

QUESTION #1:

NAME 3

**HEAT-RELATED
ILLNESSES**

ANSWER #1:

- HEAT STROKE
- HEAT CRAMPS
- HEAT EXHAUSTION

QUESTION #2:

WHEN SOMEONE IS HAVING
A STROKE, YOU
SHOULD THINK **FAST**.

WHAT DOES
F.A.S.T STAND FOR?

ANSWER #2:

FACE

Weakness on one side of the face. Ask the person to smile. This will show if there is drooping or weakness in the muscles on one side.

ARMS

Ask the person to raise both arms in front of them to find out if there is weakness in the limbs.

SPEECH

Ask the person to speak a simple sentence “the sky is blue”. See if the person can say it clear and correctly.

TIME

It's time to summon EMS personnel if any one of these signs or symptoms is seen. Note the time of the onset of sign or symptom.

QUESTION #3:

**HOW DO YOU TAKE CARE OF
SOMEONE IF
THEY GET STUNG?**

ANSWER #3:

Examine the sting site to see if the stinger (if there is one) is in the skin. Remove the stinger if it is still present. Scrape it away with edge of a plastic card, such as a credit card. Wash the wound with soap and water. Cover the site with a dressing and keep the wound clean. Apply a cold pack to the site to reduce pain and swelling. Watch for any unusual reactions to the sting like allergic reaction.

QUESTION #4:

**WHAT ARE THE SIGNS AND
SYMPTOMS OF
SOMEONE IN SHOCK?**

ANSWER #4:

- Restlessness or Irritability
- Altered LOC (level of consciousness)
- Pale, Ashen, Cool or Moist Skin
- Nausea/Vomiting
- Rapid Breathing and Pulse
- Excessive thirst

QUESTION #5:

**HOW DO YOU PLACE
SOMEONE IN THE
RECOVERY POSITION?**

ANSWER #5:



- 1** Tilt head backwards, ensure clear airway and straighten head and neck



- 2** Place arm at side and other arm across chest with hand against cheek



- 3** Bring far knee up to a 90° angle



- 4** Roll person over towards you with knee at angle and ensure head is supported

QUESTION #6:

AT THE BONNER SPRINGS
AQUATIC PARK,
PERSONAL FLOTATION DEVICES
NEED TO BE

APPROVED.

ANSWER #6:

**UNITED STATES
COAST GUARD**

QUESTION #7:

**WHAT IS THE MINIMUM
TEMPERATURE IN
ORDER TO SWIM AT BSAP?**

ANSWER #7:

70 DEGREES

QUESTION #8:

TRUE OR FALSE

**WHEN A NOSEBLEED HAPPENS YOU
SHOULD PACK THE NOSE TO MAKE
IT STOP BLEEDING**

ANSWER #8:

FALSE

This actually can worsen bleeding because it irritates the vessels further and doesn't provide enough pressure to stop bleeding. Instead, use a tissue or damp washcloth to catch blood as it comes out of your nose.

QUESTION #9:

**WHY MUST YOU HAVE TO BE
48" IN ORDER TO GO DOWN
THE YELLOW AND RED
SLIDES AT BSAP?**

ANSWER #9:

IT'S FOR YOUR SAFETY!

(And it's a rule by the manufacturer).

The catch pool is 42", which means someone 48" is more likely to recover after disorientation than someone under this height, given the depth of the catch pool.

QUESTION #10:

WHAT IS THIS CALLED?



ANSWER #10:

Medical Identification Tag

It is used to provide medical information about a person if they are unable to communicate with you. It explains how to care for the conditions and identified and list whom to call for help.

QUESTION #11:

PEOPLE WHO HAVE
DIABETES SOMETIMES
EXPERIENCE SYMPTOMS OF
LOW BLOOD SUGAR. LOW
BLOOD SUGAR IS CALLED?

ANSWER #11:

Hypoglycemia

(Hyperglycemia is high blood
sugar)

QUESTION #12:

TRUE OR FALSE

**AFTER SOMEONE FAINTS, YOU
SHOULD NOT
GIVE THEM ANYTHING TO EAT
OR DRINK?**

ANSWER #12:

TRUE

Until they are fully conscious, do not give them anything to drink or eat to prevent choking.

QUESTION #13:

FOR SEIZURES, YOU SHOULD SUMMON FOR EMS PERSONNEL ONLY IF:

- A. THE PERSON IS PREGNANT
- B. THE SEIZURE LAST MORE THAN 5 MINUTES
- C. THE SEIZURE OCCURS IN WATER
- D. ALL THE ABOVE

ANSWER #13:

D. ALL THE ABOVE

QUESTION #14:

WHEN CARING FOR A RESPONSIVE VICTIM, YOU SHOULD USE A SAMPLE MNEMONIC WHEN TAKING BRIEF HISTORY.

WHAT DOES S.A.M.P.L.E MEAN?

ANSWER #14:

S= Signs & symptoms

A= Allergies

M= Medications

P= Pertinent & past medical history

L= Last oral intake

E= Events leading up to the incident

QUESTION #15:

**IF A PERSON IS SHOWING
SIGNS AND SYMPTOMS OF
POISONING, WHO SHOULD
THEY CALL?**

ANSWER #15:

Poison Control Center
1-800-222-1222