Environmental Emergencies

From Bradys' Emergency Care 10th Edition

1. Which is NOT a site that should be noted when looking for puncture marks?

   a. Legs
   b. Forearms
   c. Face
   d. Fingers

2. What is the first thing that needs to be done when treating a patient for injected toxins?

   a. Treat for shock
   b. Call medical direction
   c. Remove the stinger
   d. Remove jewelry

3. Which is NOT generally a piece of information the emergency department needs to know ahead of time when dealing with a near-drowning incident?

   a. Cold or warm water
   b. Fresh- or salt-water
   c. If it was related to a diving incident
   d. If it was related to a swimming incident

4. Which of the following should be done when treating a hypothermic patient who is alert and responding?

   a. Massage the extremities
   b. Allow the patient to walk
   c. Remove all wet clothing
   d. Encourage exertion

5. Which type of heat exposure is deceptive and easier to harm yourself in?

   a. Moist
   b. Dry
   c. Short
   d. Long

6. How is the patient rotated when performing the one-rescuer in deep water head-chin support?

a. Ducking under him
b. Moving over him
c. Spinning him around
d. Pulling him toward you

7. What type of rewarming is taking place when the patient is covered to prevent further heat loss?

a. Passive
b. Reactive
c. Active
d. Engaging

8. Which is NOT generally seen as a sign or symptom of a snakebite?

a. Vision problems (dim or blurred)
b. Slow pulse and rapid breathing
c. Pain and swelling in the area of the bite
d. Drowsiness or unconsciousness

9. Which does NOT produce a venom?

a. Marine life forms
b. Spider
c. Snake
d. Plant

10. What type of water should be started with when cooling an infant or child suffering from heat stroke?

a. Hot
b. Cool
c. Tepid
d. Cold

11. What happens as the body gets wet that causes it to lose heat?

a. Radiation
b. Evaporation
c. Convection
d. Conduction

12. Which type of injury is often seen with water-related accidents?

a. Cervical spine
b. Lumbar spine
c. Coccyx spine
d. Thoracic spine

13. How does the affected area feel to the patient in the early local cold injury?

a. Hot
b. Numb
c. Painful
d. Cold

14. How far from the wound should constricting bands be placed?

a. 4 inches
b. 2 inches
c. 6 inches
d. 8 inches

15. What is the first symptom of hypothermia?

a. Irrationalness
b. Loss of reflexes
c. Shivering
d. Muscular rigidity

16. What keeps many spiders from being able to poison humans?

a. Fang penetration
b. Population numbers
c. Habitat location
d. Poison concentration

17. Which patient is most likely to be more affected by cold temperatures?

a. Middle aged female sweating from food poisoning inside a controlled environment
b. Young respiratory patient who is dependent on a ventilator
c. Victim trapped in wreckage in the middle of the summer months
d. Elderly male who has fallen and not discovered until the next day

18. How much perspiration can be lost each hour when a person is actively exercising?

a. 4 liters
b. 3 liters
c. 1 liter
d. 2 liters

19. What is the first thing that needs to be done when treating late or deep local cold injury?

a. Administer high-concentration oxygen
b. Transport to a medical facility
c. Get the patient indoors
d. Begin massage of the surrounding areas

20. Which is the best device used for an ice rescue?

a. Large, round-bottomed plastic
b. Large, flat-bottomed plastic
c. Small, flat-bottomed aluminum
d. Small, round-bottomed aluminum

21. What part of the body part is affected when frostbite has occurred?

a. Surface and meat
b. Neither surface or meat
c. Surface only
d. Meat only

22. What demographic is usually involved in a diving incident?

a. Teenager
b. Elderly
c. Child
d. Adult

23. What happens to light skinned patients in the superficial stage of localized cold injuries?

a. Darkens
b. Lightens
c. Reddens
d. Yellows

24. Which is a sign or symptom of an air embolism?

a. Deep pain
b. Paralysis
c. Coughing
d. Convulsions

25. Where are muscular cramps generally located when the patient presents with moist, pale, normal-to-cool skin?

a. Legs
b. Neck
c. Face
d. Arms

26. Which body part is usually involved in a diving accident?

a. Head
b. Feet
c. Ribs
d. Hands

27. What is the first thing that should be done when treating a patient with moist, pale, normal-to-cool skin?

a. Administer oxygen at 15 liters per minute
b. Put patient in suspine position with legs elevated
c. Remove the patient from the hot environment
d. Apply towels over areas that are cramping

28. How long should the patient's pulse be taken in all cold-water rescue situations?

a. 15 seconds
b. 60 seconds
c. 45 seconds
d. 30 seconds

29. How many deaths are reported each year in the United States due to poisonous snake bites?

a. 70
b. 50
c. 10
d. 30

30. How soon does decompression sickness occur in about 90% of the cases?

a. 1 hour
b. 4 hours
c. 3 hours
d. 2 hours

31. Which is NOT a sign or symptom of a heat emergency patient with hot, dry skin?

a. Little or no perspiration
b. Rapid, shallow breathing
c. Weak, thready pulse
d. Dilated pupils

32. What is the condition of having begun to drown but still being able to be resuscitated?

a. Half-drowning
b. Not-drowning
c. Almost-drowning
d. Near-drowning

33. Which of the following can be done without direction from a physician?

a. Cut into the bite location
b. Clean the site with soap and water
c. Suction the venom with your mouth
d. Place cold pack on the bite site

34. How long do snake bite victims who die usually live before they die?

a. 1 to 2 weeks
b. 1 to 2 months
c. 1 to 2 years
d. 1 to 2 days

35. What is the carrying away of heat by currents of air?

a. Radiation
b. Conduction
c. Convection
d. Evaporation

36. What percentage of drowning victims has an elevated alcohol blood level been found?

a. 10%
b. 5%
c. 30%
d. 20%

37. What is the transfer of heat from one material to another through direct contact?

a. Radiation
b. Conduction
c. Evaporation
d. Convection

38. Which type of warming involves applying heat to the lateral chest, neck, armpits and groin?

a. Central
b. Active
c. Aggressive
d. Passive

39. When performing active rapid rewarming of frozen parts what temperature (degrees Fahrenheit) should the water be warmed to?

a. 145 to 150
b. 115 to 120
c. 100 to 105
d. 130 to 135

40. When is a person considered dead?

a. When they are dry and dead
b. When they are warm and dead
c. When they are wet and dead
d. When they are cold and dead

41. What is the second step when performing the head-splint support with one rescuer in shallow water?

a. Position yourself alongside the patient
b. Extend the patient's arms straight up alongside his head to create a splint
c. While rotating the patient, lower your body into the water
d. Begin to rotate the torso toward you

42. Which rescue practice needs to be done once the water emergency patient is on the land?

a. Skin rewarming
b. Chest compressions
c. Rescue breathing
d. Immobilization

43. At which core body temperature (degrees Fahrenheit) does shivering decrease?

a. 95-91
b. 85-81
c. 90-86
d. 99-96

44. Where is most radiant heat lost on the human body?

a. Trunk and legs
b. Neck and chest
c. Head and neck
d. Legs and feet

45. What is it called when the patient's skin is hot?

a. Heat attack
b. Heat exhaustion
c. Heat stroke
d. Heat fatigue

46. What should be tried first when performing a water rescue?

a. Go
b. Throw and tow
c. Row
d. Reach