# Chapter 16

## Caring for Environmental Emergencies

1. Which of the following should be done before a patient assessment is performed on the drowning patient without neck or spine injuries?
p. 347

A.) Provide care for shock
*B.) Cover the patient
C.) Intubate the patient
D.) Take the patient inside

2. Which of the following is NOT normally seen in a patient who is suffering from heat exhaustion?
p. 337

A.) Nausea and vomiting
B.) Rapid, shallow breathing
*C.) Muscle cramps (usually in the core)
D.) Moist, pale skin

3. Which of the following is NOT a common sign or symptom of anaphylactic shock?
p. 344

A.) Lips that turn blue
B.) Breathing that is difficult and rapid
C.) Breaking out of the skin
*D.) Pulse that is rapid and strong

4. What is the initial presentation of the patient's pulse when experiencing hypothermia?
p. 340

A.) Erratic
*B.) Rapid
C.) Slow
D.) Weak

5. How should scuba accident patients be positioned?
p. 350

A.) Feet up
*B.) Head down
C.) Head up
D.) Feet down

6. What is the correct order of actions when attempting to remove a patient from the water?
p. 347

A.) Go, reach, then throw
B.) Throw, go, then reach
*C.) Reach, throw, then go
D.) Reach, go, then throw

7. Where are spasms common in cases of submersion in water?
p. 346

A.) Along the neck
B.) In extremities
C.) In the chest wall
*D.) Along the airway

8. What process involves the body heat being emitted into the environment?
p. 335

*A.) Radiation
B.) Convection
C.) Conduction
D.) Evaporation

9. Which of the following is NOT an early sign of a localized cold injury?
p. 341

*A.) Blisters may be present
B.) Numbness and tingling to the exposed area
C.) Skin remains soft
D.) Slow or absent capillary refill

10. Which of the following is considered a normal reaction to a bite or sting?
p. 343

*A.) Localized redness and swelling
B.) Hives
C.) Expanded area of redness
D.) Hoarseness

11. Which of the following should be done when treating a late cold injury?
p. 342

A.) Break any blisters
*B.) Place dressing between fingers
C.) Massage the injured part
D.) Apply heat to the area

12. Where should you check body temperature with your hand when you suspect the patient may be suffering from hypothermia?
p. 339

A.) Forehead
B.) Cheeks
*C.) Abdomen
D.) Feet

13. Which statement about treating snake bites is NOT correct?
p. 345

*A.) More people die from snakebites than wasp stings in the United States
B.) Consider all snakebites to be from poisonous snakes
C.) If you can safely see the snake, note its size and coloration
D.) Do not approach the snake to determine its species

14. Which condition is characterized by the body losing heat faster than it can produce it?
p. 335

A.) Hyperthermia
B.) Reflexive heat loss
*C.) Hypothermia
D.) Reflective heat loss

15. What is the maximum distance you should wade into the water when attempting to tow a person ashore?
p. 347

A.) Chest deep
B.) Knee deep
*C.) Waist deep
D.) Ankle deep

16. How far from the wound should the constricting band be placed on a snakebite victim?
p. 345

A.) 5 inches (13 cm)
B.) 3 inches (7 cm)
*C.) 2 inches (5 cm)
D.) 4 inches (10 cm)

17. What is another name for a localized cold injury?
p. 341

A.) Ice burn
*B.) Frostbite
C.) Coldnip
D.) Freezer burn

18. What is the major problem faced in ice rescue?
p. 351

A.) Finding the victim
B.) Removing the victim
*C.) Reaching the victim
D.) Reviving the victim

19. What should be used to brace the patient's head when turning him over in the water?
p. 348

*A.) His own arms
B.) Your arms
C.) Neck brace
D.) Floatation device

20. When treating a snakebite victim, where should the extremity be kept if possible?
p. 345

A.) At the level of the heart
B.) Simply in the position of comfort
C.) At or above the level of the heart
*D.) At or below the level of the heart

21. Where does recent research suggest the application of a pressure bandage in the case of snakebite?
p. 346

A.) Around the actual snakebite itself
B.) Below the snakebite
*C.) Along entire length of the affected extremity
D.) Above the snakebite

22. What can often fool individuals into remaining in the hot environment too long?
p. 336

A.) Full sun areas
B.) Shady areas
*C.) Dry heat
D.) Moist heat

23. Which of the following is NOT present when the patient is suffering from heat stroke?
p. 338

A.) Strong and rapid pulse
*B.) Heavy perspiration
C.) Dilated pupils
D.) Altered mental status

24. Which is the most common distorted sense that a diver who has developed an air embolism experiences?
p. 350

A.) Loss of taste
B.) Decreased touch
C.) Dulled hearing
*D.) Blurred vision

25. Which bone is often broken with patients who have fallen through the ice?
p. 351

A.) Shoulder
B.) Arm
C.) Collarbone
*D.) Leg

26. What is the minimum amount of time you should assess the hypothermia patient's pulse before beginning CPR?
p. 340

A.) 15-30 seconds
B.) 60-90 seconds
C.) 45-60 seconds
*D.) 30-45 seconds

27. Which of the following should be done when treating an early cold injury?
p. 341

*A.) Cover the affected part
B.) Massage the affected part
C.) Break any blisters on the affected part
D.) Move the affected part

28. How should you cool the heat exhaustion patient?
p. 337

*A.) Fanning
B.) Misting
C.) Giving them water
D.) Immersion

29. What organ is blood NOT sent to when the body experiences the mammalian diving reflex?
p. 347

A.) Lungs
B.) Brain
C.) Heart
*D.) Kidneys

30. Which type of heat loss occurs when the body is immersed in water?
p. 336

A.) Convection
B.) Radiation
C.) Evaporation
*D.) Conduction

31. How should the nonresponsive patient who is suffering from heat exhaustion be placed?
p. 338

A.) On his back with head elevated
B.) On his right side
C.) On his back with feet elevated
*D.) On his left side

32. What temperature should the water be when you are rewarming a frozen body part?
p. 342

*A.) 100 to 105 degrees Fahrenheit (37.7 to 40.5 degrees Celsius)
B.) 110 to 115 degrees Fahrenheit (43.3 to 46.1 degrees Celsius)
C.) 115 to 120 degrees Fahrenheit (46.1 to 48.8 degrees Celsius)
D.) 105 to 110 degrees Fahrenheit (40.5 to 43.3 degrees Celsius)

33. Which statement about drowning is NOT correct?
p. 346

*A.) Bathtub drownings are a myth
B.) Consider the mechanism of injury
C.) Diving accidents cause airway obstructions
D.) Injuries to the head and neck are expected in boating accidents

34. Which of the following can wind greatly increase the effects of?
p. 336

*A.) Convection
B.) Respiration
C.) Radiation
D.) Conduction

35. Where should you stabilize the responsive patient with possible neck or spine injuries at a water incident?
p. 348

*A.) In the water
B.) On the shoreline
C.) On the boat
D.) In a nearby building

36. With which heat problem will the patient most often be fully alert and sweaty with a normal to warm skin temperature?
p. 337

A.) Heat stroke
*B.) Heat cramps
C.) Heat fatigue
D.) Heat exhaustion

37. Which of the following locations is NOT one used to cool the heat stroke patient with ice packs?
p. 339

A.) Groin
B.) Side of the neck
C.) Armpits
*D.) Abdomen

38. What condition should anaphylactic shock be treated like?
p. 345

A.) Stroke
B.) Heart attack
*C.) Shock
D.) Airway obstruction

39. What should the fang marks be cleaned with when treating a snakebite?
p. 345

A.) Alcohol
B.) Hydrogen peroxide
*C.) Soap and water
D.) Bleach/water solution

40. Up to how much sweat can you lose on a really hot day?
p. 336

*A.) One liter (about two pints)
B.) One and one-half liters (about three pints)
C.) Two liters (about four pints)
D.) One-half liter (about one pint)

41. During which activity can air bubbles form in the scuba diver's blood?
p. 349

*A.) Ascension
B.) Descending
C.) Swimming
D.) Gearing up

42. Which part of the brain serves as the body's thermostat?
p. 336

*A.) Hypothalamus
B.) Thyroid
C.) Circle of Willis
D.) Cerebrum