

First-aid for Child Day Care Personnel

Training Post-test

Please read and answer all the questions. For multiple choice questions, circle the best answer. Circle ONLY 1 answer. You may use your handout packet for assistance if needed.

- 1) First Aid/CPR training may mean the difference between:
 - a) Life and death
 - b) Temporary and permanent disability
 - c) Rapid recovery or prolonged hospitalization
 - d) All of the above

- 2) What are the steps of the Emergency Action Principles?
 - a) _____
 - b) _____
 - c) _____
 - d) _____

- 3) The very **first** thing that you should do when you discover that a child has been injured is:
 - a) Pick the child up and move them to a table/couch where you can further assess them
 - b) Perform a toe-to-head exam to look for specific injuries
 - c) Survey the scene for dangers to yourself
 - d) Call EMS

- 4) Injuries in child care settings are:
 - a) Unpredictable and random
 - b) Predictable and preventable

- 5) Which of the following is **NOT** a true characteristic which makes children more vulnerable to injury?
 - a) Children are curious explorers of their environment
 - b) They cannot accurately judge speed and direction of sound and movement
 - c) Their airways are smaller leading to a greater risk for choking
 - d) The proportion of their head to body size is the same as adults

- 6) Incident reports **must** be completed and given to the parent/guardian in which of the following circumstances:
 - a) Anytime a child is injured
 - b) Anytime a child is transported by EMS
 - c) Anytime a child receives Syrup of Ipecac
 - d) All of the above

- 7) Preparation is an important part of first aid management. Which of the following are examples of good preparation for emergencies:
- Emergency telephone numbers are posted by each phone
 - Emergency fire and evacuation plans are posted.
 - A physician and dentist are designated to act as consultants to day care workers with questions about various injuries and illnesses.
 - First aid boxes are available for field trips.
 - The center has communicated with local EMS about their available services and how to contact them in an emergency.
 - All of the above
- 8) The ABC's of first aid refer to:
- Airway, Bleeding and Circulation
 - Airway, Breathing and Circulation
 - Assess: Breathing and Circulation
 - Airway, Breathing and Carotid
- 9) Which of the following is **NOT** true of the first aid box? It should be:
- Checked periodically and outdated or missing items replaced.
 - Maintained in a safe place and out of the reach of children
 - Readily accessible to staff
 - Locked at all times
 - None of the above
- 10) Four year old Sally has fallen head first off the playground equipment from a distance 2 times her height. She is lying flat on the ground and tells you that her "neck hurts a lot". The **most appropriate** action in this situation would be to:
- Ask her if she can move her neck. If she can, help her to her feet and allow her to continue playing.
 - Perform a thorough check of her ABC's.
 - Suspect possible head/neck injury, send someone to call EMS and immobilize her neck.
- 11) Five year old Johnny fell on the playground and has knocked out his permanent tooth. The first thing you do is calm him down. What is the **next** step you should take?
- Scrub the dirt off the tooth
 - Rush him to the dentist
 - Give him aspirin
 - Find the tooth and place it in Hanks Balanced Salt Solution (HBSS) or milk
- 12) Sherry, 3 years old, fell off the jungle gym during morning play period and after a few minutes of crying resumes play. At lunch, you notice that she is using her fork awkwardly. As you continue to observe her, you realize that she is not using the left hand she usually eats with. What should you do next?
- Tell her to use her left arm.
 - Carefully examine her left arm for bruises, swelling and the presence of pain with movement.
 - Call EMS
 - Help her eat her lunch and make a note to notify her parents at the end of the day.
- 13) Stephanie, a 2-1/2 year old, trips over an electrical extension cord and bumps her forehead on the linoleum tiled cement floor. While calming and comforting her, you apply a cool compress gently to her bruises. Which of the following is the **most** appropriate action?
- Bandage her head securely
 - Call EMS
 - Observe closely for vomiting, confusion, unequal pupils, and uncoordinated movements.
 - All of the above

- 14) Michael, aged 4, walks up to you in the lunchroom with a bloody nose. What should you do?
- Ask him to sit down with his head tilted back
 - Wear gloves, position him with head tilted forward and pinch his nostrils together.
 - Place ice on the back of his neck.
 - Have him blow his nose to see if bleeding stops
- 15) What is the most effective way to prevent the spread of infection in the child day care setting?
- Wearing cloth gloves when exposed to blood or other body fluids
 - Good handwashing practices
- 16) Signs of shock from blood and/or fluid loss include:
- Cool, clammy skin
 - Agitation or restlessness
 - Weakness
 - All of the above
- 17) Carrie is a child in your center with a history of diabetes. One day, she becomes irritable and upset. She seems confused and says that she doesn't feel well. You can see that her hands are shaking slightly. She does NOT have a blood sugar monitor available. What is the **first** thing you should do?
- Call EMS.
 - Check her emergency care plan for instructions.
 - Give her sugar.
 - Wait for 10 minutes to see if her symptoms go away.
 - Give her a glass of water.
- 18) The primary objective of first aid for a child who is having a seizure is to protect the child from further harm. This is best accomplished by:
- Restraining the child
 - Removing surrounding objects which may cause the child harm
 - Positioning child on his/her side to prevent choking
 - All of the above
 - b & c
- 19) The **first** action to control bleeding should be:
- Apply a tourniquet to the affected part
 - Apply direct pressure and elevate
 - Remove penetrating objects
 - Push on pressure points
- 20) Even serious neck injuries may not be obvious at first. If you suspect that a child may have a neck injury, which of the following actions should you take?
- Ask the child to move his/her neck so you can check it.
 - Immobilize the neck by sitting at the child's head and placing one of your hands on each side of the child's head. Hold the head perfectly still.
 - Pick up the child and comfort him/her.
 - None of the above.
- 21) If a child tells you that he/she is being abused in any way, the **most** important thing to do is:
- Call the parents and confront them about the abuse
 - Promise the child that everything is going to be okay
 - Believe the child and report the abuse to the children services agency in your county
 - Ask the child if they are telling the truth because what they are saying could get the person in trouble.

- 22) One of Ebony's fingers is severed when a staff person unintentionally shuts the van door on her hand. You would do all of the following **EXCEPT**?
- a) Wear gloves
 - b) Place the severed finger directly on ice.
 - c) Call EMS
 - d) Control the bleeding with direct pressure.
 - e) Have Ebony lie down and elevate her feet 8-12 inches to prevent shock.
- 23) Which of the following statements is true about the first-aid management of frostbite?
- a) Leave wet clothing on to minimize cooling effect on the skin.
 - b) Rewarm body parts suffering from frostbite with heat that is no warmer than body temperature.
 - c) Rub frostbitten areas vigorously to re-establish circulation
 - d) Rewarm the body parts by dunking them in very warm water.
- 24) The signs/symptoms of poisoning are always the same.
- a) True
 - b) False
- 25) If you suspect that a child has eaten something poisonous, the **FIRST** thing you should do is:
- a) Give the child Syrup of Ipecac to induce vomiting
 - b) Call the Poison Control Center for instructions
 - c) Give the antidote identified on the container
 - d) Take the child to the hospital
- 26) Harry is stung by a bee and is crying. He begins to cough and scratch his belly and arms. You notice that he is breathing rapidly and is now beginning to wheeze. You suspect that he is having a severe allergic reaction to the bee sting. You would do all of the following **EXCEPT**.
- a) Call EMS.
 - b) Give Harry something to drink to try to clear his throat.
 - c) Locate Harry's emergency care plan.
 - d) Give rescue breathing if necessary.
- 27) EMS should be called anytime a child:
- a) is unconscious or semi-conscious.
 - b) is not breathing or is having difficulty breathing
 - c) has bleeding that won't stop
 - d) has injuries to the head, neck or back
 - e) All of the above
- 28) Kevin is burned on the arm by brushing against a hot pot in the kitchen. The burned area is forming blisters. Which is **NOT** an appropriate action to take?
- a) Call EMS
 - b) Put ice on the burned area and then apply burn ointment.
 - c) Apply a cool, clean cloth to the burned area.
 - d) Notify Kevin's parents and urge immediate medical care.
- 29) When performing rescue breathing on a child with a pulse, give 1 slow breath every:
- a) 2 seconds
 - b) 3 seconds
 - c) 4 seconds
 - d) 5 seconds

- 30) First-aid treatment for an infant under 1 year with an obstructed airway includes:
- a) Opening the mouth and probing the throat with your fingers to look for the obstruction.
 - b) Providing 5 chest thrusts and 5 back blows.
 - c) Providing 5 abdominal thrusts.
 - d) Sitting the infant upright on your knee.
- 31) Which of the following are signs of breathing difficulty?
- a) Wheezing
 - b) Rapid breathing
 - c) Bluish color around mouth or nail beds.
 - d) Excessive coughing
 - e) All of the above
- 32) We know that a child has an open airway if he/she is able to talk?
- a) True
 - b) False
- 33) If a child in your care has repeated evidence of injuries in unusual places and offers you an unlikely explanation for the injuries or refuses to say how the injuries occurred, what might you suspect?
- a) The child is clumsy and injury-prone
 - b) The child is being abused
 - c) The child is a trouble maker and is probably fighting with other children
 - d) None of the above
- 34) Daniel releases the hand of the day care worker, darts into the street and is hit by a car. When you reach him, he is unconscious. Which of the following first-aid steps are in the correct order?
- a) Check pulse, breathing & look for broken bones.
 - b) Move Daniel only if he is in immediate physical danger, assess his ABC's and send someone to call for help.
 - c) Phone for help, keep Daniel warm and provide him a drink of water.
 - d) Put Daniel in your car and rush him to the hospital.
- 35) First-aid knowledge and skills can often contribute to the speedy recovery of a seriously ill or injured child. Which of the following principles are true about providing first-aid in an emergency situation?
- a) Attend to the least serious injuries first and the most serious injures last. This allows you to take care of simple things quickly before moving on to more complicated conditions.
 - b) Remain calm, assess the situation and think before you act.
 - c) Start CPR whenever you find an unconscious child.