely swallow. How much sugar should you give?
- 15 to 20 grams

A person has signs and symptoms of heat exhaustion. What should you do?
- Get the person out of the heat and into a cool place.

A person is having signs and symptoms of a heart attack. What should you do first?
- Call 9-1-1 or the designated emergency number

Which of the following statements about anaphylaxis is true?
- A person experiencing anaphylaxis may have trouble breathing and go into shock
- It is important to act quickly when a person is showing signs and symptoms of anaphylaxis
- The effects of anaphylaxis can be stopped or slowed by administering epinephrine

In what circumstance would it be appropriate to use a tourniquet?
- There are multiple people with life-threatening injuries who need care.
Review For Recreation Staff CPR Training: First Aid Exam

When using direct pressure to control non-life-threatening bleeding from an open wound, you should:
- Add additional dressings and continue to apply direct pressure until the bleeding stops and then bandage the wound.

You believe that a person has a head, neck or spinal injury. What should you do?
- Have the person remain in the position he or she is in until emergency medical services (EMS) personnel arrive and take over.

Which of the following could be signs or symptoms of stroke?
- Drooping features on one side of the face
- Trouble with speech or language
- An arm that drifts downward when both arms are lifted in front of the body

A person in having an asthma attack. What should you do?
- Encourage the person to use his or her quick-relief medication, and call 9-1-1 or designated emergency number if the person’s condition does not improve within 5 to 15 minutes of taking the medication.

What could cause shock?
- A burn
- A wound that is bleeding heavily
- Anaphylaxis