

## **Wilderness First Aid**

### Pre-Course Study Guide

*Use the questions below to evaluate your current knowledge. This is not a test and will not be collected.*

1. How would you define wilderness first aid?
2. What should a rescuer look for during the scene survey?
3. What does ABCDE stand for?
4. What does the acronym SAMPLE stand for?
5. The average range of respirations per minute for an adult is:
6. The average heart rate for adults is:
7. How do you manage a rib fracture?
8. What are some signs and symptoms of a rib fracture?
9. The chest injury where trapped air fills a portion of chest cavity is called \_\_\_\_\_.
10. What are some signs and symptoms of shock?
11. Describe how to treat for shock:
12. What is a heart attack?
13. What are some signs/symptoms of a heart attack?
14. What are some signs of a skull fracture?
15. What are some signs and symptoms of a head (brain) injury?
16. What are some signs and symptoms of a spinal cord injury?
17. What are some signs and symptoms of an extremity fracture?

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18. What does RICE stand for?
19. How do you care for fractures?
20. A tear or stretch of a ligament occurs in what type of injury?
21. What is the most serious type of bleeding?
22. The first step used to control external bleeding should be:
23. If a dressing becomes blood-soaked, what should be done?
24. How do you care for a bloody nose?
25. How do you recognize that a wound is infected?
26. What are some signs and symptoms of serious abdominal pain?
27. What is hypothermia?
28. How can you prevent hypothermia?
29. Name three risk factors of heat illness:
30. Name three signs/symptoms of heat exhaustion:
31. What are three things you can do to prevent heat illnesses:
32. Name four signs/symptoms of a person who has been hit by lightning:
33. What are the signs and symptoms of the three types of altitude illnesses?
34. What are the four steps for recovering a drowning victim?
35. Name two signs and symptoms of anaphylaxis: