

# ASSIGNMENT 10

**Textbook Assignment:** Chapter 14 “*First Aid and Health*” and Chapter 15 “*Survival*.”

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1. First aid has which of the following objectives?
  1. To save lives
  2. To limit infection
  3. To prevent further injury
  4. Each of the above
2. In administering first aid, you are responsible for performing which of the following tasks?
  1. Stop bleeding
  2. Maintain breathing
  3. Prevent or treat for shock
  4. All of the above
3. Under which, if any, of the following circumstances should you touch an open wound with your fingers?
  1. To replace bulging abdominal organs
  2. To remove a protruding foreign object
  3. Only when absolutely necessary to stop severe bleeding
  4. None of the above
4. A person who has stopped breathing is considered dead.
  1. True
  2. False
5. What is the purpose of artificial ventilation?
  1. To restore the function of the heart
  2. To provide a method of air exchange
  3. To clear an upper air passage obstruction
  4. To clear a lower air passage obstruction
6. When using the mouth-to-mouth technique for administering artificial ventilation, how often should you force air into the victim’s lungs?
  1. Once every 3 seconds
  2. Once every 4 seconds
  3. Once every 5 seconds
  4. Once every 6 seconds
7. The mouth-to-nose technique for administering artificial ventilation is effective on which of the following victims?
  1. The victim who is breathing very slowly
  2. The victim who is very young
  3. The victim who has extensive facial injuries
  4. Both 2 and 3 above
8. When using the back pressure/arm lift technique for administering artificial ventilation, you should repeat the cycle how many times per minute?
  1. 10 to 12
  2. 8 to 10
  3. 6 to 8
  4. 4 to 6
9. Cardiopulmonary resuscitation (CPR) should be started within how many minutes of the onset of cardiac arrest?
  1. 6
  2. 5
  3. 3
  4. 4
10. When administering CPR, you should place your hands on what area of the victim’s chest?
  1. On the upper part of the sternum
  2. About 1 inch below the sternum
  3. Above the tip of the sternum
  4. On the tip of the sternum
11. When using the one-rescuer CPR technique, you should administer how many compressions per minute?
  1. 60 to 80
  2. 40 to 60
  3. 20 to 40
  4. 10 to 20

12. When using the one-rescuer CPR technique, you should give how many ventilations after each set of compressions?
  1. One
  2. Two
  3. Three
  4. Four
13. When using the two-rescuer CPR technique, you should use what ratio of compressions to ventilations?
  1. 1 to 5
  2. 5 to 1
  3. 10 to 4
  4. 4 to 10
14. Which of the following is one of the most reliable indications of a blocked airway in a conscious person?
  1. Inability to speak
  2. Cherry red skin color
  3. Profuse sweating of the face
  4. Partially digested food in the mouth
15. You are assisting a person who is choking. What is the first action you should take?
  1. Apply the standing chest thrust to the victim
  2. Apply the standing abdominal thrust to the victim
  3. Clear the victim's mouth of any food or foreign objects
  4. Sharply slap the victim on the back between the shoulder blades
16. What minimum amount of blood loss usually causes a person to go into shock?
  1. 1 pint
  2. 2 pints
  3. 3 pints
  4. 4 pints
17. How is arterial bleeding from a cut near the surface of the skin indicated?
  1. Spurting dark red blood
  2. Steady flow of dark red blood
  3. Steady flow of bright red blood
  4. Gushing spurts of bright red blood
18. To control bleeding, which of the following methods should you try first?
  1. Direct pressure
  2. A tourniquet
  3. A battle dressing
  4. Pressure points
19. What is meant by the pressure points in the human body?
  1. A place where the artery is protected on all sides by bone or muscle
  2. A place where the main artery is close to the skin surface and over a bone
  3. A point where an artery crosses between the heart and the wound
  4. A point where an artery crosses a joint
20. If the use of a battle dressing is required, who should loosen/remove it?
  1. The on-scene leader
  2. The repair locker leader
  3. A person qualified in first aid
  4. Medical personnel
21. Shock will never be serious enough to cause death.
  1. True
  2. False
22. At which of the following times should you start treatment for shock?
  1. As soon as possible after an injury occurs
  2. Only when symptoms indicate severe shock
  3. Only after other injuries have been treated
  4. As soon as unconsciousness occurs
23. What is the basic position for treating shock?
  1. Putting the head and feet at the same level
  2. Putting the head lower than the feet
  3. Putting the feet lower than the head
24. Which of the following Navy personnel are the most frequent victims of suicide?
  1. Males between the ages of 25 to 37 in paygrades E-6 and E-8
  2. Males between the ages of 17 to 24 in paygrades E-1 to E-6
  3. Females between the ages of 25 to 37 in paygrades E-6 to E-8
  4. Females between the ages of 17 to 24 in paygrades E-1 to E-6

25. Which of the following are actions to take if you believe someone you know is thinking about suicide?
  1. Take all threats seriously
  2. Don't leave the person alone
  3. Get professional help
  4. All of the above
26. Which of the following burns is considered the most serious?
  1. First degree
  2. Second degree
  3. Third degree
27. A closed fracture is one where the skin is intact and an open fracture is one where the skin is broken.
  1. True
  2. False
28. When choosing a material to use as a splint, you should choose material that has which of the following characteristics?
  1. Light weight
  2. Fairly rigid
  3. Strong
  4. All of the above
29. Which of the following is/are symptoms of a broken bone?
  1. Swelling
  2. Deformity
  3. Inability to use the part
  4. Each of the above
30. Which of the following is/are symptoms of a sprain or a strain?
  1. Swelling
  2. Inability to use the part
  3. Each of the above
31. What is one of the easiest ways to carry an unconscious person?
  1. Arm carry
  2. Fireman's carry
  3. Tied-hands crawl
  4. Lift and drag
32. In compartments with access hatches that are too small to permit the use of regular stretchers, you would remove an injured person using what type of stretcher?
  1. Neil Robertson
  2. Gaylord
  3. Stokes
33. Aboard ship, keeping yourself and your spaces clean and orderly has which of the following advantages?
  1. Improves morale
  2. Contributes to the well-being of the crew
  3. Both 1 and 2 above
34. What common dental condition(s) can be prevented by making sure you develop the habit of good oral hygiene?
  1. Tooth decay
  2. Gum and bone disease
  3. Reddening of the gums
  4. All of the above
35. Sexually transmitted diseases may be spread through the use of inanimate objects, such as toilet seats, bed linens, or drinking glasses.
  1. True
  2. False
36. If left untreated, syphilis may cause which of the following conditions?
  1. Heart disease
  2. Mental illness
  3. Blindness
  4. All of the above
37. Sterility is the result of leaving which of the following sexually transmitted diseases untreated?
  1. Syphilis
  2. Gonorrhea
  3. Acquired Immune Deficiency Syndrome
  4. Herpes
38. Use of condoms offers some protection from Acquired Immune Deficiency Syndrome.
  1. True
  2. False

39. If time permits during abandon-ship preparation, a message announced over the 1MC will give which of the following information?
1. Water temperature
  2. Sea and wind conditions
  3. Bearing and distance to the nearest land
  4. All of the above
40. If you have to go over the side and the ships' propellers are turning, you should leave from what point on the ship?
1. The windward side, if possible
  2. The lee side, if possible
  3. From the bow
  4. From the stern
41. Personnel have the greatest chance for survival in the water if they meet which of the following swimmer requirements?
1. First class
  2. Second class
  3. Third class
42. If you have to swim through flames, which of the following is a procedure to follow?
1. Use your life preserver as a raft
  2. Keep your face above the surface of the water as much as possible
  3. Both 1 and 2 above
  4. Swim underwater until you are clear of the oil
43. If you must abandon ship into oily water that is not burning, which of the following precautions should you take?
1. Use your life preserver as a raft
  2. Keep your face above the surface of the water as much as possible
  3. Both 1 and 2 above
  4. Swim underwater until you are clear of the oil
44. You can use which of the following items to help you stay afloat?
1. Seabags
  2. Pillow cases
  3. Mattress covers
  4. All of the above
45. The Navy uses a maximum of how many types of life preservers?
1. One
  2. Two
  3. Three
  4. Four
46. Which of the following benefits does the collar on the vest-type life preserver provide?
1. Additional insulation against chill in cold water
  2. Additional buoyancy to keep the head upright
  3. A place to store survival equipment
  4. A place to attach a retrieving line
47. The wooden toggle and line of an inflatable life preserver are used to
1. permit easy removal of the preserver
  2. make the preserver fit snugly around your body
  3. attach yourself to a life raft or another person
  4. provide a means for retrieving you out of the water
48. When using a pin-on, battery-operated light on a life preserver, you should replace the battery at what minimum interval?
1. 18 months
  2. 12 months
  3. 3 months
  4. 6 months
49. You may launder the fibrous glass pads in addition to the outer cover of the inherently buoyant preserver.
1. True
  2. False
50. In addition to inspecting your inflatable life preserver each time you wear it, you should also inspect it for air leaks at what minimum interval?
1. Daily
  2. Weekly
  3. Monthly
  4. Quarterly

51. The survival kits in large lifeboats are designed to sustain 15 to 20 people on regular rations for what maximum number of days?
1. 20
  2. 15
  3. 10
  4. 5
52. You can identify the red flare end of a Mk 13 Mod 0 distress signal kit in the dark by which of the following indicators?
1. A metal pull ring
  2. Beadlike projections
  3. The absence of beadlike projections
  4. The absence of a metal pull ring
53. Under good weather conditions, the dye marker will retain some color for what maximum length of time?
1. 1 hour
  2. 2 hours
  3. 3 hours
  4. 4 hours
54. In a lifeboat, what piece of survival equipment is provided to assist you in filling containers with freshwater?
1. Rain catcher tube
  2. Rain cistern
  3. Rain bucket
  4. Funnel
55. In a lifeboat, continuous exposure to the elements will not harm which of the following pieces of survival or signal equipment?
1. Sponges
  2. Knives
  3. Flashlights
  4. Signal mirrors
56. In a lifeboat, you may survive on as little as how much water a day?
1. 10 ounces
  2. 8 ounces
  3. 6 ounces
57. People are known to live for 4 weeks or longer in a survival situation if a sufficient amount of water is available.
1. True
  2. False
58. Which of the following forms of sea life or birds should NEVER be eaten?
1. Sharks
  2. Jellyfish
  3. Seabirds
  4. Sea turtles
59. Which of the following sea birds is/are edible?
1. Albatrosses
  2. Gannets
  3. Terns
  4. All of the above
60. At what minimum water temperature are you at risk for a serious condition called *hypothermia*?
1. 75°F
  2. 80°F
  3. 85°F
  4. 95°F
61. What means should you use to treat frostbitten hands and fingers?
1. Rub them
  2. Exercise them
  3. Place them in cold water
  4. Place them in contact with a warm part of your body
62. Assume that you have just fallen overboard. What is the most important survival technique for you to remember?
1. Remain calm and try to stay afloat
  2. Swim after the ship and call for help
  3. Remove your shoes and other heavy clothing
  4. Keep moving your arms and feet for protection from sharks
63. Helicopters use a maximum of how many basic devices for recovering personnel in the water?
1. One
  2. Two
  3. Three
  4. Four

64. If you fall overboard and sharks are in the area, you should take which of the following actions?
1. Swim away from the area
  2. Assume the jellyfish position and try to remain motionless
  3. Float on your back and use as little arm and leg movement as possible
  4. Tread water and make wide sweeping movements with your arms to splash water
65. In a group survival situation, good leadership will lessen the effects of which of the following emotional states?
1. Panic
  2. Confusion
  3. Disorganization
  4. All of the above
66. At least how many quarts of water are required each day to maintain your efficiency?
1. 1
  2. 2
  3. 3
  4. 4
67. Liquids obtained from vines are undrinkable if they have which of the following characteristics?
1. White sap
  2. Very dark in color
  3. Both 1 and 2 above
  4. Slightly pink color
68. In a survival situation with less than 1 quart of water per day, you should avoid eating what type of food?
1. High-carbohydrate
  2. Highly flavored
  3. Excessively sweetened
  4. High-protein
69. Under survival conditions, you would obtain the most food value from which of the following sources?
1. Nuts
  2. Tubers
  3. Insects
  4. Animal flesh
70. To kill any parasites scavenger birds such as buzzards and vultures might carry, you should boil the birds for what minimum length of time?
1. 5 minutes
  2. 10 minutes
  3. 15 minutes
  4. 20 minutes
71. When selecting a route for evasion travel, you should always choose the easiest route.
1. True
  2. False
72. Which of the following sources is best for determining directions under survival conditions?
1. The position of the stars and the sun
  2. The growth of moss on trees and rocks
  3. The direction of movement of birds and animals
  4. The direction of water flow in streams and rivers
73. During evasion, if you can no longer proceed on your own because of illness, which of the following actions should you take?
1. Seek help from friendly natives
  2. Display a white flag or other white object
  3. Surrender to enemy troops by walking toward them with raised arms
  4. Select a hiding place and stay there until you are well enough to travel
74. After evading the enemy and returning to an area with friendly forces, you should take which of the following actions?
1. Fire your weapon three times and give your name
  2. Arouse their attention by shouting at them
  3. Display a white flag or other white object
  4. Try to get through their lines at night
75. You should give friendly frontline troops which, if any, of the following information about your evasion experiences?
1. All information they request
  2. Immediate tactical information
  3. A description of the methods you used during evasion
  4. None of the above