

Chapter 002 Workforce Safety and Wellness

Multiple Choice Questions

1. In what way can you maintain your well-being?
 - A. Use self-discipline to slow your reaction times.
 - B. Enhance mental alertness with caffeine.
 - C. Develop a regular jogging routine.
 - D. Maximize your tolerance to all stress types.

2. Which is a psychosocial stressor?
 - A. Feeling anxious about work
 - B. The death of a parent
 - C. Working in a cubicle
 - D. A martial dispute

3. Which is a sign of behavioral stress?
 - A. Forgetfulness
 - B. Aggressive driving
 - C. Sleep disturbances
 - D. Depression

4. Which is an effective way to deal with the stress felt by your family and friends?
 - A. Take more time to be by yourself.
 - B. Reschedule events so you can be present.
 - C. Explain how you are always "an EMT first."
 - D. Talk about your day in a simple manner.

5. Which is part of proper handwashing procedure?
 - A. Washing both hands with hot water.
 - B. Using alcohol-based gel to remove dirt.
 - C. Removing all jewelry from hands and arms.
 - D. Waiting to wash debris until after it dries.

Chapter 002 Workforce Safety and Wellness

6. When you are suctioning blood from a patient, your personal protective equipment (PPE) should include
- A. gloves only.
 - B. a gown and face mask.
 - C. eye protection only.
 - D. gloves and protective eyewear.
7. Which disease is normally spread by blood and body fluid contact?
- A. Measles
 - B. Chickenpox
 - C. Tuberculosis
 - D. Hepatitis B
8. Which is an example of sterilization?
- A. Using alcohol to clean a stethoscope
 - B. Using hot water to wash a needle
 - C. Using radiation to clean protective eyewear
 - D. Using soap and cold water to wash hands

Chapter 002 Workforce Safety and Wellness

9. This placard indicates to what degree a hazardous material is



- A. flammable, radioactive, explosive, or poisonous.
- B. carcinogenic, poisonous, noxious, or contaminating.
- C. noxious, poisonous, contaminating, and carcinogenic.
- D. radioactive, contaminating, explosive, or poisonous.

10. While there are many dangers that EMS personnel will face, almost half of workers report experiencing a

- A. back injury.
- B. blood contact.
- C. needle stick.
- D. gasoline burn.

Chapter 002 Workforce Safety and Wellness

11. Which is NOT an acceptable reason to move a patient?

- A. A patient is anxious about the attention he will receive.
- B. A patient is blocking access to a more critical patient.
- C. A patient in cardiac arrest is lying on his chest.
- D. A patient remains under threat of ongoing violence.

12. Which is true about proper lifting technique?

- A. You should always lift using your legs.
- B. You should always lift using your biceps.
- C. You should position your feet together.
- D. You should bend at the waist and knees.

13. This image shows which kind of drag?



- A. Firefighter's drag
- B. Shoulder drag
- C. Clothing drag
- D. forearm drag

Chapter 002 Workforce Safety and Wellness

14. At a car crash, a woman is complaining of minor leg pain and says she is "so shaken" that she cannot walk. She has no other complaints. You smell gasoline fumes and decide to move her to safety. You should use the

- A. cradle carry.
- B. piggy-back carry.
- C. blanket drag.
- D. shoulder drag.

15. In a two-person extremity lift,

- A. one rescuer kneels at the patient's head, and the other kneels between the patient's knees with his back toward the patient.
- B. one rescuer kneels facing the patient's left side, and the other kneels facing away on the patient's right.
- C. one rescuer stabilizes the head and neck, while another slowly rotates the patient into a supine position.
- D. one rescuer lifts the patient's head and midsection from the side, while the other lifts the patient's legs from the other side.

Chapter 002 Workforce Safety and Wellness

16. You might place a patient in this position if he experiences



- A. abdominal pain.
- B. difficulty breathing.
- C. back pain.
- D. muscle weakness.

17. When would you use a basket stretcher?

- A. When carrying a patient down a mountain.
- B. When transporting more than one patient.
- C. When carrying a patient through a narrow space.
- D. When transporting a morbidly obese patient.

Chapter 002 Workforce Safety and Wellness

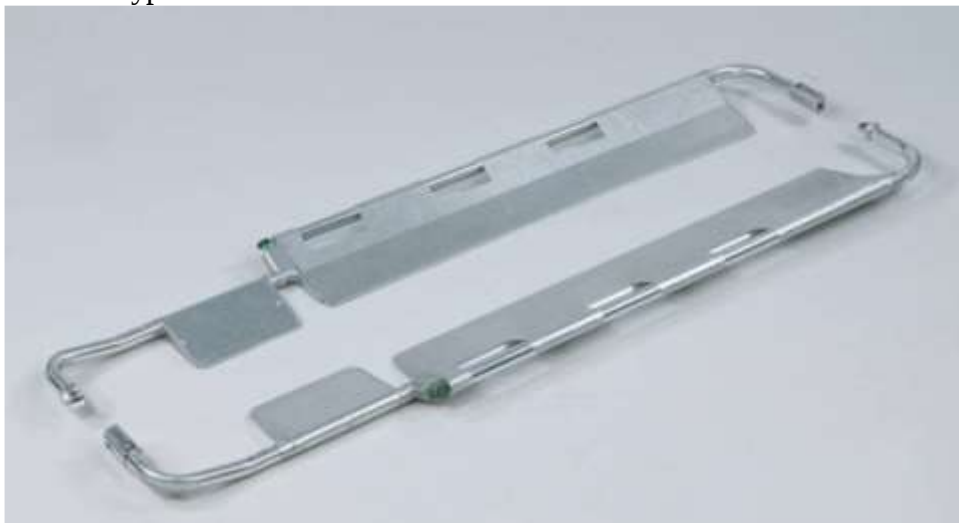
18. When restraining a patient, you should
- A. not inform the patient of your actions.
 - B. slowly approach the restrainee.
 - C. act with at least four professional personnel.
 - D. use enough force to completely quiet the patient.
19. In order, what are the 5 stages of grief?
- A. Bargaining, depression, denial, anger, acceptance
 - B. Denial, anger, bargaining, depression, acceptance
 - C. Depression, anger, bargaining, denial, acceptance
 - D. Anger, denial, depression, bargaining, acceptance
20. A grieving person who continually says, "This can't be happening," is likely displaying signs of
- A. bargaining.
 - B. anger.
 - C. depression.
 - D. denial.
21. When you encounter a person displaying obvious signs of death, you should
- A. document the victim's position and injuries.
 - B. perform CPR until your supervisor issues a halt command.
 - C. move the body so it is out of sight of the general public.
 - D. report all observations to the admitting hospital.
22. Your 8 year old patient, Steve, is dead. How should you inform his father?
- A. "Steve is no longer with us."
 - B. "I'm sorry. Your son, Steve, has died."
 - C. "Your son has gone to a better place."
 - D. "We did everything we could, but Steve passed on."

Chapter 002 Workforce Safety and Wellness

23. After handling a patient involved in a frightening domestic dispute, you have nightmares and anxiety in your daily life. You should

- A. remember that the victim was even more traumatized.
- B. explain the entire story to a trusted friend and ask for help.
- C. consider seeking help from a professional counselor.
- D. get closure on the incident by inquiring with the police.

24. What type of stretcher is this?



- A. Flexible stretcher
- B. Scoop stretcher
- C. Portable stretcher
- D. Basket stretcher

25. As an EMS worker, you should keep which immunizations up to date?

- A. Chickenpox, Hepatitis A, Influenza, and rabies
- B. Tetanus, Hepatitis B, Influenza, and MMR
- C. Hepatitis A and B, Influenza, HPV, and rabies
- D. Diphtheria, Tetanus, MMR, and chickenpox

Chapter 002 Workforce Safety and Wellness

26. Your coworker has been working 6 days a week for the past several weeks, eating a lot of junk food, and her daughter is having trouble in school. Your coworker is at risk for developing which of the following?

- A. Panic attacks
- B. Cumulative stress
- C. Irritability toward her family
- D. Insomnia

27. When removing gloves after treating a patient, you should

- A. tug the cuff of the glove with your opposite thumb and index finger to turn it inside out.
- B. use the thumb and index finger of one hand to grasp the finger tips of the other to pull it off.
- C. pull off both gloves by grasping the fingertips of the opposite hand and immediately throw them out.
- D. use the fingertips to remove gloves and make sure to turn them inside out.

28. You arrive on a scene where a female worker has cut herself. You should

- A. ask observers to step back so you can figure out what happened.
- B. apply pressure on the wound to slow the bleeding.
- C. begin an assessment and determine care needed.
- D. put on personal protective equipment, such as gloves.

29. You are on the scene of a multiple motor vehicle accident and notice that the first car, which has been rear-ended, is leaking fluid from the left side near the gas tank. The driver is still in the car. In this situation, you should use a(n)

- A. emergency move.
- B. nonurgent move.
- C. critical move.
- D. urgent move.

Chapter 002 Workforce Safety and Wellness

30. Disinfecting equipment at a high-level involves
- A. using boiling water on the equipment.
 - B. exposing the equipment to radiation or superheated steam.
 - C. using denatured alcohol to clean the object.
 - D. washing the object with soap and warm water.
31. When preparing to lift a patient on a cot or stretcher, you should
- A. determine the weight of the patient being lifted including any equipment involved.
 - B. relax the muscles of your abdomen and buttocks before lifting to relieve back stress.
 - C. place your feet close together in order to get better back support and strength.
 - D. bend at the waist and keep your back straight when picking up your end of the cot.
32. A sign of obvious death that refers to the decomposition of organic matter, such as body tissues, is known as
- A. putrefaction.
 - B. dependent lividity.
 - C. rigor mortis.
 - D. tissue corruption.
33. An underhanded grip that takes full advantage of the strength of your hands, forearms and biceps is known as the
- A. super grip.
 - B. manual grip.
 - C. power grip.
 - D. strength grip.
34. The single most important method you can use to prevent the spread of communicable diseases is
- A. wearing gloves.
 - B. cleaning equipment.
 - C. use of personal protective equipment.
 - D. frequent handwashing.

Chapter 002 Workforce Safety and Wellness

35. You have to inform a man that his wife has just died. How should you inform him?

- A. "I'm sorry to tell you that your wife is no longer with us."
- B. "This is hard to say, but your wife has passed on."
- C. "Your wife has gone to a better place without pain."
- D. "You have our sincere sympathy as your wife has died."

36. An advanced directive is written by

- A. an appointed family member.
- B. the spouse.
- C. the primary care doctor.
- D. the patient.

37. Your team has restrained a physically violent patient who is a danger to himself and others. Which of the following should you do during this process?

- A. Let him know ahead of time that you'll remove the restraints as soon as he cooperates.
- B. Leave him alone for a few minutes after he is restrained to let him calm down.
- C. Check his ABCs and distal pulses frequently once he is restrained.
- D. Restrain the patient to the stretcher with chest, waist and ankle straps.

38. You are at the scene of a house fire and must use a firefighter's drag to get your male patient out of the building. You should

- A. place the patient on his back and secure his wrists.
- B. slide your arms under his armpits and drag him out.
- C. put him on a blanket to prepare to move him.
- D. position yourself toe to toe and bend down to him.

39. Last week you responded to a multiple car accident where there were serious injuries and a child died. Since then you have had nightmares about the situation, argued with your family, and made a mistake on an important report at work. You are likely suffering from

- A. cumulative stress.
- B. psychosocial stress.
- C. crucial stress.
- D. traumatic incident stress.

Chapter 002 Workforce Safety and Wellness

40. A patient is displaying a 102-degree temperature, a bad headache and very swollen glands. You suspect
- A. chickenpox.
 - B. measles.
 - C. mumps.
 - D. rubella.
41. You arrive at the home of an elderly woman who is lying in bed with chest pains. Which of the following methods should you use to move her from the bed to a stretcher?
- A. Direct ground lift
 - B. Extremity lift
 - C. Draw sheet transfer
 - D. Human crutch move
42. An effective, healthy way to manage job stress is to
- A. listen to music or read a book during downtime.
 - B. practice problem-solving skills by helping friends with their issues.
 - C. develop hobbies that keep you busy during time away from work.
 - D. eat comfort/junk foods that make you happy.
43. If you were not wearing gloves while working with a patient and had contact with blood or bodily fluids, you should wash your hands for at least
- A. 30 seconds
 - B. 1 minute
 - C. 2 minutes
 - D. 5 minutes
44. Your neighbor fell out of a tree. He says that his back has a burning sensation and that he heard something "pop" when he hit the ground. You should
- A. move him into a Fowler's position so that he is a bit more comfortable.
 - B. avoid moving him until a full assessment is complete.
 - C. put him in a semi-Fowler's position to keep his legs and spine straight.
 - D. place him in the recovery position to minimize his back pain.

Chapter 002 Workforce Safety and Wellness

45. Another name for the pelvic curvature of the adult spine is

- A. thoracic.
- B. lumbar.
- C. sacral.
- D. cervical.

46. Which of the following is an example of a psychosocial stressor that you may encounter on the job?

- A. Life-and-death decision making
- B. Demanding physical work
- C. Confined work spaces
- D. Incompatibility with a partner

47. A caller told the dispatcher that his daughter had tried to commit suicide and that her wrist was bleeding profusely. He also said that she refused to give him the razor she used or allow him to bandage her arm. When you arrive on the scene, you should

- A. wait for law enforcement to secure the scene before you enter.
- B. put on personal protective equipment before entering the scene.
- C. enter the residence and assess immediate life threats.
- D. establish a prearranged panic code with dispatch and your partner.

48. You are on a call at a high-rise apartment building. The patient needs to be transported to the hospital. Which of the following should you do when you and your partner are carrying her down the stairs?

- A. Flex at the waist and bend at the knees while carrying her.
- B. Carry her head-first so that you can check in with her as you go downstairs.
- C. Keep the weight and your arms close to your body.
- D. Keep your knees in a locked position to get strong back support.

Chapter 002 Workforce Safety and Wellness

49. During a lunchtime discussion when you and a coworker are alone, she tells you that she has just been diagnosed with terminal cancer and has only a few months to live. You should
- A. listen quietly to her concerns and let her talk about her thoughts and feelings.
 - B. try to be a good friend and distract her from her grief by telling jokes and stories.
 - C. remind her that doctors find new treatments for diseases every day and you know she'll beat it.
 - D. ask her if she has told her family and friends yet and what their reaction was.
50. You and your partner must perform a direct ground lift. You should place yourselves at the
- A. neck and ankles.
 - B. neck and thighs.
 - C. chest and thighs.
 - D. chest and ankles.
51. The five stages of grief, as described by Elizabeth Kubler-Ross, include Denial, Anger, Bargaining, Acceptance, and
- A. Frustration.
 - B. Anxiety.
 - C. Depression.
 - D. Rage.
52. The "Fight-or-Flight" response system prepares the body to
- A. protect itself.
 - B. adjust to stress.
 - C. become aware of stressors.
 - D. release chemicals in the body.
53. A one-person arm carry is also known as a
- A. pack-strap carry.
 - B. piggyback carry.
 - C. cradle carry.
 - D. firefighter's carry.

Chapter 002 Workforce Safety and Wellness

54. To avoid injury when pushing or pulling a patient, you should

- A. pull, rather than push, whenever possible.
- B. keep your back straight to prevent injuries.
- C. push at a level between your waist and your knees.
- D. keep elbows straight and arms close to your sides.

55. You have noticed that your coworker has less energy lately and is slurring his words. You have also noticed his hands shaking. He admits that he's having trouble concentrating, forgets things easily, is very emotional, and has headaches frequently. You suspect he may be suffering from

- A. sleep deprivation.
- B. substance abuse.
- C. poor nutritional habits.
- D. lack of regular aerobic exercise.

56. What type of stretcher is hinged and opens at the head and feet to fit around and under the patient?

- A. Portable stretcher
- B. Basket stretcher
- C. Scoop stretcher
- D. Flexible stretcher

Multiple Choice Questions

1. (p. 31) In what way can you maintain your well-being?

- A. Use self-discipline to slow your reaction times.
- B. Enhance mental alertness with caffeine.
- C.** Develop a regular jogging routine.
- D. Maximize your tolerance to all stress types.

Blooms: Application

Difficulty: Easy

Educational Standards: NEMSES Competencies: Preparatory: Workforce Safety and Wellness: Stress management

Educational Standards: NEMSES Competencies: Preparatory: Workforce Safety and Wellness: Wellness principles

2. (p. 32) Which is a psychosocial stressor?

- A. Feeling anxious about work
- B. The death of a parent
- C. Working in a cubicle
- D.** A marital dispute

Blooms: Knowledge

Difficulty: Easy

Educational Standards: NEMSES Competencies: Preparatory: Workforce Safety and Wellness

Educational Standards: NEMSES Competencies: Preparatory: Workforce Safety and Wellness: Stress management

Educational Standards: NEMSES Competencies: Preparatory: Workforce Safety and Wellness: Wellness principles

3. (p. 34) Which is a sign of behavioral stress?

- A. Forgetfulness
- B.** Aggressive driving
- C. Sleep disturbances
- D. Depression

Blooms: Knowledge

Difficulty: Easy

Educational Standards: NEMSES Competencies: Preparatory: Workforce Safety and Wellness

Educational Standards: NEMSES Competencies: Preparatory: Workforce Safety and Wellness: Stress management

Educational Standards: NEMSES Competencies: Preparatory: Workforce Safety and Wellness: Wellness principles

Chapter 002 Workforce Safety and Wellness **Key**

4. (p. 35) Which is an effective way to deal with the stress felt by your family and friends?

- A. Take more time to be by yourself.
- B. Reschedule events so you can be present.
- C. Explain how you are always "an EMT first."
- D.** Talk about your day in a simple manner.

Blooms: Application

Difficulty: Easy

Educational Standards: NEMSES Competencies: Preparatory: Workforce Safety and Wellness: Stress management

Educational Standards: NEMSES Competencies: Preparatory: Workforce Safety and Wellness: Wellness principles

5. (p. 38) Which is part of proper handwashing procedure?

- A. Washing both hands with hot water.
- B. Using alcohol-based gel to remove dirt.
- C.** Removing all jewelry from hands and arms.
- D. Waiting to wash debris until after it dries.

Blooms: Knowledge

Difficulty: Easy

Educational Standards: NEMSES Competencies: Preparatory: Workforce Safety and Wellness: Standard safety precautions

Educational Standards: NEMSES Competencies: Preparatory: Workforce Safety and Wellness: Wellness principles

6. (p. 39) When you are suctioning blood from a patient, your personal protective equipment (PPE) should include

- A. gloves only.
- B. a gown and face mask.
- C. eye protection only.
- D.** gloves and protective eyewear.

Blooms: Knowledge

Difficulty: Easy

Educational Standards: NEMSES Competencies: Preparatory: Workforce Safety and Wellness: Disease transmission

Educational Standards: NEMSES Competencies: Preparatory: Workforce Safety and Wellness: Personal protective equipment

Educational Standards: NEMSES Competencies: Preparatory: Workforce Safety and Wellness: Prevention of response-related injuries

Chapter 002 Workforce Safety and Wellness **Key**

7. (p. 37) Which disease is normally spread by blood and body fluid contact?

- A. Measles
- B. Chickenpox
- C. Tuberculosis
- D.** Hepatitis B

Blooms: Knowledge

Difficulty: Easy

Educational Standards: NEMSES Competencies: Preparatory: Workforce Safety and Wellness: Disease transmission

Educational Standards: NEMSES Competencies: Preparatory: Workforce Safety and Wellness: Prevention of response-related injuries

Educational Standards: NEMSES Competencies: Preparatory: Workforce Safety and Wellness: Standard safety precautions

8. (p. 44) Which is an example of sterilization?

- A. Using alcohol to clean a stethoscope
- B. Using hot water to wash a needle
- C.** Using radiation to clean protective eyewear
- D. Using soap and cold water to wash hands

Blooms: Knowledge

Difficulty: Easy

Educational Standards: NEMSES Competencies: Preparatory: Workforce Safety and Wellness: Disease transmission

Educational Standards: NEMSES Competencies: Preparatory: Workforce Safety and Wellness: Standard safety precautions

Educational Standards: NEMSES Competencies: Preparatory: Workforce Safety and Wellness: Wellness principles

9. (p. 44) This placard indicates to what degree a hazardous material is



- A. flammable, radioactive, explosive, or poisonous.
- B. carcinogenic, poisonous, noxious, or contaminating.
- C. noxious, poisonous, contaminating, and carcinogenic.
- D. radioactive, contaminating, explosive, or poisonous.

Blooms: Knowledge

Difficulty: Easy

Educational Standards: NEMSES Competencies: Preparatory: Workforce Safety and Wellness

Educational Standards: NEMSES Competencies: Preparatory: Workforce Safety and Wellness: Prevention of response-related injuries

Chapter 002 Workforce Safety and Wellness **Key**

10. (p. 47) While there are many dangers that EMS personnel will face, almost half of workers report experiencing a

- A. back injury.
- B. blood contact.
- C. needle stick.
- D. gasoline burn.

Blooms: Knowledge

Difficulty: Easy

Educational Standards: NEMSES Competencies: Preparatory: Workforce Safety and Wellness: Prevention of response-related injuries

Educational Standards: NEMSES Competencies: Preparatory: Workforce Safety and Wellness: Standard safety precautions

11. (p. 48) Which is NOT an acceptable reason to move a patient?

- A. A patient is anxious about the attention he will receive.
- B. A patient is blocking access to a more critical patient.
- C. A patient in cardiac arrest is lying on his chest.
- D. A patient remains under threat of ongoing violence.

Blooms: Knowledge

Difficulty: Medium

Educational Standards: NEMSES Competencies: Preparatory

Educational Standards: NEMSES Competencies: Preparatory: Workforce Safety and Wellness

Educational Standards: NEMSES Competencies: Preparatory: Workforce Safety and Wellness: Lifting and moving patients

Educational Standards: NEMSES Competencies: Preparatory: Workforce Safety and Wellness: Standard safety precautions

12. (p. 50) Which is true about proper lifting technique?

- A. You should always lift using your legs.
- B. You should always lift using your biceps.
- C. You should position your feet together.
- D. You should bend at the waist and knees.

Blooms: Knowledge

Difficulty: Easy

Educational Standards: NEMSES Competencies: Preparatory: Workforce Safety and Wellness: Lifting and moving patients

Educational Standards: NEMSES Competencies: Preparatory: Workforce Safety and Wellness: Prevention of response-related injuries

13. (p. 53) This image shows which kind of drag?



- A. Firefighter's drag
- B.** Shoulder drag
- C. Clothing drag
- D. forearm drag

Blooms: Knowledge

Difficulty: Easy

Educational Standards: NEMSES Competencies: Preparatory: Workforce Safety and Wellness: Lifting and moving patients

Educational Standards: NEMSES Competencies: Preparatory: Workforce Safety and Wellness: Prevention of response-related injuries

14. (p. 57) At a car crash, a woman is complaining of minor leg pain and says she is "so shaken" that she cannot walk. She has no other complaints. You smell gasoline fumes and decide to move her to safety. You should use the

- A. cradle carry.
- B.** piggy-back carry.
- C. blanket drag.
- D. shoulder drag.

Blooms: Application

Difficulty: Medium

Educational Standards: NEMSES Competencies: Preparatory: Workforce Safety and Wellness: Lifting and moving patients

Educational Standards: NEMSES Competencies: Preparatory: Workforce Safety and Wellness: Prevention of response-related injuries

15. (p. 62) In a two-person extremity lift,

- A.** one rescuer kneels at the patient's head, and the other kneels between the patient's knees with his back toward the patient.
- B. one rescuer kneels facing the patient's left side, and the other kneels facing away on the patient's right.
- C. one rescuer stabilizes the head and neck, while another slowly rotates the patient into a supine position.
- D. one rescuer lifts the patient's head and midsection from the side, while the other lifts the patient's legs from the other side.

Blooms: Knowledge

Difficulty: Easy

Educational Standards: NEMSES Competencies: Preparatory: Workforce Safety and Wellness: Lifting and moving patients

Educational Standards: NEMSES Competencies: Preparatory: Workforce Safety and Wellness: Prevention of response-related injuries

16. (p. 66) You might place a patient in this position if he experiences



- A. abdominal pain.
- B.** difficulty breathing.
- C. back pain.
- D. muscle weakness.

Blooms: Application

Difficulty: Medium

Educational Standards: NEMSES Competencies: Preparatory: Workforce Safety and Wellness: Lifting and moving patients

Educational Standards: NEMSES Competencies: Preparatory: Workforce Safety and Wellness: Prevention of response-related injuries

17. (p. 69) When would you use a basket stretcher?

- A.** When carrying a patient down a mountain.
- B. When transporting more than one patient.
- C. When carrying a patient through a narrow space.
- D. When transporting a morbidly obese patient.

Blooms: Knowledge

Difficulty: Easy

Educational Standards: NEMSES Competencies: Preparatory: Workforce Safety and Wellness: Lifting and moving patients

Educational Standards: NEMSES Competencies: Preparatory: Workforce Safety and Wellness: Prevention of response-related injuries

Chapter 002 Workforce Safety and Wellness **Key**

18. (p. 70) When restraining a patient, you should
- A. not inform the patient of your actions.
 - B. slowly approach the restrainee.
 - C.** act with at least four professional personnel.
 - D. use enough force to completely quiet the patient.

Blooms: Knowledge

Difficulty: Easy

Educational Standards: NEMSES Competencies: Preparatory: Workforce Safety and Wellness: Prevention of response-related injuries

Educational Standards: NEMSES Competencies: Preparatory: Workforce Safety and Wellness: Wellness principles

19. (p. 72) In order, what are the 5 stages of grief?
- A. Bargaining, depression, denial, anger, acceptance
 - B.** Denial, anger, bargaining, depression, acceptance
 - C. Depression, anger, bargaining, denial, acceptance
 - D. Anger, denial, depression, bargaining, acceptance

Blooms: Knowledge

Difficulty: Easy

Educational Standards: NEMSES Competencies: Preparatory: Workforce Safety and Wellness: Stress management: Dealing with death and dying

20. (p. 72) A grieving person who continually says, "This can't be happening," is likely displaying signs of
- A. bargaining.
 - B. anger.
 - C. depression.
 - D.** denial.

Blooms: Application

Difficulty: Medium

Educational Standards: NEMSES Competencies: Preparatory: Workforce Safety and Wellness: Stress management: Dealing with death and dying

Chapter 002 Workforce Safety and Wellness **Key**

21. (p. 74) When you encounter a person displaying obvious signs of death, you should
- A. document the victim's position and injuries.
 - B. perform CPR until your supervisor issues a halt command.
 - C. move the body so it is out of sight of the general public.
 - D. report all observations to the admitting hospital.

Blooms: Knowledge

Difficulty: Easy

Educational Standards: NEMSES Competencies: Preparatory: Documentation

Educational Standards: NEMSES Competencies: Preparatory: Workforce Safety and Wellness: Stress management: Dealing with death and dying

22. (p. 76) Your 8 year old patient, Steve, is dead. How should you inform his father?
- A. "Steve is no longer with us."
 - B. "I'm sorry. Your son, Steve, has died."
 - C. "Your son has gone to a better place."
 - D. "We did everything we could, but Steve passed on."

Blooms: Application

Difficulty: Easy

Educational Standards: NEMSES Competencies: Preparatory: Therapeutic Communication: Adjusting communication strategies for age, stage of development, patients with special needs, and differing cultures.

Educational Standards: NEMSES Competencies: Preparatory: Workforce Safety and Wellness: Stress management: Dealing with death and dying

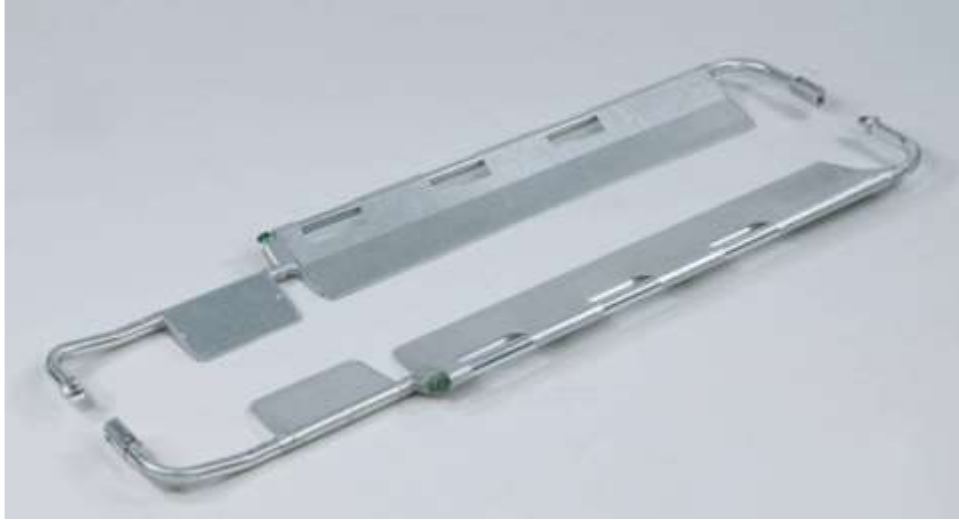
23. (p. 36) After handling a patient involved in a frightening domestic dispute, you have nightmares and anxiety in your daily life. You should
- A. remember that the victim was even more traumatized.
 - B. explain the entire story to a trusted friend and ask for help.
 - C. consider seeking help from a professional counselor.
 - D. get closure on the incident by inquiring with the police.

Blooms: Application

Difficulty: Medium

Educational Standards: NEMSES Competencies: Preparatory: Workforce Safety and Wellness: Stress management

24. (p. 68) What type of stretcher is this?



- A. Flexible stretcher
- B.** Scoop stretcher
- C. Portable stretcher
- D. Basket stretcher

Blooms: Knowledge

Difficulty: Easy

Educational Standards: NEMSES Competencies: Preparatory: Workforce Safety and Wellness: Lifting and moving patients

25. (p. 41) As an EMS worker, you should keep which immunizations up to date?

- A. Chickenpox, Hepatitis A, Influenza, and rabies
- B.** Tetanus, Hepatitis B, Influenza, and MMR
- C. Hepatitis A and B, Influenza, HPV, and rabies
- D. Diphtheria, Tetanus, MMR, and chickenpox

Blooms: Knowledge

Difficulty: Medium

Educational Standards: NEMSES Competencies: Preparatory: Workforce Safety and Wellness: Disease transmission

Chapter 002 Workforce Safety and Wellness **Key**

26. (p. 34) Your coworker has been working 6 days a week for the past several weeks, eating a lot of junk food, and her daughter is having trouble in school. Your coworker is at risk for developing which of the following?

- A. Panic attacks
- B. Cumulative stress**
- C. Irritability toward her family
- D. Insomnia

Blooms: Application

Difficulty: Medium

Educational Standards: NEMSES Competencies: Preparatory: Workforce Safety and Wellness: Stress management

27. (p. 40) When removing gloves after treating a patient, you should

- A. tug the cuff of the glove with your opposite thumb and index finger to turn it inside out.**
- B. use the thumb and index finger of one hand to grasp the finger tips of the other to pull it off.
- C. pull off both gloves by grasping the fingertips of the opposite hand and immediately throw them out.
- D. use the fingertips to remove gloves and make sure to turn them inside out.

Blooms: Knowledge

Difficulty: Medium

Educational Standards: NEMSES Clinical Behaviors and Judgments: Scene Safety: Ensure the safety of the rescuer and others during an emergency.

Educational Standards: NEMSES Competencies: Preparatory: Workforce Safety and Wellness: Personal protective equipment

28. (p. 39) You arrive on a scene where a female worker has cut herself. You should

- A. ask observers to step back so you can figure out what happened.
- B. apply pressure on the wound to slow the bleeding.
- C. begin an assessment and determine care needed.
- D. put on personal protective equipment, such as gloves.**

Blooms: Application

Difficulty: Medium

Educational Standards: NEMSES Competencies: Preparatory: Workforce Safety and Wellness: Personal protective equipment

Chapter 002 Workforce Safety and Wellness **Key**

29. (p. 48) You are on the scene of a multiple motor vehicle accident and notice that the first car, which has been rear-ended, is leaking fluid from the left side near the gas tank. The driver is still in the car. In this situation, you should use a(n)

- A. emergency move.
- B. nonurgent move.
- C. critical move.
- D. urgent move.

Blooms: Application

Difficulty: Easy

Educational Standards: NEMSES Clinical Behaviors and Judgments: Decision Making: Initiates simple interventions based on assessment findings.

Educational Standards: NEMSES Clinical Behaviors and Judgments: Scene Safety: Ensure the safety of the rescuer and others during an emergency.

Educational Standards: NEMSES Competencies: EMS Operations: Vehicle Extrication: Safe vehicle extrication

Educational Standards: NEMSES Competencies: Preparatory: Workforce Safety and Wellness: Lifting and moving patients

30. (p. 44) Disinfecting equipment at a high-level involves

- A. using boiling water on the equipment.
- B. exposing the equipment to radiation or superheated steam.
- C. using denatured alcohol to clean the object.
- D. washing the object with soap and warm water.

Blooms: Knowledge

Difficulty: Hard

Educational Standards: NEMSES Competencies: Medicine: Infectious Diseases: How to decontaminate equipment after treating a patient

Educational Standards: NEMSES Competencies: Preparatory: Workforce Safety and Wellness: Standard safety precautions

31. (p. 50) When preparing to lift a patient on a cot or stretcher, you should

- A. determine the weight of the patient being lifted including any equipment involved.
- B. relax the muscles of your abdomen and buttocks before lifting to relieve back stress.
- C. place your feet close together in order to get better back support and strength.
- D. bend at the waist and keep your back straight when picking up your end of the cot.

Blooms: Knowledge

Difficulty: Easy

Educational Standards: NEMSES Competencies: Preparatory: Workforce Safety and Wellness: Lifting and moving patients

Chapter 002 Workforce Safety and Wellness **Key**

32. (p. 75) A sign of obvious death that refers to the decomposition of organic matter, such as body tissues, is known as

- A. putrefaction.
- B. dependent lividity.
- C. rigor mortis.
- D. tissue corruption.

Blooms: Knowledge

Difficulty: Easy

Educational Standards: NEMSES Competencies: Medical Terminology

33. (p. 49) An underhanded grip that takes full advantage of the strength of your hands, forearms and biceps is known as the

- A. super grip.
- B. manual grip.
- C. power grip.
- D. strength grip.

Blooms: Knowledge

Difficulty: Easy

Educational Standards: NEMSES Competencies: Preparatory: Workforce Safety and Wellness: Lifting and moving patients

34. (p. 38) The single most important method you can use to prevent the spread of communicable diseases is

- A. wearing gloves.
- B. cleaning equipment.
- C. use of personal protective equipment.
- D. frequent handwashing.

Blooms: Knowledge

Difficulty: Easy

Educational Standards: NEMSES Competencies: Preparatory: Workforce Safety and Wellness: Standard safety precautions

Chapter 002 Workforce Safety and Wellness **Key**

35. (p. 75-76) You have to inform a man that his wife has just died. How should you inform him?

- A. "I'm sorry to tell you that your wife is no longer with us."
- B. "This is hard to say, but your wife has passed on."
- C. "Your wife has gone to a better place without pain."
- D.** "You have our sincere sympathy as your wife has died."

Blooms: Application

Difficulty: Easy

Educational Standards: NEMSES Competencies: Preparatory: Therapeutic Communication

Educational Standards: NEMSES Competencies: Preparatory: Workforce Safety and Wellness: Stress management: Dealing with death and dying

36. (p. 74) An advanced directive is written by

- A. an appointed family member.
- B. the spouse.
- C. the primary care doctor.
- D.** the patient.

Blooms: Knowledge

Difficulty: Medium

Educational Standards: NEMSES Competencies: Preparatory: Medical/Legal and Ethics: Advanced directives

37. (p. 71) Your team has restrained a physically violent patient who is a danger to himself and others. Which of the following should you do during this process?

- A. Let him know ahead of time that you'll remove the restraints as soon as he cooperates.
- B. Leave him alone for a few minutes after he is restrained to let him calm down.
- C.** Check his ABCs and distal pulses frequently once he is restrained.
- D. Restrain the patient to the stretcher with chest, waist and ankle straps.

Blooms: Application

Difficulty: Easy

Educational Standards: NEMSES Competencies: Assessment: Reassessment: How and when to reassess patients

Chapter 002 Workforce Safety and Wellness **Key**

38. (p. 55) You are at the scene of a house fire and must use a firefighter's drag to get your male patient out of the building. You should

- A. place the patient on his back and secure his wrists.
- B. slide your arms under his armpits and drag him out.
- C. put him on a blanket to prepare to move him.
- D. position yourself toe to toe and bend down to him.

Blooms: Knowledge

Difficulty: Easy

Educational Standards: NEMSES Competencies: Preparatory: Workforce Safety and Wellness: Lifting and moving patients

39. (p. 36) Last week you responded to a multiple car accident where there were serious injuries and a child died. Since then you have had nightmares about the situation, argued with your family, and made a mistake on an important report at work. You are likely suffering from

- A. cumulative stress.
- B. psychosocial stress.
- C. crucial stress.
- D. traumatic incident stress.

Blooms: Application

Difficulty: Medium

Educational Standards: NEMSES Competencies: Preparatory: Workforce Safety and Wellness: Stress management: Dealing with death and dying

40. (p. 42) A patient is displaying a 102-degree temperature, a bad headache and very swollen glands. You suspect

- A. chickenpox.
- B. measles.
- C. mumps.
- D. rubella.

Blooms: Application

Difficulty: Medium

Educational Standards: NEMSES Clinical Behaviors and Judgments: Assessment

Educational Standards: NEMSES Competencies: Medicine: Infectious Diseases: Awareness of a patient who may have an infectious disease

Chapter 002 Workforce Safety and Wellness **Key**

41. (p. 65-66) You arrive at the home of an elderly woman who is lying in bed with chest pains. Which of the following methods should you use to move her from the bed to a stretcher?

- A. Direct ground lift
- B. Extremity lift
- C. Draw sheet transfer**
- D. Human crutch move

Blooms: Application

Difficulty: Medium

Educational Standards: NEMSES Competencies: Preparatory: Workforce Safety and Wellness: Lifting and moving patients

42. (p. 35) An effective, healthy way to manage job stress is to

- A. listen to music or read a book during downtime.**
- B. practice problem-solving skills by helping friends with their issues.
- C. develop hobbies that keep you busy during time away from work.
- D. eat comfort/junk foods that make you happy.

Blooms: Application

Difficulty: Medium

Educational Standards: NEMSES Competencies: Preparatory: Workforce Safety and Wellness: Stress management

43. (p. 38) If you were not wearing gloves while working with a patient and had contact with blood or bodily fluids, you should wash your hands for at least

- A. 30 seconds
- B. 1 minute
- C. 2 minutes
- D. 5 minutes**

Blooms: Knowledge

Difficulty: Hard

Educational Standards: NEMSES Clinical Behaviors and Judgments: Scene Safety: Ensure the safety of the rescuer and others during an emergency.

Educational Standards: NEMSES Competencies: Preparatory: Workforce Safety and Wellness: Standard safety precautions

Chapter 002 Workforce Safety and Wellness **Key**

44. (p. 66) Your neighbor fell out of a tree. He says that his back has a burning sensation and that he heard something "pop" when he hit the ground. You should
- A. move him into a Fowler's position so that he is a bit more comfortable.
 - B.** avoid moving him until a full assessment is complete.
 - C. put him in a semi-Fowler's position to keep his legs and spine straight.
 - D. place him in the recovery position to minimize his back pain.

Blooms: Application

Difficulty: Medium

Educational Standards: NEMSES Competencies: Preparatory: Workforce Safety and Wellness: Lifting and moving patients

Educational Standards: NEMSES Competencies: Trauma: Head, Facial, Neck, and Spine Trauma: Recognition and management of: Spine trauma

45. (p. 49) Another name for the pelvic curvature of the adult spine is
- A. thoracic.
 - B. lumbar.
 - C.** sacral.
 - D. cervical.

Blooms: Knowledge

Difficulty: Easy

Educational Standards: NEMSES Competencies: Anatomy and Physiology

46. (p. 32) Which of the following is an example of a psychosocial stressor that you may encounter on the job?
- A. Life-and-death decision making
 - B. Demanding physical work
 - C. Confined work spaces
 - D.** Incompatibility with a partner

Blooms: Knowledge

Difficulty: Medium

Educational Standards: NEMSES Competencies: Preparatory: Workforce Safety and Wellness: Stress management

Chapter 002 Workforce Safety and Wellness **Key**

47. (p. 46) A caller told the dispatcher that his daughter had tried to commit suicide and that her wrist was bleeding profusely. He also said that she refused to give him the razor she used or allow him to bandage her arm. When you arrive on the scene, you should
- A. wait for law enforcement to secure the scene before you enter.
 - B. put on personal protective equipment before entering the scene.
 - C. enter the residence and assess immediate life threats.
 - D. establish a prearranged panic code with dispatch and your partner.

Blooms: Problem Solving

Difficulty: Medium

Educational Standards: NEMSES Competencies: Preparatory: Workforce Safety and Wellness: Stress management

48. (p. 50) You are on a call at a high-rise apartment building. The patient needs to be transported to the hospital. Which of the following should you do when you and your partner are carrying her down the stairs?
- A. Flex at the waist and bend at the knees while carrying her.
 - B. Carry her head-first so that you can check in with her as you go downstairs.
 - C. Keep the weight and your arms close to your body.
 - D. Keep your knees in a locked position to get strong back support.

Blooms: Application

Difficulty: Medium

Educational Standards: NEMSES Competencies: Preparatory: Workforce Safety and Wellness: Lifting and moving patients

49. (p. 75) During a lunchtime discussion when you and a coworker are alone, she tells you that she has just been diagnosed with terminal cancer and has only a few months to live. You should
- A. listen quietly to her concerns and let her talk about her thoughts and feelings.
 - B. try to be a good friend and distract her from her grief by telling jokes and stories.
 - C. remind her that doctors find new treatments for diseases every day and you know she'll beat it.
 - D. ask her if she has told her family and friends yet and what their reaction was.

Blooms: Application

Difficulty: Hard

Educational Standards: NEMSES Clinical Behaviors and Judgments: Therapeutic communication and cultural competency: Communicates to obtain and clearly transmit information with an awareness of cultural differences.

Educational Standards: NEMSES Competencies: Preparatory: Therapeutic Communication

Chapter 002 Workforce Safety and Wellness **Key**

50. (p. 61) You and your partner must perform a direct ground lift. You should place yourselves at the
- A. neck and ankles.
 - B. neck and thighs.
 - C. chest and thighs.
 - D. chest and ankles.

Blooms: Knowledge

Difficulty: Easy

Educational Standards: NEMSES Competencies: Preparatory: Workforce Safety and Wellness: Lifting and moving patients

51. (p. 72) The five stages of grief, as described by Elizabeth Kubler-Ross, include Denial, Anger, Bargaining, Acceptance, and
- A. Frustration.
 - B. Anxiety.
 - C. Depression.
 - D. Rage.

Blooms: Knowledge

Difficulty: Easy

Educational Standards: NEMSES Competencies: Preparatory: Workforce Safety and Wellness: Stress management: Dealing with death and dying

52. (p. 33) The "Fight-or-Flight" response system prepares the body to
- A. protect itself.
 - B. adjust to stress.
 - C. become aware of stressors.
 - D. release chemicals in the body.

Blooms: Knowledge

Difficulty: Easy

Educational Standards: NEMSES Competencies: Preparatory: Workforce Safety and Wellness: Stress management

Chapter 002 Workforce Safety and Wellness **Key**

53. (p. 55) A one-person arm carry is also known as a
- A. pack-strap carry.
 - B. piggyback carry.
 - C. cradle carry.**
 - D. firefighter's carry.

Blooms: Knowledge

Difficulty: Medium

Educational Standards: NEMSES Competencies: Preparatory: Workforce Safety and Wellness: Lifting and moving patients

54. (p. 52) To avoid injury when pushing or pulling a patient, you should
- A. pull, rather than push, whenever possible.
 - B. keep your back straight to prevent injuries.**
 - C. push at a level between your waist and your knees.
 - D. keep elbows straight and arms close to your sides.

Blooms: Knowledge

Difficulty: Easy

Educational Standards: NEMSES Competencies: Preparatory: Workforce Safety and Wellness: Lifting and moving patients

55. (p. 31) You have noticed that your coworker has less energy lately and is slurring his words. You have also noticed his hands shaking. He admits that he's having trouble concentrating, forgets things easily, is very emotional, and has headaches frequently. You suspect he may be suffering from
- A. sleep deprivation.**
 - B. substance abuse.
 - C. poor nutritional habits.
 - D. lack of regular aerobic exercise.

Blooms: Application

Difficulty: Medium

Educational Standards: NEMSES Competencies: Preparatory: Workforce Safety and Wellness: Lifting and moving patients

Chapter 002 Workforce Safety and Wellness **Key**

56. (p. 68) What type of stretcher is hinged and opens at the head and feet to fit around and under the patient?

- A. Portable stretcher
- B. Basket stretcher
- C.** Scoop stretcher
- D. Flexible stretcher

Blooms: Knowledge

Difficulty: Easy

Educational Standards: NEMSES Competencies: Preparatory: Workforce Safety and Wellness: Lifting and moving patients