

First Aid True and False Test

1. The best way to stop bleeding is to apply pressure with a cloth pad or the palm of the hand directly to the wound.
2. A respiratory emergency occurs when breathing stops and the choking victim cannot speak. Use the Heimlich maneuver.
3. Do not attempt procedures you know nothing about because you may cause further injury. Get expert help as quickly as possible.
4. Do not move an injured person until medical aid arrives unless the victim is in further danger where he is.
5. If the victim has swallowed harmful chemicals or poisons, call the poison control center or nearest hospital for directions before doing anything.
6. Never give an unconscious patient food or water.
7. During mouth-to-mouth resuscitation, the patient's head should be tilted back so the chin is pointing upward. The nose should be gently squeezed shut to prevent air from leaking through the nostrils.
8. To prevent an injured person from going into shock, he should be kept lying down and covered with a blanket if he is cool.
9. A first-aider's calm, reassuring attitude comforts the victim and calms fears that might increase his chance of shock.
10. A cold compress applied to a bruise lessens the chance of swelling and bleeding under the tissues.
11. A tourniquet is a dangerous way to stop bleeding and is no longer an acceptable first-aid technique unless severe bleeding cannot be stopped any other way.
12. A minor abrasion caused by rubbing or scraping the skin should be washed with soap and water to prevent infection.
13. If a person accidentally gets chemicals in the eye, quickly wash the eye with large amounts of water. Soak a clean washcloth in cool, running water and squeeze the water into the corner of the eye with the patient's head tipped so the water will run out of the outer edge of the eye. Repeat procedure to get out all irritants.
14. Everyone should learn to protect himself from excessive heat or cold.
15. Never move a fracture victim unless absolutely necessary.
16. A person who receives a severe blow to the head should be given medical attention, even if he is conscious, and should be carefully watched for twenty-four to forty-eight hours after.
17. Never leave a child unattended in a closed car, especially in hot weather.
18. The best way to put out a fire on someone's clothing is to roll the victim up in a carpet or blanket or roll him on the ground.
19. You should memorize or keep handy the emergency phone number in your area.
20. Keep all chemicals and poisons out of children's reach.