

**Heartsaver First Aid
 Written Test Answer Key**

SECTION ON FIRST AID BASICS

Correct Answer	Question	Section and Page Reference
gloves	1. Fill in the blank with the correct word or words. Personal protective equipment includes _____ to protect your hands from blood and other body fluids.	Protection From Blood-Borne Diseases on pages 7–8
True	2. True or false (Circle the correct answer) After you give first aid, you should wash your hands to help prevent illness.	Protection From Blood-Borne Diseases on pages 7–8
biohazard	3. Fill in the blank with the correct word or words. After you give first aid, you should put your used gloves in a _____ bag if one is available.	Protection From Blood-Borne Diseases on pages 7–8
True	4. True or false (Circle the correct answer) After you check the scene to be sure it is safe, you should first look for problems that may be life-threatening.	Steps to Find the Problem on page 15

END OF SECTION ON FIRST AID BASICS

SECTION ON MEDICAL EMERGENCIES

Correct Answer	Question	Section and Page Reference
True	1. True or false (Circle the correct answer) If an adult is eating and suddenly coughs and cannot breathe, talk, or make any sounds, you should ask the adult if she is choking. If she nods, tell her you are going to help and give abdominal thrusts.	How to Help a Choking Person Over 1 Year of Age on page 26
True	2. True or false (Circle the correct answer) When giving abdominal thrusts to an adult who is choking, you should put the thumb side of your fist slightly above her navel (belly button) and well below the breastbone.	How to Help a Choking Person Over 1 Year of Age on page 26
True	3. True or false (Circle the correct answer) Signs of a bad allergic reaction include trouble breathing, swelling of the tongue and face, and fainting.	Bad Allergic Reactions on pages 29–31
heart attack	4. Fill in the blank with the correct word or words. A person having a _____ may have an uncomfortable feeling, such as pain or pressure in the chest or other areas of the upper body.	Heart Attack on pages 31–33
stroke	5. Fill in the blank with the correct word or words. The warning signs of _____ include sudden numbness or weakness of the face, arm or leg, especially on one side of the body.	Stroke on pages 38–39
True	6. True or false (Circle the correct answer) If a victim with a low blood sugar is responding and can sit up and swallow, you should give the victim something that contains sugar to eat or drink.	Actions for a Low Blood Sugar on pages 36–37
True	7. True or false (Circle the correct answer) If a victim is having a seizure, you should not put anything in his mouth.	Actions for Seizure on page 40
False	8. True or false (Circle the correct answer) When a victim is having a seizure, you should try to hold the victim down to protect the victim from injury.	Actions for Seizure on page 40
legs	9. Fill in the blank with the correct word or words. If a victim is showing signs of shock, you should help the victim lie on his back and raise his _____.	Actions for Shock on page 42

END OF SECTION ON MEDICAL EMERGENCIES

SECTION ON INJURY EMERGENCIES

Correct Answer	Question	Section and Page Reference
True	1. True or false (Circle the correct answer) To help stop bleeding that you can see, put firm pressure on a dressing or bandage (eg, gauze) over the bleeding area.	Actions for Bleeding You Can See on pages 47–48
True	2. True or false (Circle the correct answer) To care for a victim with a nosebleed, place constant pressure on both sides of the nostrils for a few minutes until the bleeding stops.	Actions for Bleeding From the Nose on page 51
False	3. True or false (Circle the correct answer) If a knife or stick has been pushed into the victim’s body, you should remove it as quickly as possible.	Actions for Injuries From Puncturing Objects on page 53
True	4. True or false (Circle the correct answer) If a victim falls from a height and then becomes sleepy or confused or vomits or complains of a headache, the victim may have a head injury.	Signs of Head Injury on page 57
True	5. True or false (Circle the correct answer) When giving first aid for a victim with a possible broken bone or sprain, put a plastic bag filled with ice on the injured area with a towel between the ice bag and the skin for up to 20 minutes.	Actions for Broken Bones and Sprains on page 61
True	6. True or False (Circle the correct answer) To give first aid for a small burn on the arm, cool the burn with cold but not ice cold water.	Actions for Small Burns on page 63

END OF SECTION ON INJURY EMERGENCIES

SECTION ON ENVIRONMENTAL EMERGENCIES

Correct Answer	Question	Section and Page Reference
True	1. True or false (Circle the correct answer) You should watch a victim for at least 30 minutes after the victim has been bit by an insect, bee, or spider because the victim may develop signs of a bad allergic reaction.	Actions for Insect, Bee, and Spider Bites and Stings on page 73
True	2. True or false (Circle the correct answer) A victim with low body temperature will have cool skin and may shiver or become confused.	Signs of Low Body Temperature on page 82
True	3. True or false (Circle the correct answer) A victim with heatstroke will have red, hot, and dry skin and may be confused or have strange behavior.	Signs and Actions for Heat-Related Emergencies on page 78–79
True	4. True or false (Circle the correct answer) When a victim is having a heat-related emergency, you should move the victim to a cool place and sponge or spray the victim with cool water and fan the victim.	Signs and Actions for Heat-Related Emergencies on page 78–79

END OF SECTION ON ENVIRONMENTAL EMERGENCIES
