you can leave the victim?
<C> when the victim tells you to stop your first aid
<C+> when the victim's injury is satisfactorily dealt with
<C> when the EMS personnel are on their way to the scene
<C> when the victim stops breathing

<Q> First aid is BEST defined as:
<C> the provision of long-term care to a victim with an injury or illness
<C> the provision of CPR only to a victim with an injury or illness
<C+> the provision of immediate care to a victim with an injury or illness
<C> the provision of professional medical care to a victim with an injury or illness

<Q> The mnemonic 3Ps in first aid stands for:
<C> prevent further injury, preserve life, protect from danger
<C> prevent further injury, preserve life, promote self-esteem
<C> preserve life, promote self-esteem, prevent loss of body functions
<C+> prevent further injury, preserve life, promote recovery

<Q> The Red Cross in North America:
<C+> has been a leading first aid training organization throughout North America
<C> provides first aid courses to the public, as well as more advanced training
<C> provides first aid training geared toward both lifeguards and public
<C> sets the standard for resuscitation in North America

<Q> Some interested persons undertake further training beyond first aid of which is the paramedic. Which is CORRECT about this higher level of training?
<C> these personnel are often police officers who reach emergencies before an ambulance
<C> this level of training can be attained through voluntary organizations or through private training
<C> these are often the least qualified of the ambulance personnel
<C+> these personnel usually come with a range of intravenous drugs and items such as intubation kits

<Q> Gaining permission before touching a victim is very essential. This is due to the following reasons EXCEPT:
<C+> to avoid disturbing the injury or illness the victim is complaining of
<C> respect of the victim's personal space
<C> touching a victim without permission is an assault in some cultures
<C> to avoid offence caused by the first aider to the victim

<Q> As a first aider, you found a female casualty in an unconsciousness condition. Accordingly, how are you going to proceed?
<C> wait until the victim becomes conscious to get her consent for treatment
<C> call your local police to ask for their permission to start first aid
<C+> start to perform the first aid treatment since this is one reason for assuming consent
<C> call the victim's family and ask them if you can start first aid procedures because she is a female

<Q> Maher is a 26-year-old executive manager in one of the large companies in the region. After making a serious mistake at work, Maher was fired; he started drinking alcohol as a kind of relief. One night, Maher drank a huge amount of alcohol to the degree that the level of alcohol in his body was very high. You found Maher in the street singing and talking to himself in a loud voice even though he was bleeding from head and was looking very weak; you recognized that Maher is drunk. When you approached him and told him that you are a trained first aider, and you want to treat his wound, Maher refused your suggestion and asked you in a polite way to leave him alone. In this case, it is advisable for you to:
<C> leave Maher in the same condition you found him because you think he is dangerous
<C> sit and start talking to Maher in order to help him ventilate his anger
<C+> call for professional medical assistance to deal with Maher who is refusing to accept treatment
<C> ask Maher to give you a telephone number of someone who cares for him, so that you call him/her to help him

<Q> You were driving your car when you passed by a car accident. You confirmed that the two parents were dead. However, their daughter who was 5-years old was breathing although she was severely injured in the crash. In this situation, what will be your decision as a first aider?
<C> call the local police and let them deal with the dead bodies and the injured child
<C+> start first aid procedures assuming that you gained the consent to do so
<C> ask the girl if she doesn't mind you start treating her
<C> start giving the child chest compressions and rescue ventilations

<Q> You suspected that a husband caused extensive injury to his wife and he was very aggressive and shouting at everyone to not interfere and leave them alone. What should you do in this condition?
<C+> call for assistance from the police to protect yourself and other people in the scene
<C> start doing first aid to the woman who is massively bleeding
<C> shield yourself with whatever available and attack the man with the help of others
<C> start talking to the man and yelling at him to let you help his wife to stop bleeding

<Q> Some individuals who have life-threatening illnesses do not wish to be treated in the case of emergency, and have their wish recorded in some form. Which of the following statements is CORRECT about these living wills?
<C> any person can have a living will with their wish not to be treated in emergencies
<C> only adult victims can have their living will not to be treated in emergency situations
<C> a living will must be recorded on a wearable necklace or anklet
<C+> any person having a living will should have it countersigned by a legal authority

<Q> First aiders should be aware of the possibility of danger to self. These dangerous situations can be:
<C> caused by the surroundings or people at the scene
<C> lessened by a Good Samaritan law
<C> caused unintentionally or deliberately
<C+> a and c

<Q> Keeping yourself protected is the first priority of any first aider by using barrier devices, including, but not limited to, gloves. These gloves:
<C> protect from bodily fluids but not from parasites
<C> are the sole method to avoid the risk of cross contamination and splashes of body fluids
<C+> should be put on when the first aiders approach or on their way to a victim
<C> should only be used for touching victims who do have external fluids

<Q> Vinyl gloves are different from other types of gloves in that they are:
<C+> to be only used for touching victims without external body fluids
<C> treated with talcum powder to make them easier to get on or off
<C> completely impermeable to bodily fluids
<C> the most recommended for use during performing first aid procedures

<Q> Mouth-to-mouth resuscitation is onerous for many bystanders to the degree that it sometimes prevents them from attempting CPR. As a consequence, it is advisable to use a CPR adjunct for the following reason(s):
<C> to reduce allergies some victims have to other types of protective devices
<C+> to reduce the probability of bodily fluid contact and cross contamination
<C> to protect the rescuer from infections the victim might have but not the victim
<C> to make CPR more effective because they can provide the victim with higher concentrations of oxygen than the filter breathing masks

<Q> A key first aid skill is the ability to adapt to the situation. This technique is known as:
<C> prevalence
<C> immobilization
<C> debriefing
<C+> improvisation

<Q> Good Samaritan laws have the following characteristics EXCEPT:
<C+> they increase bystanders' hesitation to assist wounded people
<C> they protect from liability those who choose to aid injured individuals
<C> they do not protect individuals against gross negligence
<C> they do not cover individuals who exceed their scope of practice

<Q> As a general principle, no person is obligated to give aid of any sort to a victim EXCEPT in the following circumstance:
<C> a 7-year-old boy in your neighborhood was injured during his play with his friends when you were passing in the area
<C+> a man who was driving his car with a friend when their car crashed against a tree and the friend got injured
<C> a doctor witnessed an accident, where two people were injured, when he was with his family on their way to camp
<C> a first aider who was trying to treat a victim in a car accident when the vehicle caught on fire and the man was still in it

<Q> Of those mentioned below, which one is NOT protected by the Good Samaritan laws in case of unintentional injury?
<C> a responder who acted in good faith to aid victims after a plane crash
<C> a man who saw an unconscious victim in a chemical plant, but did not help him because of fear of explosion
<C> a woman who was helping her injured neighbor's child when she bumped his head while placing him in the car
<C+> a healthcare professional who provided first aid to a patient during her duty shift

<Q> One of the elements to prove negligence is "duty of care." What is the meaning of this concept?
<C> when you do not perform first aid properly
<C> when a rescuer goes beyond their level of training
<C+> when a rescuer begins first aid to a victim/injured person
<C> when the damage caused was because of your intervention/lack of intervention

<Q> Which statement is CORRECT about critical incident stress (CIS)?
<C> it is uncommon among police and lifeguards
<C+> some rescuers will have unpleasant emotional reactions to serious injuries
<C> talking to other colleagues about reactions to CIS will not help the individual
<C> no psychiatric counseling is required to cope with the stress of the critical incident

<Q> Ali is an emergency doctor who was called upon to examine a 10-year-old boy who was accompanied by his father. After a thorough physical examination, Dr. Ali found some bruises and slap marks on the back of the boy, which led him to suspect child abuse. In this situation, how should Dr. Ali react?
<C> he is strongly recommended to report this suspected abuse
<C> he is required to face the parent with his accusation of child abuse
<C+> he is likely required by law to report this probable case of child abuse
<C> he is in a good position to take the child into his custody in order to send him to a foster home

<Q> How can you decide that the victim is Alert?
<C> when you ask him to open his eyes and he does so
<C+> when he looks at you and replies back after you greet him
<C> when he obeys your command to move his hand
<C> when he groans after you squeeze his ear lobe, and then opens his eyes

<Q> Which of the followings is NOT a method to get a response to pain from a victim?
<C+> blowing air in the ear of the victim
<C> rubbing the sternum of the victim
<C> squeezing the nail bed of the victim
<C> pressing on the ear lobe of the victim

<Q> Which of the following statements is INCORRECT?
<C+> if the victim is not alert, you must immediately commence CPR
<C> if the victim is unresponsive, you must urgently perform further checks on the ABCs
<C> regardless of whether the victim is breathing or not, you will require professional help
<C> any of the responses A, V or P, mean that the victim has some level of consciousness

<Q> In the mnemonic Go DR SHAVPU, the letter D stands for:
<C> checked for deadly bleeding
<C> prepared the defibrillator
<C+> checked for danger
<C> put on dressing
<Q> As a first aider, you are sometimes required to perform the "head-tilt chin-lift" technique for certain victims. This technique:
<C> is needed when the victim becomes semi-conscious
<C> requires that the victim be put in a prone position
<C+> puts the victim in a position with jawline perpendicular to the ground
<C> done with one hand on the back of the head and the other hand on the forehead

<Q> Which statement about human respiration is TRUE?
<C> the capacity of human lungs is ten liters
<C+> when a victim's breathing stops, they are likely to have their heart stopped
<C> when a person inspires fresh air, the body absorbs the whole amount of oxygen in it
<C> a first aider can restart spontaneous respiration to a victim by cardiac massage

<Q> How can you, as a first aider, check for normal breathing after opening the victim's airway?
<C+> looking, listening and feeling of the chest for 10 seconds
<C>placing your cheek in front of the victim's mouth (about 4-5 inches away)
<C> placing your hand in their mouth to recheck the airway for more obstructions
<C> looking, listening and feeling of the chest for 10 minutes

<Q> In order to give successful rescue breaths to adult victims, the first aider must do which of the following measures?
<C> maintaining an open airway by putting the victim in a sitting position
<C> plugging the nose of the victim with one hand
<C> giving the mouth-to-mouth breaths to the victim in an airtight method
<C+> b and c

<Q> Chest compressions are sometimes effective in emergency situations and help to save lives. Choose the CORRECT sentence regarding these chest compressions:
<C> they are always performed after (5) rescue breaths
<C+> they are always done in the center of the chest for all victims
<C> they are always performed by either hand on all victims
<C> they are enough on their own to help restart normal breathing

<Q> You started CPR for a victim since 15 minutes. In which case you will NOT stop the procedure?
<C> the victim starts breathing spontaneously
<C> the victim vomits and you rolled them to their side
<C+> the victim starts sighing when you give them chest compressions
<C> a doctor arrives at the scene and starts treating the victim

<Q> What is the main difference between vomiting and regurgitation?
<C> regurgitation is an active mechanism, whereas vomiting is a passive mechanism
<C+> regurgitation is a passive mechanism, whereas vomiting is an active mechanism
<C> vomiting occurs when stomach contents move passively into the mouth
<C> vomiting contents always have a bad smell whereas regurgitation contents have no odor

<Q> Jad found an unconscious victim on the road, and started giving her respirations, but his ventilations did not go in. How should Jad act as a result of this?
<C> stop CPR since the airway is completely blocked and the victim did not improve
<C+> try to turn her head further back then do rebreathing in her mouth
<C> start doing abdominal thrusts to help clear her airway
<C> continue giving her the ventilations until the EMS crew arrives

<Q> Does the victim respond to voice or painful stimulus? The answer is "YES." What is your next step?
<C> call EMS
<C> tilt the head back and lift the chin of the victim to open the airway
<C> leave the victim to obtain an AED if possible
<C+> check the victim for other conditions if necessary

<Q> Which of the following statements is CORRECT regarding bleeding?
<C> applying a tourniquet is the first choice to stem flow of the blood
<C+> the best way to stop bleeding is the direct pressure to slow blood flow
<C> remove the dressings off the wound in case they become saturated with blood
<C> elevating the wound above the level of the heart is effective in all wounds

<Q> Secondary survey is done for many purposes. One of these purposes is to:
<C> find any life-threatening conditions that need treatment
<C> monitor the victim's health after deterioration of their condition
<C> monitor the victim's condition at a certain moment after the injury
<C+> determine the extent of an injury for victims requiring ambulance intervention

<Q> Head-to-toe examination is a technique used in secondary survey. Regarding this:
<C> it is always done in the first instance to all trauma victims
<C+> it is done to look for abnormalities
<C> a and b
<C> a only

<Q> For the purpose of head-to-toe assessment, you need to divide the body into 6 areas, first of which is the head and neck. When you examine the head and neck, which statement is INCORRECT?
<C> during head check, you should watch the victim's reactions
<C> head check is done first then neck check followed by reassessment of ABCs
<C+> head check is performed with one hand starting at the forehead
<C> for neck check, you may lie on your front with your elbows on the floor

<Q> For the purpose of assessing back of the victim:
<C> you should lie the victim on their back
<C+> you can feel down the spine if the victim is lying prone or laterally
<C> if the victim is lying on their back, try to move them to a semi-sitting position
<C> the back is ideally done exposed to watch for one side moving differently to the other

<Q> In pelvic examination, the BEST approach to do this diagnostic test is:
<C> rocking the hips from side to side, then trying to expand the movement of the pelvis
<C> inspecting the pelvis for any shortening or rotation of one hip compared to the other
<C+> placing a hand on each hip, pushing gently downwards with the two hands, then gently rocking the hips
<C> palpating the hips searching for guarding, then pushing gently both sides at the same time to hear the sound of cracks
<Q> In taking a victim history as a part of the secondary assessment, the acronym CHAMPION can be used:
<C> this acronym is enough by itself in remembering what forms a full history
<C> the letter I in this acronym stands for Indentations and Instability of the spine
<C> to identify the chief complaint, you should ask the victim "How much severe is the pain?" to identify the main problem of the victim
<C+> the most important in taking the history is to get relevant information not following a prescribed set of questions

<Q> Capillary refill is used to check circulation of the victim. Which is CORRECT about this?
<C> victims with low blood pressure will have a significant capillary refill
<C> capillary refill is most accurate for victims who have low body temperature
<C+> healthy victims will have capillary refill in no more than two seconds
<C> capillary refill is done by placing the victim's hand at the heart level

<Q> Radial pulse is:
<C> located in several sites on the foot
<C+> the best to check on conscious victims
<C> best used on unconscious victims, or when the carotid pulse cannot be found
<C> checked in order to ascertain blood flow to the foot

<Q> How can a first aider perform the technique PEARL?
<C> ask the victim to look at your forehead with one eye at a time, then use a small torch to check pupils' reaction to light
<C> ask the victim to look straight at a light source such as sunlight to see the pupils' reaction to the sunlight, and to check the size and shape of both pupils
<C+> ask the victim to look straight at your nose to see if both pupils are the same size and shape, then check pupils' reaction by using a penlight
<C> shield the victim's eyes with your hand from the light source for 30 seconds, then move the penlight in over their eyes to check for changes in pupils' size and color

<Q> "It is the wound that is caused by an object penetrating the skin and underlying layers." This type of bleeding is known as:
<C> laceration
<C+> puncture
<C> incision
<C> avulsion

<Q> Contusions are:
<C> also known as grazes
<C+> caused by blunt objects damaging tissue under the surface of the skin
<C> also known as flap injuries
<C> irregular wounds caused by blunt impact to soft tissue overlying hard tissue

<Q> external bleeding can be treated using elevation of the wounded body part. Elevation:
<C+> is needed to stop larger bleeds
<C> is enough to stop minor bleeds
<C> helps to slow blood flow to the affected area, and prevents clotting
<C> can be used to stop leg bleeding by raising head of the victim to a sitting position

<Q> Depending on the position of the injured area in keeping pressure on the wound, and in articulate areas of the body, what is the type of direct pressure to be used if a hand is cut transversely from the thumb to halfway across the palm?
<C> keeping the hand flat while applying dressing to the wound
<C> applying a tourniquet on the wound for 15-30 minutes to stop bleeding
<C+> clasping the hand of the victim close to ensure bleed has stopped
<C> using an adherent pad is enough to stop bleeding

<Q> Once the bleeding is slowed or stopped, you should consider dressing the wound properly. Which is TRUE about these dressings?
<C+> dressing pads are put in place, then a crepe bandage is wrapped around firmly
<C> dressings are used to stick to the wound in order to absorb the blood coming from it
<C> dressings should be very tight to cut blood flow off to the bleeding area
<C> dressing pads are applied to a maximum of three until soaked with blood, then replaced with dry ones every 10 minutes
<Q> You were playing basketball with your colleagues in the School of Medicine at the Hashemite University when you accidentally hit another player on his nose where it started to bleed. How can you help your injured colleague?
<C> start using an ice pack on his forehead to help stem the blood flow
<C> seek medical assistance immediately from the University Medical Center
<C+> ask him to pinch the soft part of his nose firmly with two fingers while leaning forward for 5-10 minutes
<C> help him lie down with his head tilted back to help slowing the blood flow and try to raise his legs to avoid lowering of his blood pressure

<Q> What is the BEST technique to use if a superficial splinter is found in the wound?
<C+> try to remove this particle from the wound using a gloved hand or tweezers
<C> do not remove it from the wound
<C> apply pressure around this object with sterile gauze
<C> do not move the object as this may increase the bleeding and cause infection to the area

<Q> When a first aider is dealing with a stab wound, it is:
<C> advised to help the victim into the supine position with their head slightly tilted to the back
<C+> helpful to lean the victim to the injured side, preventing incursions by blood to the healthy side
<C> recommended to search for the abuser to prevent further injuries to others
<C> advised to remove the knife from the body to prevent contamination and occurrence of infection

<Q> If a forefinger of a child is partially separated, then the protocol used by you, as a first aider, in this case is:
<C> placing the amputated finger into ice to help reduce blood flow to the area
<C> trying to stitch the finger to help stop bleeding
<C+> immediately calling for help and treating the bleeding accordingly
<C> getting the amputated finger into a clean paper bag, sending it with the victim to the hospital

<Q> You can recognize that a person might be bleeding internally in the following case(s):
<C> when there is blood on the skin of the victim
<C+> when the urine of the victim is mixed with blood
<C> when the skin of the victim looks flushed and feels hot
<C> when the skin of the victim becomes yellow in color

<Q> When you start treating a victim for suspected internal bleeding, what is the FIRST thing you should do?
<C> check the victim's ABCs
<C+> put on disposable gloves
<C> call an ambulance
<C> keep the victim warm

<Q> Angina is different from heart attack in that:
<C> angina occurs after a long period of rest whereas heart attack occurs after intense exercise
<C+> angina pain relieves very shortly after rest whereas pain of heart attack does not relieve with rest
<C> angina leads to death of the heart muscle whereas heart attack is a short-term blockage of blood supply to the heart
<C> angina is sometimes called myocardial infarction whereas heart attack is called pectoral death

<Q> To treat the victim complaining of a heart attack, what is the suitable position to place them in?
<C+> semi-sitting position, body leant back, feet on the floor, and knees raised
<C> supine position, legs raised, and head on a pillow, if available
<C> standing position, with the body leant forward, and head between hands
<C> lateral position, with one leg extended, and the other leg flexed in front of the other leg

<Q> Which one of the following is NOT a warning sign of stroke?
<C+> sudden loss of hearing
<C> sudden numbness in the face
<C> sudden loss of the ability to understand
<C> sudden severe headache

<Q> To treat a victim of stroke who becomes unconscious, how should the first aider act?
<C> assist them into the recovery position on their side with the stroke
<C+> begin CPR if not breathing
<C> encourage the victim to move into a position of comfort for them
<C> put them in recumbent position to allow blood to flow with the aid of gravity