



FIRST-AID & EMERGENCY PROCEDURES WORKSHEET

Please note: This form cannot be saved in a web browser. We recommend downloading the pdf file to your local computer drive prior to starting the assessment. When you finish this section assessment, save your form so you can review with your Assessor and group at your next meeting to go over the correct answers.

Part B - Section 4: Assessment of videos #7, #15, #16, #18, #19, #20, #21, #22 - First Aid & Risk Management

Participant Name	
Name of Group	

1. A first aid kit is an essential piece of equipment and you must purchase one, you cannot create your own. True or false?

- True
- False

2. What are some essential items for your first aid kit? **Select the 4 that apply.**

- Antiseptic wipes to clean the wound
- Heat rub / muscle ointment
- Different types/sizes of band aids
- Electrical tape
- Scissors and tweezers
- Gauze to help stop bleeding that is too big for a band aid

3. It's a good idea to also include pain medication, anti-inflammatory medication and antihistamines in your first aid kit. True or false?

- True
- False

4. Other items that should be included in your first aid kit are: **Select the 4 that apply.**

- Wound dressing to protect wounds
- Crepe bandage to keep dressing and gauze in place and good for minimizing swelling
- Saline solution to irrigate or flush cuts
- Napkins
- Personal medication
- Needle and thread for stitching wounds

5. What's the first step to take when you realize you are a little off track?

- Panic!
- Stop and try to find some familiar things in your surroundings
- Call home for help
- Call the police

6. How exactly do you figure out where you are?

- Just keep walking and hope you'll find something familiar
- Try to find some landmarks that stand out, then retrace your steps on the map. What do you see around you? Does anything stand out?
- Call the police and try to have them locate your cell phone through GPS
- Take out your map and start taking a bearing

7. A cell/mobile phone is enough to take with you as a communication device, as there is always going to be service. True or false?

- True
- False

8. What are some useful devices for communication in the back country? **Select the 4 that apply.**

- Mountain radio
- Tin can with string
- Satellite phone
- PLB – Personal Location Beacon
- Satellite messenger device

9. What is the downside to a satellite phone?

- It can only send your GPS location
- It can be expensive to rent and use
- It requires cell towers
- They are tricky to use, especially if you are injured

10. You should communicate your plans before you go and stay in touch by giving regular updates to your person at home. True or false?

- True
- False

11. What should you do if you get lost?

Select the 3 that apply.

- If you are unable to figure out where you are, then STOP
- Try to figure out your location using landmarks around you
- Stay where you are unless you are confident you can get to a safer place
- Keep going if you can, you'll come across someone eventually

12. What should you do if you need to prepare for a night outdoors unexpectedly?

Select the 4 that apply.

- Consider how you will call for help
- Make yourself a hot drink, eat something and make a shelter
- Eat everything you have, to build up energy
- Place a bright object in an open area that can be easily seen from the air
- Get warm and prepare to stay for the night
- Drink all your water to stay super hydrated

13. What is a good method for maintaining a decent pace that everyone can follow?

- Try placing the faster person at the front to help get you there quicker
- It doesn't matter, just do whatever the group wants to do
- Try placing a slower person at the front to set the pace
- Put the faster person in the middle, they can go back and forth if they need to

14. It's a good idea to have a designated person at the back to ensure no one falls behind. True or false?

- True
- False

15. You should make a plan with your group to do what? **Select the 6 that apply.**

- Go for a swim
- Go to the bathroom
- Check in physically and mentally
- Play a game
- Refuel
- Check equipment
- Rehydrate
- Take breaks

16. Cirrus clouds (short hair like and high up) indicate which of the following?

- Warm weather is approaching
- An increased level of humidity
- A cold front is approaching which can bring rain, high wind and a drop in temperature

17. When there are no clouds at night, it will be cold, as the lack of clouds means heat will escape into the atmosphere. True or false?

- True
- False

18. How do you prevent blisters?

- Stop if you feel a hot spot and cover the spot with a breathable tape (sports tape) or band aids
- Stop, change your socks and loosen your hiking boots

19. When treating a sprain, what should you remember?

- ABC – Airway, Breathing, Circulation
- RICE[E] – Rest, Ice, Compression, Elevation, possibly Evacuate
- PEEP - Position, Expose, Elevate, Pressure

