Fire Fighter Safety

1. When is a critical incident stress debriefing usually held? p. 38

A.) When it is good for the company officer's schedule
B.) After enough fire fighters have requested it
C.) Always as a one-on-one event when requested
*D.) As soon as possible after the incident

2. Which provides a template for implementing a comprehensive health and safety program? p. 27

*A.) NFPA 1500
B.) NFPA 1600
C.) NFPA 1400
D.) NFPA 1300

3. What is the minimum recommended time daily that each fire fighter should spend in physical training? p. 28

*A.) 1 hour
B.) 1 1/2 hours
C.) 2 hours
D.) 1/2 hour

4. At what point should the incident scene be examined for safety hazards such as traffic and downed utility lines? p. 36

A.) After rescue operations
*B.) When first arrive
C.) During overhaul
D.) Within interior operations

5. What should you do if you see something during training that you believe is unsafe? p. 30

A.) Ignore it since it does not involve you
*B.) Report it to the instructor
C.) Confront the person doing the action
D.) Voice your concerns to the media

6. Which of the following is **NOT** correct? p. 32

A.) Observe the traffic conditions
*B.) The goal of response is to arrive as quickly as possible
C.) Anticipate the road and road conditions
D.) Slow down during stormy weather conditions

7. Which of the following developed "The 16 Firefighter Life Safety Initiatives"? p. 28

A.) National Institute of Safety
*B.) Everyone Goes Home Program
C.) Fire Fighter Near-Miss Reporting System
D.) National Fallen Fire Fighters Program

8. Which of the following is **NOT** a sign of heat stroke? p. 37-38

A.) Low blood pressure
*B.) Profuse sweating
C.) Seizures
D.) Shallow breathing

9. What percent of fire fighter injuries in 2010 were the result of burns? p. 27

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

10. Which statement is **NOT** correct when a company is dispatched to an incident? p. 30

A.) Fire fighters can don SCBA while seated in some vehicles
B.) Walk to the apparatus
*C.) PPE should be donned before mounting the vehicle
D.) Seat belts must be fastened before the apparatus moves

11. What is most important that fire fighters remember about the accountability system? p. 36

A.) Keep track of yourself
*B.) Teams must stay together
C.) Allow someone else to worry about it
D.) Always report in on schedule

12. What occurs in the second collision during a motor vehicle collision? p. 31

A.) Interior components collide with the vehicle frame
*B.) Occupants collide with the interior of the vehicle
C.) The vehicle collides with a second object in the area
D.) The vehicle collides with a stationary object

13. What is the minimum number of fire fighters that can be used to create a team on the fire ground? p. 35

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

14. What is the minimum number of team members who should have a portable radio with a team of six? p. 35

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

15. Approximately what portion of all fire fighter deaths occur while reporting to or returning from an incident? p. 26

A.) Two thirds
B.) One third
*C.) One fourth
D.) One half

16. What is the greatest cause of injury for fire fighters? p. 27

A.) Smoke and inhalation injuries
B.) Burns
C.) Soft-tissue injuries and fractures
*D.) Strains and sprains

17. Which causes the greatest number of fire fighter deaths? p. 26

*A.) Heart attack and stroke
B.) Asphyxiation
C.) Burns
D.) Trauma and being crushed

18. What is the biggest cause of vehicle crashes? p. 32

*A.) Bad operator
B.) Fate
C.) Mechanical failure
D.) Environmental conditions

19. Which is NOT a correct statement about lifting and moving objects or people? p. 36

A.) Ask for assistance with a heavy object
B.) Use a wheelbarrow if moving something a long distance
C.) Lift with the legs
*D.) Move an injured person quickly

20. What hazard is in every building and involved with many vehicle collisions? p. 36

*A.) Electricity
B.) Water
C.) Natural gas
D.) Secondary fire

21. Who does the incident safety officer report to at the scene? p. 28

A.) Company officer
B.) Sector commander
C.) Fire chief
*D.) Incident commander

22. How many seconds behind other vehicles should the emergency vehicle maintain during a response? p. 33

A.) 3 seconds
B.) 2 seconds
*C.) 4 seconds
D.) 5 seconds

23. Which of the following fire fighters would **NOT** be allowed to engage in training? p. 30

*A.) Consumed alcohol within the 8 hours before the shift
B.) Consumed alcohol within the 11 hours before the shift
C.) Consumed alcohol within the 10 hours before the shift
D.) Consumed alcohol within the 9 hours before the shift

24. How many team members of the six person team will need to leave if one member needs to exit the building? p. 35

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

25. Who must take the lead for the fire fighters' health and safety? p. 26

*A.) Fire fighters
B.) Government
C.) Advocacy groups
D.) Citizens

26. How much water is recommended for every 5 to 10 minutes of physical exertion? p. 29

A.) 6 to 8 ounces (0.1 to 0.2 liter)
B.) 10 to 12 ounces (0.3 to 0.4 liter)
*C.) 8 to 10 ounces (0.2 to 0.3 liter)
D.) 12 to 14 ounces (0.4 to 0.5 liter)

27. Which statement is **NOT** correct? p. 31

A.) Occupants wearing a seat belt are less likely to suffer injury than those without
B.) Driving a personal vehicle to a response requires a special degree of safety
*C.) Airbags are effective without a fastened seat belt
D.) Seat belts reduce the likelihood of being ejected

28. What is the leading cause of death among fire fighters in the United States? p. 29

*A.) Heart disease
B.) Stroke
C.) Cancer
D.) Diabetes

29. What is the primary cause of emergency vehicle crashes on open stretches of straight roads during the daylight hours? p. 33

A.) Driver inattention
B.) Weather
*C.) Excessive speed
D.) Poor road conditions

30. By what factor does the force exerted by a vehicle increase when the speed of that vehicle doubles? p. 33

A.) Eight
B.) Two
*C.) Four
D.) Six