

## Physical Considerations, Personal Safety, and First Aid for Auxiliary Crew Examination

Name: \_\_\_\_\_ ID Number: \_\_\_\_\_  
Date: \_\_\_\_\_ Flotilla: \_ \_ - \_ - \_ \_

Circle the answer for questions 1 to 4 that best matches the statement.

1. To qualify as an Auxiliary crewmember, you must
  - a. Swim 25 yards without a life jacket
  - b. Be able to do 10 push-ups.
  - c. Be able to physically perform all of the tasks required for crew qualification.
  - d. All of the above.
2. If, while on patrol, a physical or medical condition makes you unable to perform all of the functions required as a crew member, you must
  - a. Continue on the patrol so that the AOR remains covered.
  - b. Notify the Coxswain immediately.
  - c. Not say anything about your condition.
  - d. Requalify as crew before a QE before you sign on as a crew member in the future.
3. When you come upon a victim requiring assistance, your first action should be
  - a. Stop the person's bleeding.
  - b. Do CPR if you are trained to do so.
  - c. Check the scene for your own safety and that of persons in the area.
  - d. Transport the victim to the Coast Guard station.
4. If an unconscious victim is lying on the deck when you arrive and the scene is safe,
  - a. You should move the victim to your boat.
  - b. You should start rescue breathing.
  - c. You should give the victim water.
  - d. None of the above.

Answer each part of the following questions by placing a **T** (True) or **F** (False) on the line preceding the statement.

5. When you are presented with an emergency medical situation,
  - \_\_\_ Your first responsibility is to the patient.
  - \_\_\_ You should do only what you are trained to do.
  - \_\_\_ Your examination and the signs are more important than the history and symptoms.
  - \_\_\_ Notify the Coast Guard station before you provide any care to the victim.
  - \_\_\_ After putting on disposable gloves, apply firm pressure against a bleeding wound with a sterile dressing or clean cloth.
  - \_\_\_ If the victim refuses your care, you may provide care if the condition appears severe.
6. With shock
  - \_\_\_ The pulse is usually rapid and weak.
  - \_\_\_ The skin is usually warm.
  - \_\_\_ Breathing is slow and irregular.
  - \_\_\_ The victim may be given warm fluids.
  - \_\_\_ The victim is placed flat on the back with feet raised 12 inches (except if head, neck or spinal injury is suspected.)
7. With bleeding
  - \_\_\_ If a clean cloth is not available, first apply pressure to a pressure point.
  - \_\_\_ Almost all bleeding can be controlled by direct pressure.
  - \_\_\_ Once the bleeding is controlled, the person is out of danger.
  - \_\_\_ After applying direct pressure, if the bleeding continues, remove the pad and apply another pad.
  - \_\_\_ If it involves an extremity, the extremity should always be raised.
  - \_\_\_ A tourniquets should be used immediately if blood is squirting from the wound.

Continued on back

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### 8. With burns

- ☐ First degree are most severe.
- ☐ The depth is more important for survival than the size.
- ☐ A person may go into shock.
- ☐ Cooling the burn with large amounts of cool water should be done immediately.
- ☐ Apply some grease or ointment to all burns.
- ☐ Cover the burn with a dry, sterile dressing.

### 9. When a person develops hypothermia

- ☐ There may be the appearance of intoxication.
- ☐ Breathing may be slow.
- ☐ The pulse is usually rapid.
- ☐ The wet clothes must always be removed.
- ☐ Shock may develop.

### 10. Fatigue

- ☐ Increases a person's alertness.
- ☐ May be caused by boredom.
- ☐ May cause a person to take chances.
- ☐ May be prevented by eating and drinking.
- ☐ May be caused by noise.

### 11. When a victim appears to have drowned

- ☐ Treat immediately for shock.
- ☐ First check for responsiveness.
- ☐ Give CPR for 5 minutes, and then call for help.
- ☐ Start CPR if you are trained and the victim is unresponsive, is not breathing and has no signs of circulation (is not moving, breathing or coughing.)
- ☐ Turn the victim on his/her stomach and pound on the back.

### 12. The effects of exposure to the sun

- ☐ May be serious skin conditions.
- ☐ Do not include damage to the eyes.
- ☐ May be reduced by the use of hats, SPF 30 or higher sunscreen, and UV protection sunglasses.
- ☐ Always occur rapidly.

### 13. In hot weather conditions

- ☐ If the person is sweating profusely, he/she is in no danger.
- ☐ If a person is looking pale, is not sweating, and feels warm to touch, the person is probably developing Heat Exhaustion.
- ☐ Cramps in the abdomen or legs may be symptoms of a heat problem.
- ☐ Drinking water and noncaffeinated beverages at least every 30 minutes helps to prevent dehydration.
- ☐ Dehydration can cause shock.

### 14. In anaphylaxis

- ☐ Symptoms always start within seconds after exposure to the cause.
- ☐ Death can occur within minutes.
- ☐ There may be no signs.
- ☐ Professional medical care should be obtained only if the patient continues to feel ill.
- ☐ Coughing, abdominal cramps, and itching of the skin and throat may occur.

### 15. By following "Standard Precautions"

- ☐ All blood and body fluids are treated as if they were infectious.
- ☐ Gloves, gown, eye shield and mask are used whenever any blood is present.
- ☐ You must wash your hands only if you have not worn gloves when touching blood or body fluids.
- ☐ Full strength bleach should be used to decontaminate equipment.
- ☐ If you are contaminated with blood or a body substance, flush the area with a bleach solution.