

What's Your Emergency I.Q.?

No one plans for an emergency, but emergencies do happen!



Do you know what to do if a customer falls to the ground unconscious? What if a coworker cuts himself severely or has a seizure? How would you react if you were involved in a collision on a remote stretch of highway? Take this Emergency IQ test and find out what to do and what NOT to do.

1 If there is an unconscious adult victim at the scene of an accident, you can assume that you have permission to treat him. T F

2 If someone has an injury that is spurting blood, you should use a tourniquet to try to control the bleeding. T F

3 When someone burns his/her arm badly, you should apply ice to the burn to speed cooling. T F

4 When a person is unconscious, lay rescuers should check for breathing and a pulse before beginning CPR. T F

5 Someone is choking on an object. You apply abdominal thrusts, but nothing happens. You should next give rescue breaths to try to expel the object. T F

6 If a chemical has gotten into a person's eye, the eye should be flushed with water for 15 to 20 minutes. T F

7 If someone has a broken leg, you should try to realign the leg to its normal position before immobilizing it with a splint. T F

8 If someone is having a seizure, you should place something in the person's mouth to prevent them from biting or choking on their tongue. T F

9 You should not move an individual with head/neck/spine injuries for any reason because of the risk of further injury or paralysis. T F

10 If someone gets heatstroke while working outside, you should offer a large, cold drink to help him or her cool down. T F

Answers to Emergency I.Q.

Answers:

1. **True.** Permission is implied if an adult victim is seriously injured, unconscious, or mentally impaired and not able to provide expressed consent.
2. **False.** Tourniquets are not recommended to control bleeding. Instead, apply pressure to the wound and to the nearest pressure point on the body.
3. **False.** This burn should be cooled with cold water, but not with ice, which can cause heat loss and damage delicate tissue.
4. **False.** Lay rescuers check for breathing, but do not check for a pulse when administering CPR.
5. **False.** You should continue with abdominal thrusts until the object is expelled or the victim loses consciousness (at which point you should begin CPR).
6. **True.** Flush the eye with water (away from the uninjured eye) for 15-20 minutes or until EMS takes over.
7. **False.** Do not straighten a broken limb. Splint it in the position it was found and with as little manipulation as possible.
8. **False.** Placing an object in the person's mouth has not been shown effective in eliminating tongue biting and may cause injury to you or the victim.
9. **False.** Although you should refrain from moving someone with possible head/ neck/spine injuries, it may be necessary to do so if the scene is unsafe or if you need to position an individual to do CPR or maintain an open airway. If movement is required, you should follow specific guidelines to stabilize the head and neck while positioning the person.
10. **False.** Someone experiencing heatstroke should not be given anything to drink, if nauseous. If he/she is not nauseous, you may provide small sips of water.

National averages show that response time by 9-1-1/First Response is 11 minutes. *Knowing what to do while waiting can save lives and prevent further disability.* Contact your local distributor or call 1-888-473-1777 for more information on the most progressive first aid training and technology available.

Your Score:

10 correct

Good job! You have passed with flying colors and have either just gone through training, retained your training well, or are a veteran first aid responder.

8 to 9 correct

You are familiar with first aid, but need refresher training in specific topics. Check out www.think-safe.com for scenario-based training tools using *First Voice*™ interactive audio-coaching or www.firstvoice-learning.com for web-based training.

7 or less correct

You would benefit from comprehensive training in first aid and CPR. Go to the above websites for flexible training options using innovative voice-prompt technology and convenient online learning.



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