

Pediatric First Aid for Caregivers and Teachers, Second Edition

Check Your Knowledge: Answer Key

TOPIC 1

1. Pediatric first aid is:
 - a. Cardiopulmonary resuscitation (CPR)
 - b. Immediate medical care given to a child who is injured or suddenly becomes sick**
 - c. Required only if a child's parent or guardian cannot arrive quickly
 - d. Provided only by physicians, nurses, and paramedics
2. Good Samaritan laws:
 - a. Protect a person from legal responsibility when giving first aid in an emergency**
 - b. Cover physicians and nurses from malpractice lawsuits
 - c. Do not apply in Texas and Georgia
 - d. Require that someone who comes on the scene of an accident must stop and offer to help
3. Training in pediatric first aid, CPR, and choking relief is:
 - a. Recommended only for caregivers of children younger than 3 years
 - b. Recommended only for caregivers who supervise wading and swimming activities
 - c. Recommended only for caregivers who are caring for a child with a heart condition
 - d. Recommended for all caregivers**
4. The 4Cs of Pediatric First Aid are:
 - a. Call, Care, Complete, Collaborate
 - b. Check, Call, Care, Complete**
 - c. Call, Check, Care, Complete
 - d. Care, Call, Check, Complete
5. Every child care facility should have policies for:
 - a. Care of children and staff who are ill
 - b. Urgent medical situations
 - c. Disasters
 - d. All of the above.**

TOPIC 2

1. The single most effective measure for reducing the spread of germs, disease, and illness is:
 - a. Calling in sick
 - b. Washing your hands**
 - c. Wearing gloves when touching a child
 - d. Wearing a mask when you have a cold
2. All of the following are potential choking hazards, except:
 - a. Hot dogs
 - b. Whole grapes
 - c. Popcorn
 - d. Applesauce**
3. Prevention:
 - a. Teaches people how to care for an ill child
 - b. Means there are no longer any risks in the environment
 - c. Stops any injury from occurring
 - d. Is the use of safety measures to minimize risk**
4. Sudden infant death syndrome (SIDS) is the leading cause of death in infants from 1 to 12 months of age. The most effective method for reducing the risk of SIDS is:
 - a. Keeping the room cool
 - b. Using wedges to make sure the infant does not roll over
 - c. Putting all infants to sleep on their backs**
 - d. Using a video camera to monitor the infant
5. When you have a cough but don't have a tissue, you should:
 - a. Try not to cough
 - b. Cough into your upper sleeve or the crook of your elbow**
 - c. Use your hands to cover your mouth
 - d. Try to keep your mouth closed when you cough

TOPIC 3

1. When conducting the "Check" step during the 4Cs of Pediatric First Aid, you should:
 - a. Make sure the surroundings are safe
 - b. Find out what happened and who was involved
 - c. Perform the Hands-off ABCs and Hands-on ABCDEs
 - d. All of the above**
2. The main purpose of the Hands-off ABCs is to:
 - a. Check for child abuse
 - b. Determine whether the child has a fever
 - c. Decide if you need to call EMS**
 - d. Gain information for the incident report

3. When evaluating “A” (Apppearance), you are looking to see whether the child:
 - a. Has brushed his teeth and combed his hair
 - b. Is alert and responsive**
 - c. Is present that day
 - d. Is angry or grumpy
4. Which of the following is *not* a sign of difficulty breathing?
 - a. Nasal flaring
 - b. Sneezing**
 - c. Child can only say a few words at a time
 - d. Child wants to sit in sniffing position or tripod position
5. When evaluating “C” (Circulation), you are looking for:
 - a. A pulse
 - b. Pale or bluish skin color**
 - c. A fever
 - d. Normal movement

TOPIC 4

1. A 3-year-old child wakes up from a nap with a barking cough. This could be a sign of:
 - a. Asthma
 - b. Bronchiolitis/respiratory syncytial virus
 - c. Pneumonia
 - d. Croup**
2. Which of the following foods are choking hazards for a child younger than 4 years of age?
 - a. Hot dogs and chunks of raw apple
 - b. Baby carrots and whole grapes
 - c. Spaghetti
 - d. Both A and B**
3. You are alone when you discover a child who has been under water and is not breathing. You should:
 - a. Call EMS first, get the AED (if available), then start CPR
 - b. Call EMS and wait by the child’s side until they arrive
 - c. Give about 2 minutes of CPR, then call EMS and get the AED (if available)**
 - d. Call the child’s parents before you do anything else
4. Anaphylaxis:
 - a. Is a life-threatening emergency
 - b. Is a severe allergic reaction
 - c. Causes swelling of the airway
 - d. All of the above**

5. You are on the playground with another adult and you find a child who is not responding and is gasping. You should:
- Observe him closely to see if he will start responding
 - Continue assessing the child with the Hands-on ABCDEs
 - Send the other adult to call EMS and get the AED (if available) while you start CPR**
 - Give 2 minutes of CPR and then call EMS yourself

TOPIC 5

- The most common cause of cardiac arrest in children is:
 - Severe lack of oxygen in the body**
 - Rhythm disturbance of the heart
 - Overexertion
 - Blocked arteries
- The recommended sequence of CPR is:
 - Airway, breathing, compressions
 - Breathing, compressions, airway
 - Compressions, airway, breathing**
 - Compressions, AED, breathing
- Start CPR for a child who is:
 - Unresponsive or only gasping**
 - Breathing normally
 - Responsive but not breathing normally
 - Having difficulty breathing and is responsive
- If a child needs CPR and you are alone, the first thing you should do is:
 - Five cycles of CPR (approximately 2 minutes of first aid care), beginning with chest compressions**
 - Call EMS, then begin chest compressions
 - Try to find someone else to help you do CPR
 - Open the airway and give two rescue breaths
- If a 9-month-old boy is choking and cannot cough, talk, or breathe, the first thing you should do is:
 - Give back blows (slaps)**
 - Put your finger in his mouth and do a finger sweep to try to find what is choking him
 - Give abdominal thrusts
 - Call EMS and wait for them to arrive

TOPIC 6

- Causes for fainting can include:
 - Stress
 - Hunger
 - Standing still for long periods
 - All of the above**

2. First aid care for fainting includes:
 - a. **Laying the child on her back and raising her legs**
 - b. Laying the child flat on the floor
 - c. Laying the child down and using pillows to make her head higher than her feet
 - d. Having the child blow through a straw
3. Call EMS if the child has fainted and is unresponsive for:
 - a. More than approximately 10 minutes
 - b. More than approximately 5 minutes
 - c. **More than approximately 30 seconds**
 - d. More than a few seconds
4. A child falls backwards off a picnic table bench and hits his head on the ground. You should call EMS if the child:
 - a. Doesn't lose consciousness and wants to go back to playing with his friends
 - b. Cries immediately after the injury
 - c. **Is confused and has trouble walking**
 - d. Is upset after the injury
5. A child is bleeding from a wound on the scalp. You should:
 - a. Spray ointment on the wound, but do not touch it
 - b. **Apply gentle pressure with a sterile dressing or clean dry cloth to control bleeding**
 - c. Lightly lay a thick pad of clean cloth over the wound and do not apply pressure
 - d. Wash the wound with running water before you do anything else

TOPIC 7

1. When caring for a child who is having a seizure, you should:
 - a. Force an object into the child's mouth
 - b. **Protect the child from injury**
 - c. Keep the child flat on her back
 - d. Give the child water to drink
2. A rapid change in body temperature can cause a child to have a seizure.
 - a. **True**
 - b. False
3. If a child who has no history of seizures begins to have a convulsive seizure, the first thing you should do is:
 - a. Call EMS
 - b. Hold the child down
 - c. **Gently place the child on his side**
 - d. Check for a medical alert tag

4. You are reading to a group of children. A child in the group starts staring and is unresponsive when you attempt to get her attention. The staring lasts 30 seconds. The first thing you should do is:
 - a. Do nothing
 - b. Force the child to lay down on her back
 - c. Gently pinch the child until she responds
 - d. Make sure the child is in a safe environment**
5. You see a child lying on the playground. He is not responding and his body is stiff with jerking and shaking movements. This type of seizure is called:
 - a. Tonic clonic (or grand mal) seizure**
 - b. Absence seizure
 - c. Chronic seizure
 - d. Petit mal seizure

TOPIC 8

1. Some children with food allergies can have an allergic reaction:
 - a. By eating or drinking the food
 - b. By contact with other children who have been eating, drinking, or handling the food
 - c. By touching a surface that has come in contact with the food
 - d. All of the above**
2. Anaphylaxis is an allergic reaction that is:
 - a. Mild and goes away quickly
 - b. Moderate and responds to antihistamines
 - c. Sudden and life-threatening**
 - d. Caused only by peanuts
3. Which of the following are signs of a severe allergic reaction?
 - a. Rash or hives that appears quickly
 - b. Trouble breathing
 - c. Swelling of the lips, tongue, and throat
 - d. All of the above**
4. A child who has had a severe allergic reaction can have epinephrine prescribed for emergencies. This drug is delivered by:
 - a. An inhaler
 - b. A nebulizer
 - c. An auto-injector**
 - d. A tablet that is swallowed
5. Which of the following meals contain a common food that causes allergic reactions?
 - a. Eggs, bacon, and wheat toast
 - b. Peanut butter and jelly sandwich on white bread
 - c. Fish sticks, peas, and mashed potatoes
 - d. All of the above**

TOPIC 9

1. A rattlesnake bites a child on her thumb. What should you do to slow the spread of venom while you wait for EMS to arrive?
 - a. Tie a handkerchief tightly around the child's wrist
 - b. Make two small cuts in the fang marks and suck out the blood
 - c. Keep the child still and position her hand below the level of her heart**
 - d. Keep the child still and position her hand above the level of her heart
2. A child was bitten by a stray dog that wandered into the playground. The dog is drooling and acting strangely. It is not wearing a collar, and no one knows who owns the dog. Another caregiver takes the other children inside while you give first aid care to the injured child. The first thing you should do is:
 - a. Call the child's parent or guardian
 - b. Call EMS**
 - c. Call animal control
 - d. Wash the wound
3. Which is the best procedure for removing an embedded tick?
 - a. Apply a layer of petroleum jelly, peanut butter, or nail polish over the tick to smother it
 - b. Apply several drops of rubbing alcohol on the tick to irritate it enough to back out
 - c. Grasp the tick with tweezers close to the child's skin and gently pull it out**
 - d. Hold a hot, blown-out match to the tick, which will cause it to back out of the skin
4. A toddler was stung on the foot by a scorpion, which was hiding in his shoe. The first thing you should do is:
 - a. Call the child's parent or guardian
 - b. Call EMS**
 - c. Call pest control
 - d. Wash the wound
5. A child is stung on his neck by a yellow jacket while having a picnic outside. His face is swelling, and he is having trouble breathing. The first thing you should do is:
 - a. Call the child's parent or guardian
 - b. Call EMS**
 - c. Call pest control
 - d. Locate the child's Care Plan

TOPIC 10

1. If a child swallowed something that might be poisonous, the first action you should take is:
 - a. Wait to see if the child develops any signs or symptoms
 - b. Call EMS
 - c. Call the parent or guardian
 - d. Call the Poison Help hotline**

2. A child has swallowed furniture polish and is responsive. The first action you should take is:
 - a. Give the child syrup of ipecac
 - b. Call EMS
 - c. Call the parent or guardian
 - d. Call the Poison Help hotline**
3. A child has eaten three berries from a bush along the sidewalk during a field trip. You don't know what kind of berries they are. The first thing you should do is:
 - a. Take the child back to the area and try to locate the bush
 - b. Call EMS
 - c. Call the parent or guardian
 - d. Call the Poison Help hotline**
4. A child who has swallowed a button battery should be taken:
 - a. To the emergency department**
 - b. To a medical provider's office
 - c. Home for observation
 - d. To an electronics store
5. The Poison Help hotline is:
 - a. Free
 - b. Staffed by medical professionals
 - c. Available 24 hours a day, 7 days a week, 365 days a year
 - d. All of the above**

TOPIC 11

1. To reduce risk of infection, clean minor scrapes and cuts by:
 - a. Pouring hydrogen peroxide on the wound
 - b. Pouring alcohol on the wound
 - c. Washing the wound with soap and running water**
 - d. Wiping the wound with an antiseptic wipe
2. A child fell and cut her knee on a sharp rock. To control the bleeding, you should:
 - a. Press firmly on the area using a clean dressing**
 - b. Put a cold pack on the wound
 - c. Apply a tourniquet above the knee
 - d. Cover the wound with an antibiotic ointment
3. A child twisted his ankle playing ball. To help reduce swelling, you should:
 - a. Apply a cold pack wrapped in a thin cloth to the child's ankle
 - b. Wrap the ankle with an elastic bandage
 - c. Elevate the child's foot
 - d. All of the above**

4. A child's nose is bleeding. To control the nosebleed, you should:
 - a. Have the child tilt her head back
 - b. Have the child lie down and place a cold pack on her nose
 - c. Ask the child to blow her nose until the bleeding stops
 - d. Pinch the soft parts of her nose and press against the bones of her face**
5. You should take special precautions and wear protective gloves, such as medical gloves, when cleaning up:
 - a. Blood**
 - b. Mucus
 - c. Feces
 - d. All of the above

TOPIC 12

1. An open fracture:
 - a. Is a broken bone with no open wound where the bone is fractured
 - b. May result in nursemaid's elbow
 - c. Results from a ligament that is stretched beyond its limits
 - d. Is a broken bone with an open wound over the fracture**
2. DOTS is a memory aid to help in recalling how to assess injury to the musculoskeletal system. The letters stand for:
 - a. Disability, Outside, Tenderness, Support
 - b. Deformity, Open injury, Treatment, Swelling
 - c. Deformity, Outside, Tenderness, Support
 - d. Deformity, Open injury, Tenderness, Swelling**
3. If a musculoskeletal injury seems to be more serious, you should:
 - a. Splint the injured body part right away
 - b. Try to keep the injured body part from moving and get medical care**
 - c. Put the injured body part into an ice bath
 - d. Wash the injured area with freely flowing water
4. If you suspect that a child might have injured his neck or back, you should:
 - a. Avoid moving the child**
 - b. Encourage the child to stand up to see how badly injured he is
 - c. Prop the child up to take pressure off the brain
 - d. Straighten the child's body so that the head and neck are aligned
5. The memory aid that helps to recall the steps of first aid care for a musculoskeletal injury is:
 - a. RIPE
 - b. ACES
 - c. RICE
 - d. SOAP**

TOPIC 13

1. If a child is burned on the face, hands, feet, or genitals, you should:
 - a. Arrange for the child to get medical care**
 - b. Immediately apply burn ointment
 - c. Pull off any clothing that is stuck to the burned area
 - d. Call EMS
2. The most serious type of burn, involving tissues deep under the skin, is a:
 - a. First-degree burn
 - b. Second-degree burn
 - c. Third-degree burn**
 - d. Chemical burn
3. You can use the size of a child's palm to estimate the size of a burned area. What percentage of the total body surface is the palm?
 - a. 1%**
 - b. 3%
 - c. 10%
 - d. 20%
4. You should call EMS if the size of a burn is greater than:
 - a. 1% of the body surface
 - b. 10% of the body surface
 - c. 20% of the body surface**
 - d. 30% of the body surface
5. The leading cause of burn-related medical emergencies in young children is:
 - a. Scalding liquids or steam**
 - b. Hot objects
 - c. Chemicals
 - d. Electricity

TOPIC 14

1. A 5-year-old boy has frostbite on his fingers. You should:
 - a. Rub his fingers with snow to restore the circulation
 - b. Slowly rewarm the affected area by placing his fingers in warm water (100°F) for 30 minutes**
 - c. Quickly rewarm his fingers by wrapping them in hot, wet towels
 - d. Give the child warm liquids to drink
2. A young girl is wearing her favorite long-sleeved sweatshirt to school on a day in August because she gets cold in air conditioning. The temperature outside was 95°F with 60% humidity. During outdoor play in the early afternoon, she feels nauseated and seems confused. You should:
 - a. Get her to drink two glasses of a sports drink
 - b. Bring the child inside, call EMS, and cool her by pouring water on her skin**
 - c. Soak her feet in a basin of cool water and place a cool towel on her neck
 - d. Have the child eat ice chips and place a cool cloth on her forehead

3. Heat exhaustion is caused by:
 - a. Getting too tired during hot weather
 - b. Sunbathing
 - c. A high temperature
 - d. Dehydration and overheating**
4. Hypothermia is a condition that:
 - a. Is dangerous
 - b. Can cause tissue damage
 - c. Is caused by exposure to cold temperatures
 - d. All of the above**
5. Frostnip is an injury that:
 - a. Only affects a child who does not wear gloves
 - b. Is mild and affects areas exposed to the cold**
 - c. Is dangerous and caused by extreme temperatures
 - d. Only occurs in the snow

TOPIC 15

1. The main concern when a child has an eye injury is:
 - a. Infection
 - b. Loss of vision**
 - c. Need for eyeglasses
 - d. Astigmatism
2. When would you call EMS?
 - a. The eye is red but there is no history of trauma to the eye
 - b. A stick has penetrated the child's eye
 - c. The child has sprayed a toxic chemical in his eye
 - d. B and C**
3. A child has a foreign object in his eye. The first thing you should do is:
 - a. Call EMS.
 - b. Call the parent or guardian
 - c. Pull the upper lid over the lower lid**
 - d. Cover the eye with a clean bandage.
4. When should you flush the injured eye with running water?
 - a. Child has punctured his eye with a pencil
 - b. Child fell and cut his eyelid
 - c. Child has a foreign object in his eye that tears will not dislodge**
 - d. The eye is red with yellow mucus and there is no history of an eye injury

5. A child gets a chemical in his eye. The first thing you should do is:
- a. Call the parent or guardian.
 - b. Call the Poison Help hotline
 - c. Call the child's medical provider
 - d. Flush the eye with running water**

TOPIC 16

1. A 3-year-old child falls and knocks out her front tooth. The tooth is a primary (baby) tooth. You should:
- a. Reinsert the tooth back into its socket and arrange for immediate dental care
 - b. Notify the parent or guardian that the child has knocked out a primary tooth and should see a dentist**
 - c. Put the tooth in an envelope for the tooth fairy; no follow-up care is needed
 - d. Put the tooth in a cup of milk and arrange for immediate dental care
2. A 12-year-old child falls and knocks out her front tooth. The tooth is a permanent (adult) tooth. You should:
- a. Reinsert the tooth back into its socket and arrange for the child to get to a dentist within 1 hour**
 - b. Notify the parent or guardian that the child has knocked out a permanent tooth and should see a dentist
 - c. Wrap the tooth in a paper towel for the tooth fairy; no follow-up care is needed
 - d. Call EMS
3. A young child has a toothache. The first thing you should do is:
- a. Have the child rinse her mouth with warm water**
 - b. Notify the parent or guardian that the child needs to see a medical provider or dentist
 - c. Apply ice or a cold pack wrapped in a thin cloth over the area
 - d. Give the child a pain reliever, such as acetaminophen
4. A young child is crying after hitting his mouth on the edge of a table. There is blood on the child's mouth, hands, and shirt. The first thing you should do is:
- a. Call EMS
 - b. Call the child's parent or guardian to come get him
 - c. Identify the size and location of the injury and apply pressure to control the bleeding**
 - d. Have the child lie down and use a cool cloth to wipe away the blood
5. How long can a child's knocked-out permanent tooth survive if placed back in the mouth or into a cup of milk or the child's saliva?
- a. 2 hours**
 - b. 6 hours
 - c. 12 hours
 - d. 1 day

TOPIC 17

1. When caring for a child with asthma, you should:
 - a. Watch for signs of an asthma attack
 - b. Know where the child's rescue medicine is kept
 - c. Know the proper techniques for giving the child's rescue medicine
 - d. **All of the above**
2. Which of the following are signs of hypoglycemia?
 - a. **Sweating, trembling, and confusion**
 - b. Headache, nausea, and vomiting
 - c. Extreme thirst and frequent urination
 - d. Coughing, wheezing, and shortness of breath
3. Which of the following are signs of hyperglycemia?
 - a. Sweating, trembling, and confusion
 - b. Headache, nausea, and vomiting
 - c. Extreme thirst and frequent urination
 - d. **Both B and C**
4. A spacer is used with a metered dose inhaler to:
 - a. **Make the medicine easier to breathe in**
 - b. Avoid contamination
 - c. Reduce the amount of medicine needed
 - d. Eliminate wasted medicine
5. When caring for a child with sickle cell disease who is injured, you should:
 - a. Call EMS for any injury, no matter how small
 - b. Be careful to take precautions so that you do not catch sickle cell disease
 - c. Not do anything until you talk with the child's parent or guardian or medical provider
 - d. **Care for the child as you would any other child who is injured, following the Care Plan for guidance if it includes the medical situation**

TOPIC 18

1. A written emergency and disaster plan should include:
 - a. Procedures for communicating with parents or guardians
 - b. Staff responsibilities and tasks during an emergency or disaster
 - c. How to account for children in the facility's care
 - d. **All of the above**
2. Training for staff for emergencies and disasters should include:
 - a. First aid, CPR, and choking relief
 - b. Location of emergency equipment, supplies, and telephone numbers
 - c. Discussion of the unique needs of children during disaster situations
 - d. **All of the above**

3. Review of emergency and disaster plans and practice drills should be conducted:
 - a. Regularly
 - b. Right before a disaster is anticipated
 - c. For new employees only
 - d. Only when the emergency and disaster plan is updated
4. First aid kit supplies should be maintained by
 - a. Replacing all items regularly
 - b. Checking the items against an inventory list
 - c. Replacing used and expired items regularly
 - d. Both B and C
5. Your facility should be prepared for
 - a. Evacuation
 - b. Lockdown
 - c. Shelter-in-place
 - d. All of the above