Chapter 3
Wellness and Safety of the Emergency Medical Responder

1. Which organization's guidelines are used to create the infection-control procedures?
p. 42

A.) FEMA
B.) NFPA
C.) NIOSH
*D.) OSHA

2. Which of the following is NOT a basic piece of protective equipment that should be worn with any patient who is coughing or sneezing?
p. 39

A.) Mask
B.) Gloves
*C.) Gown
D.) Eye protection

3. Which is an extreme emotional state characterized by emotional exhaustion and cynicism?
p. 49

A.) Anxiety
B.) Stress
C.) Depression
*D.) Burnout

4. Which of the following occurs most often in hospitals and health-care facilities?
p. 44

A.) SARS
B.) West Nile virus
C.) Swine flu
*D.) MSRA

5. Where do the most common hazardous materials exposures occur?
p. 46

A.) In an industrial plant
B.) In a chemical supply location
C.) In the retail store
*D.) In the home

6. What should be done first if unprotected hands come into contact with dried blood?
p. 39

A.) Report it
*B.) Wash them with soap and water
C.) Put on gloves
D.) Dust them off

7. Which piece of protective equipment should be worn at all times?
p. 41

A.) Gown
*B.) Gloves
C.) Eye protection
D.) Face shield

8. Which statement about HIV is NOT correct?
p. 43

*A.) It is more concentrated in bodily fluids than tuberculosis
B.) HIV does not survive well outside the body
C.) The routes of exposure to HIV are limited to direct contact with nonintact skin with blood
D.) There is no current vaccine for HIV

9. What is an emotionally disruptive or upsetting condition that occurs in response to adverse external influences?
p. 47

A.) Depression
B.) Revenge
*C.) Stress
D.) Anger

10. Which disease needs quick treatment with antibiotics?
p. 43

A.) Hepatitis C
B.) HIV
C.) Hepatitis A
*D.) Meningitis

11. What should soiled equipment be cleaned with first?
p. 41

A.) Bleach and water
B.) Alcohol
C.) Iodine
*D.) Soap and water

12. What should you increase when developing more healthful and positive dietary habits?
p. 51

A.) Alcohol
B.) Fats
*C.) Carbohydrates
D.) Sugars

13. Which vaccination did OSHA mandate be available in 1992?
p. 38

A.) Meningitis
B.) HIV
C.) Influenza
*D.) Hepatitis B

14. Which disease is spread through airborne aerosolized droplets, but can be prevented by the use of a mask?
p. 43

A.) HIV
*B.) Tuberculosis
C.) Hepatitis A
D.) Meningitis

15. Which type of incidents are considered some of the most stressful that EMS providers are required to handle?
p. 47

A.) Heart attack calls
B.) Sick calls
C.) Transport calls
*D.) Pediatric calls

16. What is the first step when removing gloves?
p. 42

A.) Slip the glove over the hand, pulling it inside out
B.) Slip and ungloved finger under the cuff
C.) Slip one glove off and place it inside the other glove
*D.) Grasp the outer cuff of the opposite glove

17. What can be used to identify transported hazardous materials from a distance?
p. 46

*A.) Placards
B.) Vehicle shape
C.) Route taken
D.) MSDS

18. In which stage does the patient put off having to deal with the situation?
p. 50

A.) Acceptance
B.) Anger
*C.) Denial
D.) Depression

19. Which statement is NOT true?
p. 49

A.) Stress can cause insomnia and fatigue
B.) Learn the signs and symptoms of stress
*C.) If you ignore stress it will go away
D.) Stress can lead to a need to leave the field permanently

20. Which infectious disease kills more health-care workers than any other?
p. 40

A.) Tuberculosis
B.) Meningitis
C.) HIV
*D.) Hepatitis

21. Which of the following is NOT one of the most common vaccines recommended for EMS personnel?
p. 38

*A.) Tuberculosis
B.) Tetanus
C.) Measles
D.) Rubella

22. What route of exposure is through the skin?
p. 40

A.) Injection
B.) Inhalation
*C.) Absorption
D.) Ingestion

23. Which of the following should NOT be done when treating a terminally ill patient?
p. 50

A.) Recognize the patient's needs
*B.) Give them false reassurance
C.) Offer them comfort
D.) Listen empathetically

24. What is a pre-employment medical exam used to determine overall health?
p. 38

*A.) Baseline health status
B.) Standard precaution
C.) Universal health exam
D.) Annual check-up

25. Within what time period are critical incident stress management meetings usually held?
p. 51

A.) 72-96 hours
B.) 36-48 hours
C.) 12-24 hours
*D.) 24-72 hours

26. Which disease caused permanent liver damage in many cases?
p. 43

A.) Tuberculosis
*B.) Hepatitis B
C.) HIV
D.) Meningitis

27. What is your first priority?
p. 47

*A.) Scene safety
B.) Triage
C.) Documentation
D.) Patient care

28. How long should the eyes be flushed with water following an exposure?
p. 45

A.) 40 minutes
*B.) 20 minutes
C.) 10 minutes
D.) 30 minutes

29. How many pairs of gloves should you wear if you will be in contact with sharp objects?
p. 41

A.) Four
B.) Three
C.) One
*D.) Two

30. What will be one of your first decisions when you arrive at the incident scene?
p. 45

*A.) Where to place the vehicle
B.) Best access route
C.) Which patients to treat
D.) Back-up needed

31. What should you do if you see weapons at the incident scene?
p. 45

A.) Leave the scene
B.) Contact dispatch
*C.) Contact law enforcement
D.) Continue with caution

32. Which of the following is a seasonal epidemic in North America; flaring in the summer and continuing into the fall?
p. 44

*A.) West Nile virus
B.) Avian flu
C.) MSRA
D.) SARS