EMERGENCY MEDICAL RESPONDER TRAINING

STUDY GUIDE
Welcome to your Canadian Red Cross Emergency Medical Responder program.

Thank-you for choosing Frontline First Aid & Emergency Training.

In order to arrive prepared, complete the 200 questions in this Study Guide before your EMR course starts.

By doing so:

- You will arrive at each EMR class with a greater understanding of the terms and skills you’ll be practicing
- You will be more confident in both your EMR knowledge and hands-on EMR skills
- You will be better prepared for the Written and Practical Certification Evaluations at the end of your course
- You will be better prepared for your Provincial BC EMALB Licensing Evaluations

These assignments are straightforward, with references to where you can find the answers. However, they can be time consuming depending on your personal pace and study habits.

Many of the answers are only available through web links, which can be accessed by clicking the link above each question.

For this reason, you should keep a PDF copy of this Study Guide open on your computer, even if you are working from a printed copy.

Ideally, you should have all 200 questions in this Study Guide completed, before the first session of your EMR course.

If that is not possible...

- Before Session 1: You should have at least questions 1-100 completed
- Before Session 3: You should have all 200 questions completed

When you are ready to verify your answers, you can download the Answer Key from the link on the last page

You can mark your answers on the printed Study Guide itself...or on the Multiple Choice Answer Sheet.
You will need the following resources to answer the questions in this EMR Study Guide:

Printed Canadian Red Cross Materials

- [ ] Canadian Red Cross Emergency Care Manual

Frontline First Aid Downloads

- [ ] BCAS Treatment Guidelines for Medical Responders in BC
- [ ] Frontline EMR Cheat Sheet
- [ ] Equipment Familiarization Booklet
- [ ] Do Not Resuscitate Order
- [ ] Kendrick Extrication Device Manual
- [ ] Sager Traction Splint Manual
- [ ] Multiple Choice Answer Sheet
- [ ] Online Certificate Access Instructions

Regional Online Resources

- [ ] Good Samaritan Act
- [ ] Mental Health Act
- [ ] BC EMALB Website
- [ ] Coroner’s Act
- [ ] Emergency Health Services Act
- [ ] BC EMALB Candidate Examination Handbook
- [ ] BC EMALB License Renewal Webpage
- [ ] BC EMALB Complaints Page
- [ ] BC EMALB Advance Directives Bulletin
- [ ] BC Gunshot and Stab Wound Disclosure Requirements
- [ ] Gunshot and Stab Wound Disclosure Act
- [ ] National Occupation Competency Profiles (NOCP)
- [ ] Emergency Medical Assistant’s Regulation
- [ ] Emergency and Health Services Regulation
- [ ] BC EMALB Glucogel Position Statement

Before Session 1:
You should complete at least up to question #100
Emergency Care Manual Revisions

i. Find the following passage on page 137 of your Emergency Care Manual:

“After doing 5 cycles (2 minutes) of continuous CPR, recheck for signs of circulation and normal breathing. Tilt the patient’s head to open the airway and take no more than 5 to 10 seconds to check for signs of circulation. If there are no signs of circulation, or you are unsure, continue CPR, beginning with compressions. Check circulation and breathing again every few minutes.”

Take a marker or pen...and cross out that passage:

“After doing 5 cycles (2 minutes) of continuous CPR, recheck for signs of circulation and normal breathing. Tilt the patient’s head to open the airway and take no more than 5 to 10 seconds to check for signs of circulation. If there are no signs of circulation, or you are unsure, continue CPR, beginning with compressions. Check circulation and breathing again every few minutes.”

ii. Find the following passage on page 142 of your Emergency Care Manual:

“Recheck for signs of circulation and breathing after about 5 cycles (two minutes) of continuous CPR. Check for signs of circulation for no more than 5-10 seconds with the hand that was giving compressions. If there are no signs of circulation or you are unsure, continue CPR, starting with compressions. Recheck circulation and breathing every few minutes.”

Take a marker or pen...and cross out that passage:

“Recheck for signs of circulation and breathing after about 5 cycles (two minutes) of continuous CPR. Check for signs of circulation for no more than 5-10 seconds with the hand that was giving compressions. If there are no signs of circulation or you are unsure, continue CPR, starting with compressions. Recheck circulation and breathing every few minutes.”

• The most current CPR guidelines indicate that you should continue CPR once started...until you observe Obvious Signs of Life as you are performing CPR.

iii. Find the following passage on page 94 of your Emergency Care Manual:

“During your primary survey, you may discover that an unconscious adult is not breathing. If this happens, begin the CPR sequence (30 compressions).”

Use a pen or marker to add the words...“and does not have a pulse” after the words...“is not breathing”:

and does not have a pulse

“During your primary survey, you may discover that an unconscious adult is not breathing ^. If this happens, begin the CPR sequence (30 compressions).”
Multiple Choice Questions

1. How long do you have from the time your EMR Certificate is issued to complete BC EMALB EMR License Evaluations?
   Answers found in: EMR Cheat Sheet and BC EMALB Candidate Examination Handbook
   a. 6 months
   b. 1 year
   c. 2 years
   d. 3 years
   e. 5 years

2. In what format will you be able to view and print your Canadian Red Cross Certificate?
   Answers found in: EMR Cheat Sheet
   a. A wallet card sent in the mail
   b. A wallet card and wall certificate sent in the mail
   c. Electronically through myrc.redcross.ca
   d. A wallet card issued from BC EMALB

3. Who issues your EMR License in BC?
   Answers found in: EMR Cheat Sheet and BC EMALB Candidate Examination Handbook
   a. BC EMALB
   b. Paramedic Association of Canada
   c. Canadian Red Cross
   d. BCAS

4. What does BC EMALB accept as proof of EMR Certification?
   Answers found in: EMR Cheat Sheet
   a. A photocopy of your Certificate mailed to BC EMALB
   b. A photocopy of your Certificate hand delivered to BC EMALB
   c. A PDF copy of your Certificate that you email to BC EMALB
   d. A PDF copy of your Certificate emailed to BC EMALB directly from the Canadian Red Cross Call Center
5. Who is responsible for all post-course Licensing arrangements with BC EMALB?

Answers found in: **EMR Cheat Sheet** and **BC EMALB Candidate Examination Handbook**

a. BC EMALB  
b. Canadian Red Cross  
c. Frontline First Aid  
d. You

6. What phone number do you call to arrange for the Canadian Red Cross to send BC EMALB a copy of your Certificate?

Answers found in: **EMR Cheat Sheet**

a. 1-800-356-3226  
b. 1-877-356-3226  
c. 1-888-356-3226  
d. 1-888-356-6223

7. How long after the completion of your EMR course will your Course Roster be submitted to the Canadian Red Cross?

Answers found in: **EMR Cheat Sheet**

a. Within 24 hours  
b. Within 2 days  
c. Within 5 days  
d. Within 1 month

8. Where can you find instructions on accessing your Canadian Red Cross Certificate?

Answers found in: **EMR Cheat Sheet**

a. Frontlinefirstaid.ca/certificates  
b. An email from BC EMALB  
c. The EMALB website  
d. An email from the Paramedic Association of Canada
9. The BC Emergency Medical Assistants Licensing Board...

   Answers found in: BC EMALB Website

   a. Is responsible for examining, registering and licensing all EMAs in BC
   b. Operates under the Authority of the Emergency Health Services Act
   c. Sets license terms and conditions
   d. Investigates complaints and conducts hearings
   e. All of the above

10. What are the primary purposes of the National Occupational Competency Profiles, as established by the Paramedic Association of Canada?

   Answers found in: NOCP Documentation

   a. Examination, registration and licensing of all EMAs in BC
   b. Set license terms and conditions
   c. To create national standards for education programs
   d. To provide a tool to assist paramedic regulators establish common workplace standards and enhance labour mobility
   e. Both c and d

11. Which of the following is NOT a common category of complaint to the BC EMALB?

   Answers found in: Complaints section of the BC EMALB Website

   a. A paramedic or First Responder has incompetently carried out their duties
   b. A paramedic or First Responder has breached the terms and conditions of their license
   c. A paramedic or First Responder has not paid their yearly dues
   d. A paramedic or First Responder has breached the EMA Code of Ethics
   e. A paramedic has a health ailment, impairing his/her ability to practice safely

12. Who is at risk of being named a party in a legal action?

   Answers found in: Good Samaritan Act

   a. Only supervising physicians
   b. Only BC EMALB
   c. Only the Employer
   d. All persons being paid to provide health care
13. Which of the following is NOT an action the Emergency Medical Assistants Licensing Board can take when it finds that an EMA has incompetently carried out their duties?

   Answers found in: Emergency Health Services Act
   
   a. Impose conditions on the person’s licence  
   b. Revoke or suspend the license  
   c. Sue the EMA for damages  
   d. Bar the person from being licensed under Act for a period of time the board considers appropriate

14. “First Aid or other health care provided in circumstances in which it is necessary to provide the first aid or other health care without delay in order to preserve an individual’s life, prevent or alleviate serious physical or mental harm, or alleviate severe pain”

   The above statement is the definition of ________________ according to the Emergency Health Services Act.

   Answers found in: Emergency Health Services Act
   
   a. Ambulance Service  
   b. Emergency Health Service  
   c. First Aid Provider  
   d. Emergency Medical Assistance

15. An Emergency Medical Assistant in BC must notify the EMALB within __________ days of legally changing their name or address.

   Answers found in: Emergency Medical Assistants Regulation
   
   a. 90  
   b. 60  
   c. 30  
   d. 7

16. What is BC EMALB’s fee for initial EMR Licensing, if both Written and Practical evaluations are required?

   Answers found in: Emergency and Health Services Regulation
   
   a. $450  
   b. $50  
   c. $550  
   d. $500
17. In special circumstances, the EMALB may extend the licence of an EMA for up to 60 days, on one occasion, provided the following requirement(s) has/have been met.

Answers found in: BC EMALB Website - Licence Renewal Page

   a. Special Circumstances Exist
   b. The request is made before the license expires
   c. The EMA has continuously maintained a licence throughout the past 5 years
   d. Both a and b

18. If an EMA is presented with both a DNR/No CPR order and an Advance Directive, both of which have the same date for the same patient, which document prevails?

Answers found in: Advance Directives Bulletin

   a. The DNR/No CPR order
   b. The Advance Directive
   c. They cancel each other out
   d. They cannot both exist

19. Who is expected to determine whether a wound is criminal in nature?

Answers found in: British Columbia Gunshot and Stab Wound Disclosure Requirements

   a. Emergency Medical Assistants
   b. Police and other components of the criminal justice system
   c. First Responders
   d. All of the above

20. Gunshot and Stab Wound legislation is not intended to capture stab wounds that have been:

Answers found in: Gunshot and Stab Wound Disclosure Act

   a. Determined to have been accidental or self-inflicted
   b. Treated on scene without the need for hospital transport
   c. Already documented by WorkSafe BC
   d. All of the above
21. According to ______________, an EMA must report any incompetent, illegal or unethical conduct they witness being perpetrated by another EMA:

Answers found in: Emergency Medical Assistants Regulation

a. WorkSafe BC  
b. The Paramedic Association of Canada  
c. The EMA Code of Ethics  
d. The Fundamental Principles of the Red Cross

22. An EMA is obligated to assume responsibility for personal and professional development, and maintain professional standards through training and peer mentoring.

Answers found in: Emergency Medical Assistants Regulation

a. True  
b. False

23. If a complaint is filed with the EMALB against an Emergency Medical Assistant, the EMA will be notified of the complaint by:

Answers found in: BC EMALB Website - Complaints Page

a. An email from the complainant  
b. A phone call from the Employer  
c. A letter from the EMALB  
d. A letter from the PAC

24. A representative appointed by an EMA during the complaint process is NOT permitted to:

Answers found in: BC EMALB Website - Complaints Page

a. Provide advice to the EMA  
b. Participate in the complaint investigation  
c. Speak on the EMA’s behalf  
d. Do any of the above
25. Preservation of Evidence at a scene is governed by the:

Answers found in: Coroners Act Section 5

a. Emergency Health Services Act  
b. Good Samaritan Act  
c. Gunshot and Stab Wound Disclosure Act  
d. Coroners Act

26. Disciplinary actions imposed by the EMALB may be appealed through the _________ within 30 days of the date of the determination of the disciplinary action.

Answers found in: Emergency Health Services Act

a. BC Paramedics Union  
b. Supreme Court  
c. Interior Health Authority  
d. BC Provincial Court

27. According to the Mental Health Act, a ______________ may apprehend and immediately take a person to a physician for examination if satisfied from personal observations, or information received, that the person is acting in a manner likely to endanger that person’s own safety or the safety of others, and is apparently a person with a mental disorder.

Answers found in: Mental Health Act

a. Police officer or constable  
b. First Aid Attendant  
c. Licensed EMA  
d. All of the above
28. According to the Canadian Red Cross Emergency Care Manual, a Capillary Blood Glucose Level of __________ mmol/L or higher constitutes Hyperglycaemia.

However, local BCAS Treatment Guidelines indicate that a Capillary Blood Glucose Level of __________ or higher constitutes Hyperglycaemia.

Answers found in: Emergency Care Manual, EMR Cheat Sheet, and BCAS Treatment Guidelines for EMR

a. 11, 8
b. 8, 11
c. 90, 100
d. 100, 90

29. The Canadian Red Cross Emergency Care Manual stipulates that Glucogel should not be administered to any patient with a decreased level of consciousness.

However, local BCAS Treatment Guidelines indicate that Glucogel can be administered to an unresponsive patient, as long as they are placed ¾ prone and the Airway is secured.

Answers found in: Emergency Care Manual, EMR Cheat Sheet, BCAS Guidelines, BC EMALB Glucogel Position Statement

a. True
b. False

c. 11, 8
b. 8, 11
c. 90, 100
d. 100, 90
31. The Canadian Red Cross Emergency Care Manual stipulates that, when appropriate, Nitroglycerin can be administered up to 3 times, waiting 5 minutes (q 5) between 0.4 mg doses.

However, local BCAS Treatment Guidelines indicate that Nitroglycerin can be administered, when appropriate, up to 3 times, waiting 3-5 minutes (q 3-5) between 0.4 mg doses.

Answers found in: Emergency Care Manual, EMR Cheat Sheet, BCAS Guidelines

   a. True
   b. False

32. Local BCAS Treatment Guidelines indicate that on-scene cooling of thermal burns should take no longer than...

Answers found in: EMR Cheat Sheet, and BCAS Treatment Guidelines for EMR

   a. 30 – 60 seconds
   b. 3-5 minutes
   c. 1 – 2 minutes
   d. 10 – 20 minutes

33. EMRs in BC can be Licensed through BC EMALB to administer...

Answers found in: EMR Cheat Sheet, and BCAS Treatment Guidelines for EMR

   a. Oxygen, Glucose, Nitroglycerin, ASA, Entonox, Salbutamol, Epinephrine and Insulin
   b. Oxygen, Glucose, Nitroglycerin, ASA and Entonox
   c. Oxygen, Glucose, Nitroglycerin, ASA, Entonox, Salbutamol and Epinephrine
   d. Oxygen, Glucose, Nitroglycerin, ASA, Entonox, and Salbutamol

34. What are the 7 Fundamental Principles of the Red Cross?

Answers found in: Emergency Care Manual

   a. Humanity, Independence, Neutrality, Impartiality, Voluntary Service, Unity, Universality
   b. Humanity, Indigence, Neutrality, Impartiality, Voluntary Service, Unity, Universality
   c. Humanity, Independence, Neutrality, Impartiality, Victory, Unity, Universality
   d. Humanity, Independence, Neutrality, Impartiality, Voluntary Service, Unrepentance, Universality
35. What are the 4 levels of EMS Provider Training regulated by the Paramedic Association of Canada (PAC)?
   Answers found in: Emergency Care Manual
   a. Emergency Medical Technician, Primary Care Paramedic, Advanced Care Paramedic, and Critical Care Paramedic
   b. Emergency Medical Responder, Primary Care Paramedic, Advanced Care Paramedic, and Child Care Paramedic
   c. Emergency Medical Responder, Primary Care Paramedic, Advanced Care Paramedic, and Critical Care Paramedic
   d. Emergency Medical Responder, First Responder, Advanced Care Paramedic, and Critical Care Paramedic

36. Which of the following is NOT one of the roles of Medical Control?
   Answers found in: Emergency Care Manual
   a. Direct the care given to patients by pre-hospital care professionals
   b. Oversees training and development of protocols
   c. Provide medical direction in an EMS system
   d. Be present at every incident outside the hospital

37. What four conditions must exist for infection to occur?
   Answers found in: Emergency Care Manual
   a. Pathogen is present ... there is enough pathogen to cause disease ... a person is susceptible to the pathogen ... there is no route of entry
   b. Pathogen is present ... there is enough pathogen to cause disease ... a person is susceptible to the pathogen ... there is a route of entry
   c. Pathogen is present ... there is enough pathogen to cause disease ... a person is immune to the pathogen ... there is a route of entry
   d. Pathogen is present ... there is at least 7 ppm of the pathogen ... a person is susceptible to the pathogen ... there is a route of entry

38. What are the four methods Pathogens use to enter the body?
   Answers found in: Emergency Care Manual
   a. Direct Contact ... Intimate Contact ... Airborne ... Vector-borne
   b. Direct Contact ... Indirect Contact ... Airborne ... Intravenous
   c. Direct Contact ... Bloodborne... Airborne ... Vector-borne
   d. Direct Contact ... Indirect Contact ... Airborne ... Vector-borne
39. What immunizations are recommended for Medical Responders?
   Answers found in: Emergency Care Manual
   
   a. DPT ... Polio ... Hepatitis C ... MMR ... Influenza ... Chicken Pox
   b. DPT ... Polio ... Hepatitis B ... MMR ... Impetigo ... Chicken Pox
   c. DPT ... Polio ... Hepatitis B ... MMR ... Influenza ... Chicken Pox
   d. DPT ... HIV/AIDS ... Hepatitis B ... MMR ... Influenza ... Chicken Pox

40. What Personal Protective Equipment is recommended when providing bleeding control with spurting blood?
   Answers found in: Emergency Care Manual
   
   a. Disposable Gloves ... Gown ... Mask ... Protective Eyewear
   b. Disposable Gloves ... Gown ... Mask ... Chemical Resistant Goggles
   c. Disposable Gloves ... Gown ... Respirator ... Protective Eyewear
   d. Puncture Proof Gloves ... Gown ... Mask ... Protective Eyewear

41. Which diseases are transmitted through Airborne transmission?
   Answers found in: Emergency Care Manual
   
   a. Herpes and Hepatitis
   b. Meningitis and Tuberculosis
   c. HIV/AIDS and Herpes
   d. HIV/AIDS and Hepatitis

42. What group of Pathogens meet the following definition?
   Answers found in: Emergency Care Manual
   "A group of microorganisms that require other living cells for growth but use oxygen, have metabolic enzymes and cell walls, and are susceptible to antibiotics"
   
   a. Viruses
   b. Bacteria
   c. Fungi
   d. Protozoa
   e. Ricksettia
43. What group of Pathogens cause the following conditions?
Answers found in: Emergency Care Manual

“Abdominal pain, anemia, lymphatic vessel blockage, lowered antibody response, respiratory and circulatory complications”

a. Viruses
b. Bacteria
c. Fungi
d. Ricksettia
e. Parasitic Worms

44. What Body System supplies the body with Oxygen through Breathing?
Answers found in: Emergency Care Manual

a. Respiratory
b. Circulatory
c. Endocrine
d. Digestive
e. Genitourinary

45. What Body System includes Bones, Muscles, Joints, Ligaments, and Tendons?
Answers found in: Emergency Care Manual

a. Respiratory
b. Circulatory
c. Nervous
d. Musculoskeletal
e. Integumentary

46. What Body System breaks down food and eliminates waste?
Answers found in: Emergency Care Manual

a. Circulatory
b. Integumentary
c. Endocrine
d. Digestive
e. Genitourinary
47. What Body System plays an important part of the body’s communication network; helps prevent infection and dehydration; assists with temperature regulation; and aids in production of certain vitamins?
   Answers found in: Emergency Care Manual
   a. Respiratory
   b. Circulatory
   c. Nervous
   d. Musculoskeletal
   e. Integumentary

48. What Body System works with the nervous system to coordinate the activities of other systems?
   Answers found in: Emergency Care Manual
   a. Respiratory
   b. Circulatory
   c. Nervous
   d. Musculoskeletal
   e. Endocrine

49. Which Body Cavity contains the Spinal Cord?
   Answers found in: Emergency Care Manual
   a. Cranial
   b. Spinal
   c. Thoracic
   d. Abdominal
   e. Pelvic

50. Which Body Cavity contains the Liver?
   Answers found in: Emergency Care Manual
   a. Cranial
   b. Spinal
   c. Thoracic
   d. Abdominal
   e. Pelvic
51. Which Body Cavity contains the Kidneys?

Answers found in: Emergency Care Manual

a. Cranial
b. Spinal
c. Thoracic
d. Abdominal
e. Pelvic

52. Which Body Cavity contains the Lungs?

Answers found in: Emergency Care Manual

a. Cranial
b. Spinal
c. Thoracic
d. Abdominal
e. Pelvic

53. The wrist is _____________ to the elbow.

Answers found in: Emergency Care Manual

a. Medial
b. Lateral
c. Proximal
d. Distal

54. The clavicle is _____________ to the hips.

Answers found in: Emergency Care Manual

a. Superior
b. Inferior
c. Proximal
d. Distal
55. The sternum is _____________ to the axilla (armpit).

   Answers found in: **Emergency Care Manual**
   
   a. Superior  
   b. Inferior  
   c. Medial  
   d. Lateral

56. The spinal column is on the _____________ of the body, while the patella (kneecap) is on the _____________ side.

   Answers found in: **Emergency Care Manual**
   
   a. Superior, Inferior  
   b. Inferior, Superior  
   c. Anterior, Posterior  
   d. Posterior, Anterior

57. The _____________ of the heart pumps oxygen-poor blood to the lungs.

   Answers found in: **Emergency Care Manual**
   
   a. Right Atrium  
   b. Left Atrium  
   c. Right Ventricle  
   d. Left Ventricle

58. The _____________ of the heart receives oxygen-rich blood from the lungs.

   Answers found in: **Emergency Care Manual**
   
   a. Right Atrium  
   b. Left Atrium  
   c. Right Ventricle  
   d. Left Ventricle
59. The __________ of the heart pumps oxygen-rich blood to the upper and lower body through the ________.

Answers found in: Emergency Care Manual

a. Right Atrium, Coronary Artery  
b. Left Atrium, Aorta  
c. Right Ventricle, Coronary Artery  
d. Left Ventricle, Aorta

60. Air reaches the lungs through two tubes called __________ .

Answers found in: Emergency Care Manual

a. Bronchi  
b. The Larynx and Pharynx  
c. Alveoli  
d. Bronchioles

61. Bronchioles eventually millions of tiny air sacs called __________ .

Answers found in: Emergency Care Manual

a. Bronchi  
b. Capillaries  
c. Alveoli  
d. Lungs

62. Oxygen and carbon dioxide pass into and out of the blood through the thin cell walls of the alveoli and tiny blood vessels called __________ .

Answers found in: Emergency Care Manual

a. Mucous  
b. Capillaries  
c. Veins  
d. Arteries
63. Bones are held together with __________ ; while muscles are held to bones with___________.
   Answers found in: Emergency Care Manual
   a. Filaments, Ligaments
   b. Cartilage, Tendons
   c. Tendons, Ligaments
   d. Ligaments, Tendons

64. A baby is born with approximately ____________ bones.
   Answers found in: Emergency Care Manual
   a. 200
   b. 250
   c. 300
   d. 350

65. The strongest bone of the human body is the _____________.
   Answers found in: Emergency Care Manual
   a. Cranium
   b. Humerus
   c. Scapula
   d. Femur

66. The Canadian Red Cross Emergency Care Manual recommends a flow rate of 15 lpm for a Non-Rebreather mask. However, local BC EMALB Licensing practices indicate a flow rate of ____________ lpm for a Non-Rebreather mask.

   Answers found in: Emergency Care Manual, and EMR Cheat Sheet
   a. 8 - 15
   b. 10 - 15
   c. 10 - 20
   d. 4 - 10
67. Identify the piece of equipment pictured below.

![Image of equipment]

Answers found in: Equipment Familiarization Booklet

a. Pocket Mask  
   b. Simple Mask  
   c. Bag Valve Mask  
   d. Non-Rebreather Mask

68. Identify the piece of equipment pictured below.

![Image of equipment]

Answers found in: Equipment Familiarization Booklet

a. Pocket Mask  
   b. Simple Mask  
   c. Bag Valve Mask  
   d. Non-Rebreather Mask
69. Identify the piece of equipment pictured below.

![Image of equipment]

Answers found in: Equipment Familiarization Booklet

a. Pocket Mask  
b. Simple Mask  
c. Bag Valve Mask  
d. Non-Rebreather Mask

70. Identify the piece of equipment pictured below.

![Image of equipment]

Answers found in: Equipment Familiarization Booklet

a. Speed Splint  
b. Arm Splint  
c. SAM Splint  
d. Traction Splint
71. Identify the piece of equipment pictured below.

Answers found in: Equipment Familiarization Booklet

a. Tensor Bandage
b. Crepe Bandage
c. Cling Gauze Roll
d. Esmarch Bandage

72. Identify the piece of equipment pictured below.

Answers found in: Equipment Familiarization Booklet

a. Oropharyngeal Airway (OPA)
b. Nasopharyngeal Airway (NPA)
c. Inflatable Airway (ITA)
d. Intubated Airway (IBA)
73. Assessing the Radial Pulse Rate, Rhythm and Character is part of the...

Answers found in: Emergency Care Manual  EMR Cheat Sheet

a. Scene Survey  
b. Primary Survey  
c. Secondary Survey  
d. SAMPLE Questions

74. Recording patient data on a written form, and passing that information along is part of the...

Answers found in: Emergency Care Manual  EMR Cheat Sheet

a. Scene Survey  
b. Primary Survey  
c. Secondary Survey  
d. Ongoing Survey

75. Assessing the patient’s Level of Consciousness using the acronym AVPU is part of the...

Answers found in: Emergency Care Manual  EMR Cheat Sheet

a. Scene Survey  
b. Primary Survey  
c. Secondary Survey  
d. Ongoing Survey

76. Assessing the patient’s Level of Consciousness using the Glasgow Coma Scale (GCS) is part of the...

Answers found in: Emergency Care Manual  EMR Cheat Sheet

a. Scene Survey  
b. Primary Survey  
c. Secondary Survey  
d. Ongoing Survey
77. Assessing the need for, and requesting additional resources is part of the...

Answers found in: Emergency Care Manual  EMR Cheat Sheet

   a. Scene Survey
   b. Primary Survey
   c. Secondary Survey
   d. Ongoing Survey

78. A patient whose eyes only open when pain is applied, who mutters incomprehensibly, and pulls their hand away when pinched, has a Glasgow Coma Scale score of ____________.

Answers found in: Emergency Care Manual  EMR Cheat Sheet

   a. 3
   b. 6
   c. 8
   d. 15

79. A patient whose Oxygen Saturation is between 86% - 90% is considered ___________ and the medical responder should administer emergency oxygen using a non-rebreather mask or bag-valve-mask.

Answers found in: Emergency Care Manual

   a. Normal
   b. Mildly Hypoxic
   c. Moderately Hypoxic
   d. Severely Hypoxic

80. Which of the following is NOT considered a limitation of Pulse Oximetry reliability?

Answers found in: Emergency Care Manual

   a. Hypoperfusion
   b. Hypertension
   c. Fingernail Polish
   d. Sickle Cell Disease/Anemia
81. Blood Pressure is measured in __________.

   Answers found in: Emergency Care Manual

   a. Millimeters of Mercury (mmHg)
   b. Milligrams of Mercury (mgHg)
   c. Millimoles per Liter (MMo/L)
   d. Milligrams per Liter (Mg/L)

82. When recording Blood Pressure readings, the first number expressed is the ___________ pressure, while the second number expressed is the ____________ pressure.

   Answers found in: Emergency Care Manual

   a. Diastolic, Systolic
   b. Systolic, Diastolic
   c. Hypo, Hyper
   d. Hyper, Hypo

83. Blood Sugar is measured in __________.

   Answers found in: Emergency Care Manual

   a. Millimeters of Mercury (mmHg)
   b. Milligrams of Mercury (mgHg)
   c. Millimoles per Liter (MMo/L)
   d. Milligrams per Liter (Mg/L)

84. Which of the following is NOT one of the types of Shock?

   Answers found in: Emergency Care Manual

   a. Anaphylactic
   b. Hypervolemic
   c. Psychogenic
   d. Cardiogenic
85. Which of the following correctly lists the 6 Rights of Medication?

Answers found in: Emergency Care Manual

a. Person, Medication, Dosage, Time, Route, Documentation
b. Prescription, Medication, Time, Dosage, Route, Documentation
c. Person, Medication, Time, Solution, Route, Documentation
d. Person, Medication, Time, Dosage, Reminder, Documentation

86. Nitroglycerin is classified as a ________________________.

Answers found in: Emergency Care Manual

a. Bronchodilator, Antibiotic
b. Stimulant, Dopamine Inhibitor
c. Beta Blocker, Pain Suppressant
d. Antianginal, Vasodilator

87. Nitroglycerin is contraindicated if the patient has used __________ or __________ in the past 24 hours or __________ in the past 48 hours.

Answers found in: Emergency Care Manual

a. Levitra, Cialis, Viagra
b. Viagra, Cialis, Levitra
c. Viagra, Levitra, Cialis
d. Cialis, Viagra, Levitra

88. Angina pain usually lasts ________________.

Answers found in: Emergency Care Manual

a. More than 24 hours
b. More than 12 hours
c. Less than 10 minutes
d. Less than 10 seconds
89. Signs and Symptoms of a Heart Attack  ________________.

Answers found in: Emergency Care Manual

  a. Sometimes different for men than women
  b. Always different for men than women
  c. Always identical for men and women
  d. Always identical for everyone

90. Buildup of material on the inner walls of the ________________ reduces blood flow to the heart muscle and may cause a heart attack.

Answers found in: Emergency Care Manual

  a. Left Ventricle
  b. Pulmonary Arteries
  c. Aortic Arch
  d. Coronary Arteries

91. Acetylsalicylic Acid (ASA) should not be given to a patient who ________________.

Answers found in: Emergency Care Manual

  a. Has a sensitivity/allergy to ASA
  b. Is unconscious
  c. Has a bleeding disorder
  d. All of the above

92. If a tourniquet has been applied, as a last resort to control severe external bleeding, the responder may slowly remove the tourniquet after ________________ . The tourniquet should be immediately reapplied if bleeding continues.

Answers found in: Emergency Care Manual

  a. A doctor has arrived on scene
  b. 10 minutes
  c. The patient reports numbness and tingling
  d. Transport has been initiated
93. Which of the following is NOT a sign or symptom of Internal Bleeding?

   Answers found in: Emergency Care Manual
   
   a. Excessive Thirst  
   b. Weak, Rapid Pulse  
   c. A feeling of euphoria  
   d. Drop in blood pressure  

94. The acronym F.A.S.T. is used for assessing possible Stroke, and stands for _____________________.

   Answers found in: Emergency Care Manual
   
   a. Face, Arm, Speech, Time  
   b. Face, Arm, Strength, Touch  
   c. Face, Artery, Speech, Touch  
   d. Face, Arm, Speed, Touch  

95. A transient ischemic attack (TIA) can be caused by _____________________.

   Answers found in: Emergency Care Manual
   
   a. Reduced blood flow to the brain  
   b. Clots  
   c. Ruptures  
   d. All of the above  

96. __________ is a hormone produced in the __________ which takes sugar into the cells of the body.

   Answers found in: Emergency Care Manual
   
   a. Insulin, Pancreas  
   b. Adrenaline, Gallbladder  
   c. Cortisone, Pancreas  
   d. Ketone, Liver
97. Young children and babies may be at risk of __________ seizures, which are brought on by a rapid increase in body temperature.

   Answers found in: Emergency Care Manual
   
   a. Clonic
   b. Tonic
   c. Febrile
   d. Epileptic

98. A(n) __________ is characterized by skin that has been rubbed or scraped away.

   Answers found in: Emergency Care Manual
   
   a. Puncture
   b. Avulsion
   c. Laceration
   d. Abrasion

99. A(n) __________ is a cut that may have either smooth or jagged edges.

   Answers found in: Emergency Care Manual
   
   a. Puncture
   b. Avulsion
   c. Laceration
   d. Abrasion

100. A(n) __________ is an injury in which a portion of the skin and sometimes other soft tissue is partially or completely torn away.

   Answers found in: Emergency Care Manual
   
   a. Puncture
   b. Avulsion
   c. Laceration
   d. Abrasion
Before Session 3:  
You should have all 200 questions completed

101. An impaled object should be left in place unless ________________.

Answers found in: Emergency Care Manual

a. The patient complains of pain
b. It involves the cheek
c. It interferes with breathing
d. Both b and c

102. An extruded eyeball should be covered with ____________________.

Answers found in: Emergency Care Manual

a. Moist dressing and a protective cup
b. A tensor bandage wound tightly over the eye
c. An esmarch bandage
d. The patient’s contact lens

103. Sometimes you can remove an object from the patient’s ear by pulling down on the ____________, tilting the ____________ to the side, and gently shaking or striking the ____________ on the affected side.

Answers found in: Emergency Care Manual

a. Head, Earlobe, Head
b. Earlobe, Head, Head
c. Head, Head, Earlobe
d. Earlobe, Head, Earlobe
104. Your primary concern when dealing with a mouth/jaw injury is _________________.

Answers found in: Emergency Care Manual

   a. Loose teeth
   b. Ensuring a clear airway
   c. Controlling bleeding
   d. Permanent scarring

105. A nosebleed (epistaxis) can be controlled by having the patient sit with their head tilted ____________, while pinching the ____________ together.

Answers found in: Emergency Care Manual

   a. To the right, Nostrils
   b. To the left, Nostrils
   c. Back, Nostrils
   d. Forward, Nostrils

106. Which of the following is NOT a sign/symptom of Infection?

Answers found in: Emergency Care Manual

   a. Pus
   b. Stitches
   c. Red Streaks
   d. Fever

107. Which of the following is NOT one of the Mechanisms of Spinal Injury listed in the Canadian Red Cross Emergency Care Manual?

Answers found in: Emergency Care Manual

   a. Impaction
   b. Distraction
   c. Penetration
   d. Compression
108. To minimize movement of the head and neck, use a technique called ________________.

Answers found in: Emergency Care Manual

- a. Off-line Stabilization
- b. On-line Stabilization
- c. In-line stabilization
- d. Center-line stabilization

109. Which of the following is NOT one of the signs/symptoms of Head or Spinal Injury listed in the Canadian Red Cross Emergency Care Manual?

Answers found in: Emergency Care Manual

- a. Changes to Blood Pressure
- b. Blood or other fluids coming from the ears, nose or mouth
- c. Irregular Breathing
- d. Squeezing pain in the center of the chest

110. The Lumbar region of the Spinal Column contains ________________ vertebrae.

Answers found in: Emergency Care Manual

- a. 4
- b. 5
- c. 6
- d. 7

111. Which of the following lists the 3 types of bleeding in the skull?

Answers found in: Emergency Care Manual

- a. Epidural Hematoma, Subdural Hematoma, Intracerebral Hematoma
- b. Epidural Hematoma, Subdural Hematoma, Intercerebral Hematoma
- c. Epistaxil Hematoma, Subdural Hematoma, Intracerebral Hematoma
- d. Epidural Hematoma, Subarachnoid Hematoma, Intracerebral Hematoma
112. A strain is the excessive stretching and tearing of muscle or _____________ fibers.

   Answers found in: Emergency Care Manual
   a. Ligament
   b. Cartilagineous
   c. Tendon
   d. Osteopathic

113. A sprain is the stretching or tearing of _____________ and other tissues at a joint.

   Answers found in: Emergency Care Manual
   a. Ligament
   b. Cartilagineous
   c. Tendon
   d. Osteopathic

114. Which of the following lists the steps outlined in the acronym R-I-C-E ?

   Answers found in: Emergency Care Manual
   a. Rest, Immobilize, Compression, Elevate
   b. Rest, Immobilize, Cold, Elevate
   c. Realign, Immobilize, Cold, Elevate
   d. Rest, Immobilize, Cold, Encompass

115. In a healthy person, the normal response is for the area beneath the nail to turn pale as you press it and turn pink again as you releases and it refills with blood. If the area does not return to pink within _______ seconds, this indicates insufficient circulation.

   Answers found in: Emergency Care Manual
   a. 1
   b. 2
   c. 3
   d. 4
116. Although fractures are __________ an immediate threat to life, any fracture involving a ________ can cause hypovolemic shock because bones and soft tissue may bleed heavily.

Answers found in: Emergency Care Manual

a. Rarely, Child
b. Never, Long bone
c. Always, Large bone
d. Rarely, Large bone

117. When 2 or more professional rescuers are performing CPR on a Child or Baby, the correct ratio of Compressions to Ventilations is ___________.

Answers found in: Emergency Care Manual

a. 30:2
b. 15:1
c. 15:2
d. 10:1

d. Either b or c ... depending on local protocols

118. When performing CPR chest compressions on a Baby, the depth of compressions should be ___________.

Answers found in: Emergency Care Manual

a. 4 cm
b. 1.5 inches
c. 1/3 the depth of the chest
d. 1/2 the depth of the chest
e. All of the above are correct

119. Before beginning CPR on a patient with suspected Hypothermia, you should assess for the presence of a carotid pulse for up to ___________.

Answers found in: Emergency Care Manual and BCAS Treatment Guidelines for EMR

a. 10 seconds
b. 45 seconds
c. 60 seconds
d. Either b or c ... depending on local protocols
120. It is recommended that responders change positions, between performing Chest Compressions and Ventilations, every ____________ (between cycles) to maintain quality CPR.

Answers found in: Emergency Care Manual

a. Cycle
b. 2 Cycles
c. 2 Minutes
d. 5 Minutes

121. When making the decision to leave the scene and continue performing CPR while in transport, the medical responder should consult/notify _________________.

Answers found in: Emergency Care Manual

a. The patient’s Advance Medical Directive
b. The patient’s physician
c. The DNR form
d. Medical Control/Medical Supervisor

122. In over 80% of sudden cardiac arrests, the initial rhythm is ______________ or ______________, which are the only two rhythms an AED will shock.

Answers found in: Emergency Care Manual

a. Ventricular Fibrillation, Ventricular Tachycardia
b. Ventricular Fibrillation, Asystole
c. Ventricular Tachycardia, Asystole
d. Ventricular Tachycardia, Ventricular Dyspnea

123. Which of the following does NOT constitute “Treatable” CPR?

Answers found in: EMR Cheat Sheet

a. Cardiac Tamponade
b. Ventricular Fibrillation
c. 3 Consecutive No-Shocks
d. Tension Pneumothorax
124. Pulmonary Edema can result from excess fluid leaking from the pulmonary veins into ______________.

   Answers found in: **Emergency Care Manual**
   a. The Left Atrium  
   b. The Right Atrium  
   c. Alveoli  
   d. The Liver

125. Patients found lying down, with suspected Pulmonary Edema, should be instructed to _____________.

   Answers found in: **Emergency Care Manual**
   a. Roll onto their right side  
   b. Roll onto their left side  
   c. Sit up with legs dangling  
   d. Sit up with legs elevated above the heart

126. ______________ is the most common condition to cause Pulmonary Edema.

   Answers found in: **Emergency Care Manual**
   a. Diabetes  
   b. Epilepsy  
   c. Anaphylaxis  
   d. Congestive Heart Failure

127. Pulmonary Embolism is caused by a ______________ of a pulmonary artery.

   Answers found in: **Emergency Care Manual**
   a. Blockage  
   b. Embolus  
   c. Clot  
   d. All of the above
128. The term COPD is used to refer to ______________ or ______________, two closely related diseases of the respiratory system.

Answers found in: Emergency Care Manual

a. Emphysema, Chronic Bronchitis
b. Pulmonary Edema, Pulmonary Embolism
c. Diabetes, Seizures
d. Anaphylaxis, Bronchitis

129. Asthma is a condition that narrows the ______________ and makes breathing difficult.

Answers found in: Emergency Care Manual

a. Pupils
b. Coronary Arteries
c. Air Passages
d. Capillaries

130. A characteristic sign of asthma is ______________ when ______________ due to constricted air passages.

Answers found in: Emergency Care Manual

a. Wheezing, Inhaling
b. Wheezing, Exhaling
c. Coughing, Inhaling
d. Coughing, Exhaling

131. Pneumonia is a term used to describe a group of illnesses characterized by lung infection and_____________.

Answers found in: Emergency Care Manual

a. Smoking
b. Pus-filled Alveoli
c. Asthma
d. COPD
132. In healthy individuals, the drive to breath is from the amount of ______________ in the blood.

   Answers found in: Emergency Care Manual
   
   a. Iron  
   b. Oxygen  
   c. Hemoglobin  
   d. Carbon Dioxide

133. In people with a Hypoxic Drive, the breathing rate increases when ______________ levels in the blood are low.

   Answers found in: Emergency Care Manual
   
   a. Iron  
   b. Oxygen  
   c. Hemoglobin  
   d. Carbon Dioxide

134. The breathing difficulty associated with Anaphylactic Shock can progress to an obstructed airway as the ______________ and ______________ swell.

   Answers found in: Emergency Care Manual
   
   a. Tongue, Throat  
   b. Face, Hands  
   c. Feet, Ankles  
   d. Lips, Eyelids

135. Rapid, shallow breathing is often referred to as ______________.

   Answers found in: Emergency Care Manual
   
   a. Tachypnea  
   b. Dyspnea  
   c. Apnea  
   d. Hypopnea
136. Hyperventilation upsets the body’s balance of ___________ and ___________.

   Answers found in: Emergency Care Manual
   a. Electrolytes, Carbohydrates
   b. Insulin, Sugar
   c. Oxygen, Carbon Dioxide
   d. Oxygen, Carbon Monoxide

137. A patient with a breathing rate of less than ______________ breaths per minute, or greater than ______________ breaths per minute should have their breathing assisted.

   Answers found in: Emergency Care Manual
   a. 20, 40
   b. 6, 10
   c. 10, 30
   d. 1, 15

138. When a child or baby is not breathing, but still has a pulse, Rescue Breaths should be given at a rate of one breath every ______________ seconds.

   Answers found in: Emergency Care Manual
   a. 8 - 10
   b. 5 - 10
   c. 5 - 6
   d. 3 – 5

139. Which of the following outlines the proper sequence of steps when retrieving an amputated body part?

   Answers found in: Emergency Care Manual
   a. Wrap in Sterile Gauze, Place in Bag, Place in Ice
   b. Place in Ice, Wrap in Sterile Gauze, Place in Bag
   c. Wrap in Sterile Gauze, Place in Ice, Place in Bag
   d. Place in Bag, Wrap in Sterile Gauze, Place in Ice
140. When dealing with a sucking chest wound, cover the wound with a(n) _______________; taped in place except the side that is closest to the ______________.

Answers found in: Emergency Care Manual

a. Tensor, Patient  
b. Occlusive Dressing, Ground  
c. Tourniquet, Wound  
d. Drip Set, Left Side

141. Which of the following is appropriate treatment for a Flail Chest?

Answers found in: Emergency Care Manual

a. Bind the Flail Segment  
b. Strap the Flail Segment  
c. Apply Bulky Dressings  
d. All of the above

142. Which of the following is appropriate treatment for an Abdominal injury with protruding organs?

Answers found in: Emergency Care Manual

a. Bend the patient’s knees  
b. Loose Dressings  
c. Plastic Wrap  
d. All of the above

143. When someone has been trapped with their limbs compressed for a long period of time, removal of the crushing object may commonly result in ______________ being released into the ____________.

Answers found in: Emergency Care Manual

a. Shrapnel, Wound  
b. Toxins, Bloodstream  
c. Spores, Air  
d. Air bubbles, Lungs
144. Which of the following is NOT a common sign/symptom of Compartment Syndrome?

   Answers found in: Emergency Care Manual

   a. Paralysis
   b. Burning Sensation
   c. Muscle Tightness
   d. Hives/Rash

145. Which of the following are possible complications of Blast Injuries?

   Answers found in: Emergency Care Manual

   a. Perforated Bowels
   b. Pulmonary Edema
   c. Pulmonary Embolism
   d. All of the above

146. A pulsating mass in the abdomen may indicate a(n) ____________, which is the result of a weakening in the ____________?

   Answers found in: Emergency Care Manual

   a. Abdominal Aortic Aneurysm, Aorta
   b. Pulmonary Embolism, Alveoli
   c. Hernia, Muscle
   d. Subcutaneous Emphysema, Capillaries

147. Superficial burns involve the ____________.

   Answers found in: Emergency Care Manual

   a. Top layer of skin
   b. Epidermis and Dermis
   c. Fatty Tissues
   d. Muscle Tissues
148. Partial Thickness burns involve the ______________.

Answers found in: Emergency Care Manual

a. Top layer of skin  
b. Epidermis and Dermis  
c. Fatty Tissues  
d. Muscle Tissues

149. Full thickness burns are often surrounded by painful ______________.

Answers found in: Emergency Care Manual

a. Bruises  
b. Partial Thickness Burns  
c. Fractures  
d. Cyanosis

150. Critical burns, which are life threatening, can be ______________.

Answers found in: Emergency Care Manual

a. Difficult to assess  
b. Easily identified  
c. Categorized based on the amount of pain the patient feels  
d. Treated on scene, without the need for more advanced care

151. Using the “Rule of Nines”, burns covering the entire front and back of an adult torso would be estimated as covering ______________ of the body.

Answers found in: Emergency Care Manual

a. 100 %  
b. 36 %  
c. 18 %  
d. 9 %
152. Using the “Rule of Nines”, burns covering the entire left leg of a baby would be estimated as covering _____________ of the body.

Answers found in: Emergency Care Manual

a. 28 %
b. 18 %
c. 14 %
d. 9 %

153. Using the “Rule of Nines”, burns covering the entire head, and lower half of the right arm of an adult would be estimated as covering _____________ of the body.

Answers found in: Emergency Care Manual

a. 18 %
b. 13.5 %
c. 9 %
d. 4.5 %

154. Which list below identifies the 4 methods by which Poisons can enter the body?

Answers found in: Emergency Care Manual

a. Ingestion, Inhalation, Absorption, Impaction
b. Ingestion, Inhalation, Osmosis, Injection
c. Indigestion, Inhalation, Absorption, Injection
d. Ingestion, Inhalation, Absorption, Injection

155. Which list below identifies 4 of the most commonly misused and abused types of substances?

Answers found in: Emergency Care Manual

a. Stimulants, Hallucinogens, Depressants, Designer Drugs
b. Stimulants, Halogens, Depressants, Designer Drugs
c. Stimulants, Hallucinogens, Anti-depressants, Designer Drugs
d. Psychotics, Hallucinogens, Depressants, Designer Drugs
156. Although few spiders in North America have venom that causes death, the bites of the ___________ and ___________ spiders can be fatal.

Answers found in: Emergency Care Manual

a. Black Widow, Daddy Long Legs
b. Tarantula, Painted Sparrow
c. Black Widow, Brown Recluse
d. Wolf Spider, Brown Recluse

157. Which of the following is not recommended to deactivate the toxin of a jelly-fish?

Answers found in: Emergency Care Manual

a. Baking Soda
b. Bleach
c. Vinegar
d. Rubbing Alcohol

158. In the past, ________________ was widely publicized as a tick disease. It is still occurring today, but attention has been focussed on another disease transmitted by ticks, known as ________________?

Answers found in: Emergency Care Manual

a. Rabies, Avian Flu
b. H1N1, Black Plague
c. Rocky Mountain Spotted Fever, Lyme Disease
d. Ebola, Zika Virus

159. When caring for a snakebite, you should AVOID ________________.

Answers found in: Emergency Care Manual

a. Applying ice to the bite
b. Cutting the wound
c. Applying a Tourniquet
d. All of the above
160. The body stays cool by ________________ blood vessels near the skin, so heat can escape. The body stays warm by ________________ blood vessels close to the skin.

Answers found in: Emergency Care Manual

a. Constricting, Dilating
b. De-oxygenating, Oxygenating
c. Dilating, Constricting
d. Clotting, Bursting

161. Which of the following identifies signs and symptoms commonly associated with Heat Stroke?.

Answers found in: Emergency Care Manual

a. Weak & Rapid Pulse, Shallow & Rapid Breathing, Hot & Dry Skin
b. Weak & Slow Pulse, Deep & Rapid Breathing, Hot & Moist Skin
c. Strong & Rapid Pulse, Shallow & Slow Breathing, Hot & Dry Skin
d. Weak & Rapid Pulse, Deep & Slow Breathing, Hot & Moist Skin

162. When treating a patient with suspected Heat Exhaustion or Heat Stroke, the body should be cooled ________________.

Answers found in: Emergency Care Manual

a. Only if the patient’s body core temperature is above 104 degrees Celsius
b. As quickly as possible, using whatever means are available
c. Gradually to avoid further shock
d. Only using medically approved cold packs and sterile saline

163. In cases of Severe Hypothermia, shivering will ________________.

Answers found in: Emergency Care Manual

a. Start Suddenly and Uncontrollably
b. Become Uncontrollable and more violent
c. Become more distinct as the body core temperature drops
d. Cease
164. When treating a patient with suspected Hypothermia, the body should be re-warmed ______________.

Answers found in: Emergency Care Manual

   a. Only if the patient’s body core temperature is above 104 degrees Celsius
   b. As quickly as possible, using whatever means are available
   c. Gradually to avoid further shock
   d. Only using medically approved cold packs and sterile saline

165. Frostnip is a _____________ injury, which should be treated similarly to ______________.

Answers found in: Emergency Care Manual

   a. Superficial, Frostbite
   b. Serious, Hypothermia
   c. Superficial, Ice Blindness
   d. Serious, Frostbite

166. A Standard (Regular) Drip set needs to be set at _____________ drips per minute to infuse 200 ml/hr.

Answers found in: Emergency Care Manual, EMR Cheat Sheet

   a. 30
   b. 50
   c. 90
   d. 120

167. A Macro (Adult) Drip set needs to be set at _____________ drips per minute to infuse 360 ml/hr.

Answers found in: Emergency Care Manual, EMR Cheat Sheet

   a. 20
   b. 40
   c. 60
   d. 80
168. A Micro (Mini) Drip set needs to be set at _____________ drips per minute to infuse 120 ml/hr.

Answers found in: Emergency Care Manual, EMR Cheat Sheet

a. 30  
b. 50  
c. 90  
d. 120

169. Turning a patient on their left side, with the head down 30 ° an appropriate intervention for _____________.

Answers found in: Emergency Care Manual

a. Thrombophlebitis  
b. Catheter Embolism  
c. Air Embolism  
d. All of the above

170. ______________ occurs when the patient’s system is unable to manage the extra fluids administered, leading to cardiac and pulmonary complications similar to congestive heart failure or pulmonary edema.

Answers found in: Emergency Care Manual

a. Catheter Embolism  
b. Circulatory Overload  
c. Interstitial Swelling  
d. All of the above

171. Which of the following is NOT one of the 9 common adverse effects in the use of nitrous oxide?

Answers found in: Emergency Care Manual

a. Middle Ear Aggravation  
b. Drowsiness  
c. Decreased Cardiac Output  
d. Hypertension
172. Which of the following identifies the individual Contraindications for Entonox as outlined in the mnemonic acronym C-D-C-P-A-I-N?

Answers found in: EMR Cheat Sheet

a. Comply, Decompression, Consciousness, Pneumothorax, Air emboli, Inhalation, Nitroglycerin
b. Complicated, Decompression, Consciousness, Pneumothorax, Air emboli, Inhalation, Nitroglycerin
c. Comply, Depression, Consciousness, Pneumothorax, Air emboli, Inhalation, Nitroglycerin
d. Comply, Decompression, Consciousness, Pneumothorax, Alveoli, Inhalation, Nitroglycerin

173. What are the 4 Enteral routes of Drug Administration?

Answers found in: Emergency Care Manual

a. Intravenous, Endotracheal, Intramuscular, Subcutaneous
b. Oral, Sublingual, Buccal, Rectal
c. Intercardial, Endotracheal, Extramuscular, Subcutaneous
d. Oral, Sublimation, Osmotic, Temporal

174. What are the 5 Parenteral routes of Drug Administration?

Answers found in: Emergency Care Manual

a. Intravenous, Endotracheal, Intramuscular, Subcutaneous, Pericardial
b. Oral, Sublingual, Buccal, Rectal, Intramuscular
c. Intravenous, Endotracheal, Intramuscular, Subcutaneous, Inhalation
d. Oral, Sublimation, Osmotic, Temporal, Transdermal

175. __________________________ is the study of how the body handles a drug over time, including drug absorption, drug distribution, biotransformation and excretion.

Answers found in: Emergency Care Manual

a. Pharmacodynamics
b. Pharmacokinetics
c. Pharmacometrics
d. Pharmacolistics
176. When utilizing a Sager Traction Splint, the amount of traction applied should be _____% of the patient’s body weight, up to a maximum of ___________ pounds. This maximum is doubled, if Bilateral Traction is being applied.

Answers found in: EMR Cheat Sheet, Sager Traction Splint Manual

a. 100, 50  
b. 50, 100  
c. 15, 10  
d. 10, 15

177. When utilizing a Sager Traction Splint, a maximum of _____ pounds of traction should be applied for open fractures, lower-third fractures and Pediatric patients.

Answers found in: EMR Cheat Sheet, Sager Traction Splint Manual

a. 5  
b. 10  
c. 15  
d. 25

178. Fainting is also referred to as ________________.

Answers found in: Emergency Care Manual

a. Infarction  
b. Apnea  
c. Syncope  
d. Epistaxis

179. The pain associated with Appendicitis usually starts near the ________________ area and diffuses, later becoming intense and localized to the _____________ quadrant.

Answers found in: Emergency Care Manual

a. Abdominal, Left Upper  
b. Abdominal, Left Lower  
c. Umbilical, Right Upper  
d. Umbilical, Right Lower
180. Which of the following is NOT a major cause of Peptic Ulcers?

Answers found in: Emergency Care Manual

a. Helicobacter Pylori
b. ASA
c. Animal Dander
d. Cigarette Smoking

181. The signs and symptoms of Gastroenteritis generally include _________ onset and _________ duration.

Answers found in: Emergency Care Manual

a. Short, Rapid
b. Gradual, Extended
c. Rapid, Short
d. Rapid, Extended

182. Bowel Obstruction in the ___________ is usually caused by adhesions and hernias. Bowel Obstruction in the ___________ is usually caused by tumors and fecal obstruction.

Answers found in: Emergency Care Manual

a. Small Intestine, Large Intestine
b. Stomach, Colon
c. Large Intestine, Small Intestine
d. Colon, Stomach

183. Signs and Symptoms of Kidney Stones can include pain in the flank, lower abdomen and groin, which usually radiates from the ___________ to the ___________.

Answers found in: Emergency Care Manual

a. Right Quadrant, Left Quadrant
b. Left Quadrant, Right Quadrant
c. Back, Front
d. Top, Bottom
184. A Urinary Tract Infection (UTI) is an infection at any site within the urinary tract, usually _______________.

Answers found in: Emergency Care Manual

a. Viral  
b. Bacterial  
c. Vector Borne  
d. Homeostatic

185. Descending to a lower altitude is an effective way to manage _______________.

Answers found in: Emergency Care Manual

a. AMS  
b. HAPE  
c. HACE  
d. All of the above

186. Mania, loss of touch with reality and hallucinations are common signs and symptoms of _______________.

Answers found in: Emergency Care Manual

a. Depression  
b. Anxiety  
c. Psychosis  
d. All of the above

187. Which of the following lists the 4 stages of Labour, in the order in which they occur?

Answers found in: Emergency Care Manual

a. Preparation, Delivery of Baby, Delivery of Placenta, Stabilization  
b. Preparation, Stabilization, Delivery of Baby, Delivery of Placenta  
c. Preparation, Delivery of Baby, Stabilization, Delivery of Placenta  
d. Preparation, Delivery of Placenta, Delivery of Baby, Stabilization
188. To help with a __________________ delivery, place the index and middle fingers of your gloved hand into the vagina next to the baby’s mouth and nose. Spread your fingers to form a “V”.

Answers found in: Emergency Care Manual

   a. Prolapsed Cord
   b. Limb Presentation
   c. Normal
   d. Breech

189. __________________ is the leading cause of Maternal death in the first trimester.

Answers found in: Emergency Care Manual

   a. Third Trimester Bleeding
   b. Ectopic Pregnancy
   c. Miscarriage
   d. Postpartum Bleeding

190. A newborn baby who is crying strongly, with some flexion of extremities, a pulse rate of 120 bpm, a pink body, and blue extremities has an APGAR score of ________. This score would be considered ________________.

Answers found in: Emergency Care Manual, EMR Cheat Sheet

   a. 6, Fairly Low
   b. 8, Normal
   c. 3, Critically Low
   d. 5, Fairly Low

191. Compared to Adults, ________________ can compensate longer before signs of shock are evident; and usually decompensate faster and more suddenly.

Answers found in: Emergency Care Manual

   a. Older Adults
   b. Babies
   c. Children
   d. B and C
   e. All of the above
192. A child’s resting pulse and breathing rate are normally ________________ than those of an adult.

Answers found in: *Emergency Care Manual*

   a. Weaker
   b. Stronger
   c. Faster
   d. Slower

193. You should always suspect ________________ as a possible cause of unusual behaviour in an older adult. Especially if there is a history of a fall or blow to the head.

Answers found in: *Emergency Care Manual*

   a. Head Injury
   b. Alzheimer’s
   c. Elder Abuse
   d. SIDS

194. When dealing with a patient who has a hearing impairment, you may find ________________ an effective communication strategy.

Answers found in: *Emergency Care Manual*

   a. Screaming your commands
   b. Repeating everything 3 times
   c. Writing down what you have to say
   d. All of the above

195. ________________ refers to your actions, posture, facial expression, and tone of voice.

Answers found in: *Emergency Care Manual*

   a. Non-Verbal Communication
   b. Body Language
   c. Professional Documentation
   d. Personality
196. Whenever you have questions about someone’s condition that cannot be resolved by protocols, consult with the ______________________.

Answers found in: Emergency Care Manual

   a. Patient’s Care Facility
   b. Union President
   c. Medical Director
   d. Other crews on duty

197. Most Provinces and Territories allow ______________ for drivers of emergency vehicles, such as driving _______ above the speed limit and proceeding through controlled intersections (after ______________) during an emergency response.

Answers found in: Emergency Care Manual

   a. Rights, 50 km/hr, Determining necessity
   b. Privileges, Slightly, A complete stop
   c. Rights, Slightly, Deeming the call to be Life-Threatening
   d. Privileges, 40 km/hr, Making eye contact with the other drivers approaching

198. Prioritize the following patient, according to the START system of Triage.

   Adult Male
   Walking: Yes
   LOC: Alert
   Radial Pulse: Present
   Respirations: Normal and Adequate
   Injuries: 1.5 foot piece of rebar sticking out of their left chest

Answers found in: Emergency Care Manual

   a. Immediate
   b. Delayed
   c. Minor
   d. Dead/Non-Salvageable
199. Prioritize the following patient, according to the START system of Triage.

   6 month old Female
   Walking: No
   LOC: Unresponsive
   Radial Pulse: Absent
   Respirations: Absent
   Injuries: No visible injuries

   Answers found in: Emergency Care Manual

   a. Immediate
   b. Delayed
   c. Minor
   d. Dead/Non-Salvageable

200. Prioritize the following patient, according to the START system of Triage.

   67 year old male
   Walking: Unable to stand or walk
   LOC: Alert
   Radial Pulse: Weak
   Respirations: Adequate
   Injuries: Pale, Sweaty and complaining of severe chest pain

   Answers found in: Emergency Care Manual

   a. Immediate
   b. Delayed
   c. Minor
   d. Dead/Non-Salvageable

When you are ready, download the Answer Key for review and clarification.