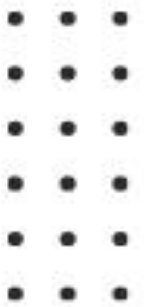




# SAFETY QUIZ

## FIRST AID & CPR



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# HSE STUDY GUIDE

Health, Safety & Environment

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## 1. What is the primary goal of first aid?

- A) To diagnose medical conditions
- B) To provide long-term medical treatment
- C) To provide immediate care and prevent further harm
- D) To administer medications

**Answer: C) To provide immediate care and prevent further harm**

**Explanation: The primary goal of first aid is to provide immediate care to the injured or ill person to prevent further harm or injury.**

## 2. What is the first step in assessing an unconscious person?

- A) Check for breathing
- B) Check for bleeding
- C) Check for fractures
- D) Check for consciousness

**Answer: D) Check for consciousness**

**Explanation: The first step in assessing an unconscious person is to check for consciousness by tapping and shouting.**



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## 3. In which situation should you call 911 or emergency services immediately?

- A) When someone has a minor cut
- B) When someone is experiencing a heart attack
- C) When someone has a minor headache
- D) When someone has a splinter

**Answer: B) When someone is experiencing a heart attack**

**Explanation: Calling 911 or emergency services is necessary when someone is experiencing a life-threatening condition, such as a heart attack.**

## 4. What is the correct hand placement for performing CPR on an adult?

- A) One hand on the chest, the other on the abdomen
- B) Two fingers on the neck
- C) Two hands on the lower half of the sternum (breastbone)
- D) One hand on the forehead, the other on the chin

**Answer: C) Two hands on the lower half of the sternum (breastbone)**

**Explanation: The correct hand placement for performing CPR on an adult is two hands on the lower half of the sternum.**



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## 5. When should you stop CPR during an emergency situation?

- A) After 2 minutes of chest compressions
- B) When the person starts breathing normally
- C) When you feel tired or fatigued
- D) When emergency services arrive and take over

**Answer: D) When emergency services arrive and take over**

**Explanation: You should stop CPR when emergency services arrive and take over the situation.**

## 6. What is the purpose of the recovery position in first aid?

- A) To check for fractures
- B) To maintain an open airway and prevent choking
- C) To assess vital signs
- D) To immobilize the injured person

**Answer: B) To maintain an open airway and prevent choking**

**Explanation: The recovery position is used to maintain an open airway and prevent choking in an unconscious person.**



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## 7. What should you do if someone is choking and unable to cough, speak, or breathe?

- A) Give them a back massage
- B) Encourage them to take deep breaths
- C) Perform abdominal thrusts (Heimlich maneuver)
- D) Offer them a glass of water

**Answer: C) Perform abdominal thrusts (Heimlich maneuver)**

**Explanation: If someone is choking and unable to cough, speak, or breathe, you should perform abdominal thrusts (Heimlich maneuver) to dislodge the object causing the obstruction.**

## 8. What is the recommended compression-to-ventilation ratio for CPR on an adult?

- A) 5 compressions to 1 ventilation
- B) 15 compressions to 2 ventilations
- C) 30 compressions to 2 ventilations
- D) 100 compressions to 1 ventilation

**Answer: C) 30 compressions to 2 ventilations**

**Explanation: The recommended compression-to-ventilation ratio for CPR on an adult is 30 compressions followed by 2 ventilations.**





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## 9. How should you control severe bleeding from a wound?

- A) Apply a tourniquet immediately
- B) Elevate the wound above the heart
- C) Use a sterile dressing and apply direct pressure
- D) Apply ice to the wound

**Answer: C) Use a sterile dressing and apply direct pressure**

**Explanation: To control severe bleeding from a wound, use a sterile dressing and apply direct pressure to the bleeding site.**

## 10. When should you remove an impaled object from a wound?

- A) Immediately upon discovery
- B) After the person has been transported to the hospital
- C) Only if the object is easy to pull out
- D) Never remove an impaled object

**Answer: D) Never remove an impaled object**

**Explanation: You should never remove an impaled object from a wound as it may be controlling bleeding, and removing it could worsen the injury.**



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## 11. What should you do if someone is experiencing a seizure?

- A) Restrict their movements to prevent injury
- B) Place a soft object in their mouth to prevent biting their tongue
- C) Hold them down to stop the seizure
- D) Keep them safe by moving objects away and cushioning their head

**Answer: D) Keep them safe by moving objects away and cushioning their head**

**Explanation: During a seizure, you should keep the person safe by moving objects away and cushioning their head. Do not restrain their movements.**

## 12. Which of the following is a symptom of shock?

- A) Rapid breathing
- B) Elevated blood pressure
- C) Warm, dry skin
- D) Pale, cool, and clammy skin

**Answer: D) Pale, cool, and clammy skin**

**Explanation: Pale, cool, and clammy skin is a common symptom of shock.**



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## 13. What is the correct method for assisting someone who is having a heart attack and is conscious?

- A) Lay them flat on their back and elevate their legs
- B) Have them drink a glass of cold water
- C) Allow them to sit or lie down in a comfortable position and chew an aspirin if available
- D) Apply heat packs to their chest

**Answer: C) Allow them to sit or lie down in a comfortable position and chew an aspirin if available**

**Explanation: If someone is having a heart attack and is conscious, allow them to sit or lie down in a comfortable position and chew an aspirin if available.**

## 14. What is the purpose of the Automated External Defibrillator (AED) in CPR?

- A) To provide mouth-to-mouth ventilation
- B) To deliver an electrical shock to restart the heart's normal rhythm
- C) To control severe bleeding
- D) To immobilize the injured person

**Answer: B) To deliver an electrical shock to restart the heart's normal rhythm**

**Explanation: The purpose of the Automated External Defibrillator (AED) in CPR is to deliver an electrical shock to restart the heart's normal rhythm.**



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## 15. How should you treat a burn that has broken the skin and is oozing fluids?

- A) Apply ice directly to the burn
- B) Cover it with a clean, sterile dressing
- C) Pop any blisters that have formed
- D) Rub butter or oil on the burn

**Answer: B) Cover it with a clean, sterile dressing**

**Explanation: You should cover a burn that has broken the skin and is oozing fluids with a clean, sterile dressing.**

## 16. What is the correct way to help a conscious choking infant under one year old?

- A) Perform abdominal thrusts (Heimlich maneuver)
- B) Slap the infant's back forcefully
- C) Encourage the infant to cough
- D) Perform CPR immediately

**Answer: A) Perform abdominal thrusts (Heimlich maneuver)**

**Explanation: To help a conscious choking infant under one year old, perform abdominal thrusts (Heimlich maneuver).**



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## 17. What is the purpose of the recovery position for an unconscious person?

- A) To elevate the person's head
- B) To clear the person's airway
- C) To maintain an open airway and prevent suffocation
- D) To keep the person warm

**Answer: C) To maintain an open airway and prevent suffocation**

**Explanation: The recovery position for an unconscious person is used to maintain an open airway and prevent suffocation.**

## 18. What should you do if you suspect someone has been poisoned?

- A) Induce vomiting immediately
- B) Offer them a glass of milk
- C) Call Poison Control or seek medical assistance
- D) Ignore the situation

**Answer: C) Call Poison Control or seek medical assistance**

**Explanation: If you suspect someone has been poisoned, call Poison Control or seek immediate medical assistance. Do not induce vomiting without professional guidance.**



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## 19. How should you remove a tick that has attached itself to the skin?

- A) Use tweezers to grasp the tick's body and pull it straight out
- B) Apply nail polish or petroleum jelly to suffocate the tick
- C) Use a hot match to burn the tick
- D) Cut the tick with a knife

**Answer: A) Use tweezers to grasp the tick's body and pull it straight out**

**Explanation: To remove a tick, use tweezers to grasp the tick's body and pull it straight out of the skin. Do not twist or crush the tick.**

## 20. What is the correct response to a snakebite?

- A) Apply a tourniquet above the bite
- B) Suck out the venom with your mouth
- C) Wash the bite area with soap and water
- D) Keep the bitten area immobilized and seek medical help

**Answer: D) Keep the bitten area immobilized and seek medical help**

**Explanation: In the event of a snakebite, it is important to keep the bitten area immobilized and seek immediate medical help. Do not apply a tourniquet or attempt to suck out the venom.**



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## 21. How should you treat a minor burn with intact skin (first-degree burn)?

- A) Apply ice directly to the burn
- B) Soak the burn in hot water
- C) Run cold water over the burn for several minutes and cover with a sterile dressing
- D) Pop any blisters that have formed

**Answer: C) Run cold water over the burn for several minutes and cover with a sterile dressing**

**Explanation: To treat a minor burn with intact skin (first-degree burn), run cold water over the burn for several minutes and cover it with a sterile dressing. Do not pop any blisters.**

## 22. What should you do if you encounter a person who is not breathing and has no pulse (cardiac arrest)?

- A) Begin CPR immediately
- B) Check for signs of life and wait for help to arrive
- C) Slap the person's face to wake them up
- D) Give the person a glass of water

**Answer: A) Begin CPR immediately**

**Explanation: If you encounter a person who is not breathing and has no pulse (cardiac arrest), you should begin CPR immediately.**



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**23. What should you do if someone is experiencing an allergic reaction with difficulty breathing and swelling of the face and throat (anaphylaxis)?**

- A) Offer them a glass of milk
- B) Encourage them to lie down and rest
- C) Administer an epinephrine auto-injector (if available) and seek immediate medical assistance
- D) Apply a tourniquet to the affected limb

**Answer: C) Administer an epinephrine auto-injector (if available) and seek immediate medical assistance**

**Explanation: If someone is experiencing an allergic reaction with difficulty breathing and swelling of the face and throat (anaphylaxis), administer an epinephrine auto-injector (if available) and seek immediate medical assistance.**

**24. What should you do if you suspect a person has a head or neck injury following a fall or accident?**

- A) Move the person to a more comfortable position
- B) Gently shake the person to check for responsiveness
- C) Keep the person still and support their head and neck in the current position
- D) Apply pressure to the head to stop bleeding

**Answer: C) Keep the person still and support their head and neck in the current position.**

**Explanation: If you suspect a person has a head or neck injury following a fall or accident, you should keep the person still and support their head and neck in the current position to prevent further injury.**





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## 25. What is the correct treatment for a nosebleed?

- A) Tilt the head back to stop the bleeding
- B) Pinch the nostrils together and lean forward slightly
- C) Apply pressure to the top of the head
- D) Insert objects into the nostrils to stop the bleeding

**Answer: B) Pinch the nostrils together and lean forward slightly**

**Explanation: The correct treatment for a nosebleed is to pinch the nostrils together and lean forward slightly to prevent blood from flowing down the throat.**

## 26. How should you provide first aid for a person who has been stung by a bee or wasp?

- A) Squeeze the stinger to remove it
- B) Wash the affected area with hot water
- C) Scrape the stinger away with a flat object and apply a cold compress
- D) Ignore the sting; it will go away on its own

**Answer: C) Scrape the stinger away with a flat object and apply a cold compress**

**Explanation: To provide first aid for a bee or wasp sting, scrape the stinger away with a flat object and apply a cold compress to reduce swelling.**



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## 27. What is the correct response to a bleeding wound with a foreign object embedded in it?

- A) Remove the foreign object immediately
- B) Apply pressure around the object to stop bleeding
- C) Cut around the object to remove it
- D) Secure the object in place and seek medical attention

**Answer: D) Secure the object in place and seek medical attention**

**Explanation: In the case of a bleeding wound with a foreign object embedded in it, you should secure the object in place and seek medical attention. Do not remove the object yourself.**

## 28. What is the primary purpose of a splint in first aid?

- A) To apply pressure to control bleeding
- B) To immobilize and support an injured limb or bone
- C) To clean wounds
- D) To provide mouth-to-mouth ventilation

**Answer: B) To immobilize and support an injured limb or bone**

**Explanation: The primary purpose of a splint in first aid is to immobilize and support an injured limb or bone.**



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## 29. How should you respond to a person who is experiencing heat exhaustion?

- A) Encourage them to continue strenuous activity to build tolerance
- B) Move them to a cooler place, have them rest, and provide fluids
- C) Apply heat packs to their body
- D) Wrap them in warm blankets

**Answer: B) Move them to a cooler place, have them rest, and provide fluids**

**Explanation: To respond to a person experiencing heat exhaustion, move them to a cooler place, have them rest, and provide fluids to rehydrate.**

## 30. What is the correct treatment for a minor cut or scrape with broken skin?

- A) Wash the wound with soap and water, apply an antiseptic, and cover it with a clean bandage –
- B) Ignore the wound; it will heal on its own
- C) Apply butter or oil to the wound
- D) Use a tourniquet to stop bleeding

**Answer: A) Wash the wound with soap and water, apply an antiseptic, and cover it with a clean bandage**

**Explanation: The correct treatment for a minor cut or scrape with broken skin is to wash the wound with soap and water, apply an antiseptic, and cover it with a clean bandage.**



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## 31. What is the recommended method to remove a foreign object from a person's eye?

- A) Rub the eye vigorously to dislodge the object
- B) Use a cotton swab to push the object out
- C) Flush the eye with clean water or saline and blink repeatedly
- D) Cover the eye with a patch and wait for the object to dissolve

**Answer: C) Flush the eye with clean water or saline and blink repeatedly**

**Explanation: The recommended method to remove a foreign object from a person's eye is to flush the eye with clean water or saline and have the person blink repeatedly.**

## 32. When providing CPR to an infant, what is the recommended depth for chest compressions?

- A) 1 inch (2.5 centimeters)
- B) 2 inches (5 centimeters)
- C) 1.5 inches (4 centimeters)
- D) 3 inches (7.5 centimeters)

**Answer: A) 1 inch (2.5 centimeters)**

**Explanation: When providing CPR to an infant, the recommended depth for chest compressions is approximately 1 inch or 2.5 centimeters.**



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## 33. What should you do if you suspect someone is experiencing a stroke?

- A) Give them aspirin
- B) Lay them flat on their back
- C) Keep them awake and comfortable
- D) Call 911 or emergency services immediately

**Answer: D) Call 911 or emergency services immediately**

**Explanation: If you suspect someone is experiencing a stroke, it's crucial to call 911 or emergency services immediately for prompt medical intervention.**

## 34. How should you treat a person with a severe electrical burn?

- A) Apply ice directly to the burn
- B) Elevate the burn area above the heart
- C) Cover the burn with a sterile, non-adhesive dressing and seek medical attention –
- D) Pop any blisters that have formed

**Answer: C) Cover the burn with a sterile, non-adhesive dressing and seek medical attention**

**Explanation: To treat a person with a severe electrical burn, cover the burn with a sterile, non-adhesive dressing and seek immediate medical attention. Do not pop any blisters.**



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**35. What is the primary purpose of an epinephrine auto-injector (EpiPen) in an allergic reaction (anaphylaxis)?**

- A) To prevent further allergic reactions
- B) To relieve pain and discomfort
- C) To reduce swelling
- D) To quickly deliver epinephrine to reverse severe allergic symptoms

**Answer: D) To quickly deliver epinephrine to reverse severe allergic symptoms**

**Explanation: The primary purpose of an epinephrine auto-injector (EpiPen) in an allergic reaction (anaphylaxis) is to quickly deliver epinephrine to reverse severe allergic symptoms.**

**36. What should you do if someone is experiencing a seizure and it lasts longer than five minutes?**

- A) Wait until the seizure stops on its own
- B) Hold them down to prevent movement
- C) Call 911 or emergency services immediately
- D) Offer them a glass of water

**Answer: C) Call 911 or emergency services immediately**

**Explanation: If someone is experiencing a seizure that lasts longer than five minutes, you should call 911 or emergency services immediately for medical assistance.**



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## 37. What is the recommended method for controlling severe bleeding from an amputated body part?

- A) Apply a tourniquet above the amputation site
- B) Place the amputated part in hot water
- C) Elevate the amputated part above the heart
- D) Apply direct pressure to the wound and cover with a clean, sterile dressing

**Answer: A) Apply a tourniquet above the amputation site**

**Explanation: To control severe bleeding from an amputated body part, apply a tourniquet above the amputation site. This is a last resort measure and should be done only when direct pressure and other methods have failed.**

## 38. What is the correct response to a person who is hyperventilating due to anxiety or stress?

- A) Encourage them to breathe even faster
- B) Instruct them to hold their breath
- C) Have them breathe into a paper bag or cupped hands
- D) Ignore the person; they will recover on their own

**Answer: C) Have them breathe into a paper bag or cupped hands**

**Explanation: The correct response to a person who is hyperventilating due to anxiety or stress is to have them breathe into a paper bag or cupped hands to help regulate their breathing.**



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## 39. What should you do if you encounter a person with a suspected spinal injury following an accident or fall?

- A) Move the person to a more comfortable position
- B) Gently shake the person to check for responsiveness
- C) Keep the person still and support their head and neck to prevent movement
- D) Apply heat packs to the injured area

**Answer: C) Keep the person still and support their head and neck to prevent movement**

**Explanation: If you encounter a person with a suspected spinal injury following an accident or fall, you should keep the person still and support their head and neck to prevent movement and potential further injury.**

## 40. What is the primary purpose of rescue breathing in CPR?

- A) To provide oxygen to the person's blood
- B) To circulate blood to vital organs
- C) To remove obstructions from the airway
- D) To check for responsiveness

**Answer: A) To provide oxygen to the person's blood**

**Explanation: The primary purpose of rescue breathing in CPR is to provide oxygen to the person's blood when they are not breathing.**





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**41. What should you do if you encounter a person who has been exposed to extreme cold and is experiencing frostbite?**

- A) Apply direct heat to the affected area
- B) Rub the frostbitten area with snow to warm it up
- C) Immerse the area in hot water
- D) Gradually warm the area with lukewarm water

**Answer: D) Gradually warm the area with lukewarm water**

**Explanation: If you encounter a person with frostbite, you should gradually warm the affected area with lukewarm water, not hot water, to avoid further tissue damage.**

**42. What should you do if a person has inhaled toxic fumes and is unconscious?**

- A) Lay them on their back and elevate their legs
- B) Perform abdominal thrusts to clear the airway
- C) Move them to an area with fresh air and begin CPR if needed
- D) Keep them warm and wait for them to regain consciousness

**Answer: C) Move them to an area with fresh air and begin CPR if needed**

**Explanation: If a person has inhaled toxic fumes and is unconscious, you should move them to an area with fresh air and begin CPR if needed. Prioritize their safety and resuscitation.**



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**43. What is the purpose of the recovery position for a conscious person?**

- A) To elevate the person's head
- B) To clear the person's airway
- C) To maintain an open airway and prevent choking
- D) To keep the person warm

**Answer: D) To keep the person warm**

**Explanation: The purpose of the recovery position for a conscious person is to keep them warm and comfortable, especially if they are experiencing shock.**

**44. What is the correct response to a person who is experiencing a severe allergic reaction and has an epinephrine auto-injector (EpiPen)?**

- A) Administer the EpiPen and call 911 or emergency services
- B) Offer them a glass of water
- C) Encourage them to lie down and rest
- D) Ignore the situation; it will resolve on its own

**Answer: A) Administer the EpiPen and call 911 or emergency services**

**Explanation: If a person with a severe allergic reaction has an epinephrine auto-injector (EpiPen), you should administer the EpiPen and call 911 or emergency services immediately.**



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## 45. How should you provide first aid for a person who has been stung by a jellyfish?

- A) Apply vinegar to the affected area
- B) Rub the area with sand to remove tentacle fragments
- C) Immerse the area in freshwater
- D) Use a credit card to scrape off the stinger

**Answer: A) Apply vinegar to the affected area**

**Explanation: To provide first aid for a jellyfish sting, apply vinegar to the affected area to neutralize the stinging cells. Do not use freshwater, rub with sand, or scrape with a credit card.**

## 46. What is the correct method for assisting a conscious choking adult?

- A) Begin abdominal thrusts (Heimlich maneuver)
- B) Offer them a glass of water
- C) Encourage them to breathe deeply
- D) Pat them on the back

**Answer: A) Begin abdominal thrusts (Heimlich maneuver)**

**Explanation: To assist a conscious choking adult, you should begin abdominal thrusts (Heimlich maneuver) to dislodge the obstructing object.**



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## 47. What is the purpose of CPR (Cardiopulmonary Resuscitation)?

- A) To provide immediate care for minor injuries
- B) To treat cardiac arrest and restore blood circulation and breathing
- C) To immobilize fractures
- D) To stop bleeding

**Answer:\*\* B) To treat cardiac arrest and restore blood circulation and breathing**

**Explanation: The purpose of CPR (Cardiopulmonary Resuscitation) is to treat cardiac arrest and restore blood circulation and breathing in a person who has stopped breathing or has no pulse.**

## 48. What should you do if you encounter a person with a suspected opioid overdose who is unconscious and not breathing?

- A) Administer naloxone (if available) and perform CPR
- B) Offer them food and water
- C) Place them in a seated position
- D) Slap them to wake them up

**Answer: A) Administer naloxone (if available) and perform CPR**

**Explanation: If you encounter a person with a suspected opioid overdose who is unconscious and not breathing, you should administer naloxone (if available) and perform CPR.**



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**49. What is the correct method for assisting a conscious choking infant under one year old?**

- A) Begin back blows and chest thrusts
- B) Offer the infant a pacifier to soothe them
- C) Slap the infant's back forcefully
- D) Perform abdominal thrusts (Heimlich maneuver)

**Answer: A) Begin back blows and chest thrusts**

**Explanation: To assist a conscious choking infant under one year old, you should begin with back blows and chest thrusts, not abdominal thrusts.**

**50. What is the recommended action for providing first aid to a person with a sprained ankle?**

- A) Apply heat to the injured area
- B) Elevate the ankle and apply a cold compress
- C) Rub the area with a topical pain reliever
- D) Immobilize the ankle with a splint

**Answer: B) Elevate the ankle and apply a cold compress**

**Explanation: The recommended action for providing first aid to a person with a sprained ankle is to elevate the ankle and apply a cold compress to reduce swelling and pain.**



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# THANK YOU