

# FIRST AID SKILLS

Name: \_\_\_\_\_

1. When an object is stuck in a person, you should...
  - a. remove it right away.
  - b. not move it and stabilize it if able.
  - c. Keep the victim from pulling out the object.
2. What do you wear to protect you from the victims bodily fluids?  
\_\_\_\_\_
3. Match what RICE actions to help a bone/limb injury are:
  - a. Rest \_\_\_\_\_ 1. Place plastic bag, with ice – make sure you have a barrier
  - b. Ice \_\_\_\_\_ 2. Raise injury to keep down swelling
  - c. Compression \_\_\_\_\_ 3. Do not move injured area
  - d. Elevation \_\_\_\_\_ 4. Wrap with an ace wrap or gauze
4. Signs of a skull fracture
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_
5. If you suspect a head injury, what must you not do to cause more injury? \_\_\_\_\_
6. Some signs of a heart attack  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
7. Signs of stroke: What does FAST stand for:
  - a. FACE look at \_\_\_\_\_
  - b. ARM look at \_\_\_\_\_
  - c. SPEECH look at \_\_\_\_\_
  - d. TIME action to do \_\_\_\_\_
8. You should never put \_\_\_\_\_ on a burn.
9. Before helping someone you see injured, what must you do? \_\_\_\_\_
10. When choking why should you not pat them on the back?  
\_\_\_\_\_  
\_\_\_\_\_

Printed Name: \_\_\_\_\_ Signature: \_\_\_\_\_