Personal Protective Equipment and Self-Contained Breathing Apparatus

1. What is the first step that should be taken when replacing an SCBA cylinder on another fire fighter? p. 78

*A.) Remove the regulator or the face piece
B.) Release the SCBA cylinder from backpack assembly
C.) Turn off the cylinder valve on the used cylinder
D.) Disconnect the high-pressure supply hose

2. Which is most appropriate for extra SCBA units? p. 64

A.) Be unit-mounted
B.) Be seat-mounted
C.) Be compartment-mounted
*D.) Keep in a storage case

3. What must be worn with boots to provide complete protection when using structural PPE? p. 48

A.) Blister guard
B.) Reflective trim
*C.) Bunker pants
D.) Wool socks

4. Where should the face piece and regulator be placed when SCBA must be doffed in below-freezing temperatures? p. 71

A.) In the boots
*B.) In the turnout coat
C.) In the apparatus
D.) In the fire building

5. How many types of low-air alarms are SCBA required to have? p. 60

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

6. Which of the following is **NOT** a correct statement? p. 58

A.) The face piece limits peripheral vision
*B.) The SCBA tank adds a small amount of weight
C.) The SCBA's bulk decreases the users flexibility
D.) The SCBA provides a limited window of time for operations

7. What is the next thing that should be done after the shoulder straps are tightened when donning SCBA from an apparatus seat mount? p. 64

A.) Secure the chin strap
*B.) Open main cylinder valve
C.) Pull the helmet hood back
D.) Connect the regulator the face piece

8. Which statement is **NOT** correct? p. 56

*A.) When working at a vehicle or dumpster fire, SCBA is not needed
B.) SCBA must be worn when you are in an area where smoke is present
C.) Most fire deaths are caused by smoke inhalation
D.) Full PPE and approved breath apparatus must be used if you will enter and operate within the fire atmosphere

9. Where is the closed-circuit breathing apparatus often used? p. 56

A.) Structural scenes
B.) Water rescue
C.) Hazmat incidents
*D.) Tunnel work

10. What can be used in the apparatus to help protect the fire fighters' hearing? p. 49

A.) Earplugs
B.) Sound dampener
*C.) Intercom system
D.) Siren deflector

11. What must be worn to maintain the helmet in the proper position? p. 46

A.) Face shield
*B.) Chin strap
C.) Protective hood
D.) PASS device

12. How often must SCBA face pieces be fit tested under NFPA 1500? p. 62

    *A.) Annually
    B.) Quarterly
    C.) Weekly
    D.) Monthly

13. Where are bunker pants reinforced? p. 48

    A.) Ankles and thighs
    B.) Knees and thighs
    C.) Thighs and hips
    *D.) Ankles and knees

14. What is the PASS device often integrated into? p. 49

    A.) Portable radio
    *B.) SCBA unit
    C.) Helmet camera
    D.) GPS tracker

15. What is the most readily evident by-product of fire? p. 54

    *A.) Smoke
    B.) Light
    C.) Heat waves
    D.) Flame

16. What are smoke vapors similar to? p. 55

    A.) Light
    *B.) Fog
    C.) Rain
    D.) Runoff

17. At what oxygen concentration will unconsciousness occur? p. 56

    A.) 17%
    B.) 13%
    C.) 12%
    *D.) 9%

18. Where is the pressure gauge of the SCBA cylinder located? p. 59

A.) At the facepiece
*B.) Near the shut-off valve
C.) At the regulator
D.) Near the inlet valve

19. What can be used with many SCBAs if no air comes out of your regulator when there is air in your cylinder? p. 70

*A.) Purge valve
B.) Bypass valve
C.) Backflow valve
D.) Cylinder valve

20. Which type of PPE is designed to be worn with self-contained breathing apparatus and a PASS device? p. 45

A.) Water rescue
B.) HAZMAT
C.) Wildland
*D.) Structural

21. What would be seen that would indicate exposure to flame on the SCBA air cylinder and valve assembly? p. 73

A.) Marked tagging
B.) No visual indicators
*C.) Blackened areas
D.) Shiny areas

22. What is the second thing that should be put on when donning the complete PPE ensemble? p. 73

A.) Protective hood
B.) Face piece
C.) Turnout coat
*D.) Bunker pants and boots

23. Which is typically used for structural firefighting? p. 56

*A.) Open-circuit breathing apparatus
B.) Closed-circuit breathing apparatus
C.) Supplied-air respirator
D.) Hard-wired respirator

24. What can the low-pressure SCBA cylinder be constructed from? p. 59

A.) Fiberglass
B.) Plastic
*C.) Aluminum
D.) Iron

25. How many skills are usually introduced at one time during training? p. 59

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

26. Which straps must be tightened first when donning a face piece? p. 67

A.) Criss crossing straps
*B.) Lowest two straps
C.) Center two straps
D.) Top two straps

27. Which of the following products in smoke is quickly absorbed by the blood and interferes with cellular respiration? p. 55

A.) Hydrogen chloride
B.) Phosgene
C.) Carbon monoxide
*D.) Hydrogen cyanide

28. Where can you find the cleaning instructions for PPE? p. 51

A.) Must be done professionally
B.) Purchase ticket
C.) Owner's manual
*D.) Tag inside the clothing

29. At what depletion level does the low-air alarm sound on SCBA? p. 60-61

A.) One-fourth
B.) Two-thirds
C.) One-half
*D.) Three-fourths

30. What is the first step taken when donning personal protective clothing? p. 51

A.) Step into your boots through the pants
B.) Put on your turnout coat, and secure the inner and outer enclosures
C.) Lay out your helmet, coat and gloves
*D.) Place equipment in a logical order for donning

31. Approximately how much extra weight does PPE account for? p. 50

A.) 15 pounds (7 kilogram)
*B.) 50 pounds (23 kilogram)
C.) 35 pounds (16 kilogram)
D.) 25 pounds (12 kilogram)

32. Which NFPA standard specifies conditions that the turnout coat and bunker pants of structural PPE must satisfy? p. 48

A.) NFPA 1301
B.) NFPA 1500
C.) NFPA 1734
*D.) NFPA 1971

33. Where should the SCBA be placed when replacing the cylinder alone? p. 75

A.) In the window
B.) On your stomach
C.) In the brackets
*D.) On the floor

34. Which of the following will structural PPE ensembles **NOT** protect the wearer from? p. 44

A.) Toxic gases
B.) Heat
*C.) Extreme weather
D.) Smoke

35. What is the last thing that needs to be checked when performing the visual inspection of the SCBA unit? p. 75

A.) Face piece
B.) Head harness
*C.) Quick disconnects
D.) Regulator

36. What should be done with the coat collar when donning the complete PPE ensemble? p. 73

A.) Turn it down and secure in the back
B.) Turn it up and secure it in the back
C.) Turn it down and secure it in front
*D.) Turn it up and secure it in front

37. Which part of smoke contains unburned, partially burned, and completely burned substances? p. 55

A.) Gases
B.) Liquids
C.) Vapors
*D.) Particles

38. What is the first thing that the air passes through after it leaves the SCBA cylinder? p. 62

A.) Regulator
B.) Face piece control valve
C.) High-pressure hose line
*D.) Cylinder shut-off valve

39. What does the SCBA regulator do to protect the wearer from the hazardous atmosphere? p. 60

A.) Opens one valve at a time
*B.) Maintains slight positive pressure
C.) Creates a suction on the face
D.) Is easily donned and doffed

40. Which is **NOT** a correct statement? p. 62

A.) Facial hair of any kind and affect the face piece seal
B.) Store the face piece with the straps in the longest position
C.) A leak in the face piece seal may result from an improperly sized face piece
*D.) Pull the straps of the face piece out to the side to tighten them

41. What should be used when the face piece needs to be cleaned? p. 82

*A.) Soft brush
B.) Steel wool
C.) Stiff sponge
D.) Stiff brush

42. What is the first step that should be taken when doffing SCBA? p. 73

A.) Shut off air-supply valve
B.) Loosen face piece straps
*C.) Remove gloves
D.) Bleed the air pressure from the regulator

43. What can be used during normal use to remove condensed air from the SCBA face piece? p. 60

A.) Pressure-reducer
*B.) Purge valve
C.) Regulator
D.) Backflow preventer

44. Where should the SCBA be positioned if it must be removed to fit through a restricted space? p. 70

A.) Above your head
B.) At your side
C.) On your back
*D.) In front of you

45. How long should each breath take when performing the skip-breathing technique? p. 62

A.) 7 seconds
*B.) 5 seconds
C.) 3 seconds
D.) 9 seconds

46. What are firefighting gloves usually constructed of? p. 48

A.) Cloth
B.) Kevlar
C.) Plastic-coated material
*D.) Heat-resistant leather

47. What percentage of the rated time is usually the maximum usefulness that can be expected from an SCBA air tank? p. 58

A.) 60 percent
B.) 40 percent
C.) 70 percent
*D.) 50 percent

48. What part of the SCBA is used to lift it when using the over-the-head method to don the unit? p. 66

A.) Cylinder valve
*B.) Backplate
C.) Shoulder straps
D.) Waist strap

49. Who is the drag rescue device designed to be used on? p. 50

A.) Fire fighters and building occupants
B.) Animals
C.) Building occupants
*D.) Fire fighters

50. Which of the following materials should **NOT** be worn at the fire scene? p. 50-51

A.) Nomex
*B.) Nylon
C.) Cotton
D.) Wool

51. What should be done to dry the face piece of SCBA? p. 73

A.) Turn inside out
B.) Use a fan
C.) Pack with cotton
*D.) Air dry

52. After what amount of time of the fire fighter being motionless will the PASS device issue a low warning tone? p. 49

A.) 60 seconds
B.) 15 seconds
C.) 45 seconds
*D.) 30 seconds

53. In what position should you be when releasing the compartment mounted SCBA from the bracket? p. 64

A.) Right shoulder to the unit
B.) Left shoulder to the unit
*C.) Back to the unit
D.) Facing the unit

54. How much should the SCBA be rotated once it clears your head when donning with the over-the-head method? p. 66

A.) 120 degrees
*B.) 180 degrees
C.) 60 degrees
D.) 90 degrees

55. What in conjunction with the amount of oxygen available to the fire determines what gases are produced in the fire? p. 55

A.) Stage of the fire
B.) Ambient temperature
*C.) Type of fuel
D.) Relative humidity

56. What is the last thing that should be fastened when donning SCBA from an apparatus seat mount? p. 64

A.) Chest strap
B.) Face piece
*C.) Waist strap
D.) Shoulder harness

57. In what position should the regulator purge valve be at the start of the operational testing for an SCBA? p. 75

A.) Completely open
B.) One-half open
*C.) Completely closed
D.) One-third closed

58. Which is **NOT** a correct statement about cleaning SCBA? p. 81-82

A.) Allow the face piece to soak for heavier cleanings
B.) Scrub the SCBA cylinder and harness with a stiff brush
C.) Rinse all parts of the SCBA with clean water
*D.) Submerge the regulator in a mild soap mixture

59. What is the minimum pressure that must be in the unit before donning SCBA? p. 64

A.) 85 percent of the rated pressure
*B.) 90 percent of the rated pressure
C.) 87 percent of the rated pressure
D.) 93 percent of the rated pressure

60. What is the face piece equipped with that helps prevent fogging of the clear lens? p. 61

A.) Lip liner
B.) Face shield
C.) Condenser
*D.) Nose cup

61. What is used to control the flow of air to the user when SCBA is being worn? p. 60

A.) Flow valve
B.) Harness
*C.) Regulator
D.) Reducer

62. Who is responsible for ensuring the SCBA is in good working worker and in a ready-to-use condition before it is returned to the fire apparatus? p. 73

*A.) The user
B.) The safety officer
C.) The manufacturer
D.) The IC

63. What should be the maximum difference between the pressure readings on the regulator and the cylinder when donning SCBA? p. 64

A.) 25 percent
B.) 20 percent
*C.) 10 percent
D.) 15 percent

64. What is the first step taken when cleaning the SCBA? p. 79

*A.) Rinse with water
B.) Blow off with air
C.) Scrub with stiff brush
D.) Use mild-soap

65. What should be used to tighten the high-pressure hose when it is being reconnected when replacing the cylinder? p. 76

A.) K-tool
B.) Wrench
C.) Screwdriver
*D.) Hand

66. How many straps are usually included in the harness? p. 59

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

67. Which part of the helmet is lined with energy-absorbing material? p. 45

A.) Face shield
*B.) Outer shell
C.) Chin strap
D.) Inner lining

68. Which is necessary to become proficient in wearing and using PPE while fighting fires? p. 59

A.) Practice and resting
B.) Practice and rotating
C.) Practice and studying
*D.) Practice and conditioning

69. What is used to protect any exposed skin between the coat collar and the helmet of the structural PPE? p. 45

A.) Neckerchief
*B.) Hood
C.) PASS band
D.) Ear flaps

70. What is the first thing that should be removed when doffing personal protective clothing? p. 51

*A.) Gloves
B.) Protective hood
C.) Turnout coat
D.) Helmet

71. Which is **NOT** a correct statement? p. 62

A.) Fire fighters must remain restrained by a seat belt any time the apparatus is moving
B.) The mounting system must hold the SCBA securely in place even in a collision
C.) Some apparatus seat-mounting brackets hold the SCBA with the friction of a clip
*D.) Shoulder straps of seat-mounted SCBA should not be tightened while seated

72. Within what amount of time should fire fighters be capable of donning and activating SCBA? p. 64

A.) 30 seconds
B.) 1 1/2 minutes
*C.) 1 minute
D.) 45 seconds

73. What is the last step taken when donning a face piece? p. 69

A.) Replace your helmet and secure the chin strap
*B.) Attach the regulator to your face piece
C.) Confirm your nose fits in the chin cup
D.) Pull the protective hood up to cover all exposed skin

74. Where does the bib of the protective hood rest when in full structural PPE? p. 46

A.) Around the helmet
B.) Inside the helmet
C.) Outside the turnout coat
*D.) Into the turnout coat

75. What does the compressor system use to refill SCBA cylinders? p. 78

A.) Treated air
B.) Compressed air
C.) Recycled compressed air
*D.) Atmospheric air

76. What is the compressed air cylinder of the SCBA unit attached to? p. 59

A.) Regulator assembly
B.) Backpack frame
*C.) Backpack harness
D.) Facepiece assembly

77. Which is **NOT** a step taken when checking the seal on a face piece? p. 70

A.) Inhale slowly and hold your breath
*B.) Completely open the air cylinder valve
C.) Breathe on the respirator until all air stops flowing from the breathing regulator
D.) Listen and feel for air leakage around the face piece seal

78. What type of barrier is created by the third layer of the turnout coat? p. 46

A.) Light
*B.) Thermal
C.) Moisture
D.) Chemical

79. How often must fiber-wrapped cylinders be replaced? p. 74

A.) Every 10 years
B.) Every 16 years
C.) Every 12 years
*D.) Every 15 years

80. How often is SCBA testing and inspection often performed in a volunteer department? p. 73

A.) Bi-weekly
B.) Monthly
C.) Daily
*D.) Weekly

81. How many layers are found in the structural turnout coat? p. 46

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

82. What is the last step taken when donning personal protective clothing? p. 51

A.) Place your protective hood over your head and face
B.) Put on your gloves
C.) Put on your helmet
*D.) Have your partner check your clothing

83. With what frequency must SCBA cylinders constructed from composite materials be hydrostatically tested? p. 75

A.) 7 years
*B.) 3 years
C.) 5 years
D.) 9 years

84. Who is responsible for establishing and enforcing regulations for respiratory protection programs? p. 57

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

85. What does the collar work with to protect the wearer's neck in structural PPE? p. 47

A.) Coat
B.) Face shield
C.) Helmet
*D.) Hood

86. How often should a complete inspection and maintenance be performed on each SCBA unit? p. 75

A.) Quarterly
B.) Bi-annually
C.) Monthly
*D.) Annually

87. What should be used to clean the outer shell of helmets? p. 54

A.) Degreaser
*B.) Mild soap
C.) Disinfecting spray
D.) Bleach solution