



Wilderness First Aid Exam

1. After Checking the scene, your goal is to:

- a. Provide cardiopulmonary resuscitation (CPR).
- b. Identify and care for any immediate threats to life.
- c. Assume leadership.
- d. Recognize emergency.

2. Once you have determined that the person is free from immediate threats to life, you should perform a secondary assessment. Why is this necessary?

- a. To find every problem requiring first aid
- b. To prevent any future legal action against the responder
- c. To ensure that the person has accurately completed the pre-trip health report
- d. To allow sufficient time for the person to calm down and recover from the incident

3. Normal heart rate range is between:

- a. 12 and 20 beats per minute
- b. 35 and 70 beats per minute
- c. 60 and 100 beats per minute
- d. 75 and 110 beats per minute

4. On the AVPU scale, a person who can tell you his or her name and where he or she is located but who cannot provide other information is:

- a. A+O
- b. A+O×1
- c. A+O×2
- d. A+O×3

5. LOC refers to:

- a. Last oral reference.
- b. Level of consciousness.
- c. Liquid or RICE.
- d. Length of rest prior to evacuation.

6. What does the “E” stand for in SAMPLE history?

- a. Energy level of the person
- b. Events leading up to the accident or illness
- c. Extent of pain on a scale of 1 to 5
- d. Extra resources available to assist in the response

7. The mnemonic SOAP reminds you to record information about the person and your plan for care.

Which question is an example of the type of information you are trying to document in the “S” in SOAP?

- a. What do you think is wrong?
- b. What are you going to do immediately for the person?
- c. What are the person’s complaints?
- d. If evacuation is necessary, should it be fast or slow?

8. A person who “fumbles, grumbles, mumbles and stumbles,” sometimes referred to as “the umbles,” and who is shivering is showing signs and symptoms of:

- a. Brain injury.
- b. Mild or moderate hypothermia.
- c. Severe dehydration.
- d. Heat exhaustion.

9. Your group is hiking in Nepal and has just gone above 10,000 feet. One person has trouble on the trail and slips several times during the day. The person then complains of a headache, which progressively worsens throughout the day. What would be the most appropriate treatment for this person?

- a. Resting at the next campsite for a day or two to treat muscle soreness
- b. Drinking more water to treat dehydration
- c. Arranging for immediate helicopter evacuation to treat a stroke
- d. Descending to provide care for acute mountain sickness

10. What is the proper order for attempting to rescue an active drowning person?

- a. Throw, Reach, Go, Row
- b. Row, Throw, Reach, Go
- c. Go, Reach, Throw, Row
- d. Reach, Throw, Row, Go

11. What is an occlusive dressing?

- a. A wet dressing to protect burns
- b. A dry dressing to promote healing
- c. A dressing for ocular (eye) injuries
- d. An airtight dressing that does not allow air or water to pass through

12. Each of the following is a consideration when determining whether, when and how to evacuate a person EXCEPT:

- a. How to use a signal mirror
- b. Terrain and distance to be crossed
- c. Strength of the members of the party
- d. How long before help arrives

13. Wounds that gape more than _____ should not be closed in the field, rather the person should be evacuated for closure of the wound by a health care provider.

- a. $\frac{1}{4}$ inch
- b. $\frac{1}{2}$ inch
- c. 1 inch
- d. $1\frac{1}{2}$ inches

14. You have determined that a person has heat stroke. How should you care for that person?
- a. Take off any heat-retaining clothes and immerse the person in cold water.
 - b. Have the person drink at least 16 ounces of a solution of water with a pinch of salt.
 - c. If the person is able, have him or her move to a cooler area and then eat something cold, such as ice cream.
 - d. Have the person self-administer fever-reducing drugs.

15. You are giving care to a person who has fallen. The arm is fractured with bone ends sticking out. He is anxious, restless and disoriented. His heart rate is rapid and weak and his breathing is shallow. He says that he feels nauseous and dizzy. What condition is he experiencing?

- a. Shock
- b. Hypothermia
- c. Stroke
- d. Allergic reaction

16. Which of the following are steps you can take to prevent lightning injuries?

- a. Know weather patterns, adhere to the 30-30 rule and assume a safe position.
- b. Assume a safe position, keep everyone in the group as close together as possible and plan turn-around times.
- c. Plan turn-around times, pick safe campsites and seek shelter under high objects.
- d. Be sure everyone understands the guidelines, go to where lightning has struck before and know the 30-30 rule.

17. Steps to reduce an anterior shoulder dislocation include all EXCEPT:

- a. Position the person face-down across an object so the injured arm dangles down vertically.
- b. Apply a rigid splint.
- c. With a soft cloth, tie about 5 to 10 pounds of weight to the wrist.
- d. Wait 20 to 30 minutes while encouraging and promoting relaxation of the person.

18. After splinting, where on the person should you check for circulation, sensory and movement (CSM)?
- In the fingers of both hands
 - In the toes of both feet
 - Above the site of the injury
 - Beyond the site of the injury
19. For which of the following do you evacuate, but go slow?
- Severe hypothermia
 - Persistent abdominal discomfort
 - Signs and symptoms of severe head injury, especially a skull fracture, stroke and/or a decrease in mental status
 - Signs and symptoms of spinal cord injury
20. Which of the following is a true statement as it relates to bone and joint injuries?
- If you suspect a bone or joint injury, the general rule is: When in doubt, splint.
 - Lightweight commercial splints should be used when splinting, except in extreme emergencies.
 - Splints should hold the injured area in as straight a line as possible.
 - Because there is little that can be done in a wilderness or remote situation to reduce pain, the comfort of the person is not a major consideration while giving care.
21. When caring for wounds, the goals are to stop serious blood loss, clean wounds and keep them clean, and:
- Encourage the person to stay in the shade.
 - Get the person to a health care provider for medical care as soon as possible.
 - Treat wounds to increase comfort and promote healing.
 - Move to a location with running water to ensure appropriate practices to prevent disease transmission.

22. Almost all bleeding can be safely stopped with:

- a. Direct pressure.
- b. Pressure bandages.
- c. A tourniquet.
- d. Elevation and ice.

23. When moving a spine-injured person, such as using a log roll to check the back for injuries or to transfer him or her out of the elements, the commands should be given by the:

- a. Scene leader.
- b. Group leader.
- c. Person who is holding the head.
- d. Person responsible for keeping the feet in a straight line.

24. A person experiencing anaphylaxis often has the following signs and symptoms:

- a. Severe headache and extreme nausea
- b. Rapid heart rate and itching at the site of the bite
- c. Trouble breathing or signs of shock and swollen lips or a skin symptom such as hives.
- d. Extremely high body temperature followed by a rapid drop in body temperature

25. Wearing loose clothing and applying a layer of lubricating ointment and antiperspirant to certain areas of the body are ways to prevent:

- a. Chafing.
- b. Ticks.
- c. Mosquito bites.
- d. Dehydration.