

NS1 Semester 2 Final Exam 2020

Name: _____

Date: _____

1 Who is the Chief of Naval Operations: (Rank and Name)

2 You can remember the "First Life-Saving Steps" by remembering the ABCs. Which choice below correctly identifies the ABCs?

- A Airway / Breathing / Circulation
- B Attitude / Breathing / Care
- C Airway / Breathing / Communication

3 An upward push to the abdomen given to clear the airway of a person with a complete airway obstruction; procedure used to expel an object lodged in the airway of a choking victim

- A Anderson Thrust
- B Stomach Pump
- C First Aid
- D Heimlich Maneuver

4 What rank in the USMC is a Staff Sergeant: _____

5 The Good Samaritan law protects primarily which of these groups?

- A People who do not provide assistance to accident victims
- B People who, acting in good faith, administer first aid correctly
- C People whose accidents cause harm to bystanders
- D People who are employed as emergency workers

6 For which of these reasons should first aid kits contain face shields?

- A To increase the effectiveness of mouth-to-mouth resuscitation and CPR
- B To keep debris away from the victim's eyes and breathing passages
- C To protect the rescuer against infectious diseases
- D To aid vision in accidents where there is heavy smoke

7 What is your 5th General Order:

8 Which of the following are signs of a stroke? ***(Circle all correct answers)***

- A Mental confusion
- B Dizziness or loss of balance
- C Talking very fast
- D Paralysis on one side of the body

- 9 True or False: You should clean out any cut, no matter how minor.
- A True
 - B False
- 10 Burns are classified as first, second, or third degree according to which of these factors?
- A Depth of the burn
 - B Size of the affected area
 - C Source of the burn
 - D Distance from the heart and lungs
- 11 Which of the following things should you do when treating a second degree burn?
(Circle all that apply)
- A Cool the burned area with water.
 - B Put a cotton bandage on the burn.
 - C Put oil on the burn.
 - D Elevate the burned part.
- 12 If you are caught outside during an electrical storm, which of the following should you do?
- A Find low ground and crouch down
 - B Run under the closest tree
 - C Get away from metal objects
- 13 If the clothing of soldiers and athletes provides _____ so that air can circulate, heat injuries are less likely to occur.
- A ventilation
 - B hydration
 - C insulation
 - D condensation
- 14 Which of the following can result in carbon monoxide poisoning?
(Circle all that apply)
- A Starting a fire in a fireplace using newspaper
 - B Running a car engine in a closed garage
 - C Using a charcoal grill indoors
- 15 The removal of an external part of the body, most often a limb or part of it, when it has been severely crushed or following the death of extremity due to impaired blood circulation.
- A Solvents
 - B Abrasions
 - C Incision
 - D Amputation
- 16 How should you treat frostbite? ***(Circle all that apply)***
- A Thaw the affected part quickly with hot water
 - B Get the victim emergency help as soon as possible
 - C Rub the injured part with snow

- 17 How should you treat a victim that has hypothermia? ***(Circle all that apply)***
- A Keep the victim awake
 - B Rewarm the victim slowly
 - C Rewarm the victim quickly
 - D Let the victim sleep
- 18 Which of the following things should you do to treat a snakebite? ***(Circle all that apply)***
- A Wash the bite thoroughly with soap and water
 - B Give the victim food and coffee
 - C Apply constricting bands two to four inches away from the bite.
 - D Place a hot compress over the bite
- 19 To remove a stinger, what should you do?
- A Squeeze the skin around the stinger
 - B Bite it out with your teeth
 - C Scrape the skin surface with a fingernail or knife
- 20 All of these reactions to an insect bite or sting generally indicate an allergic reaction, except which one?
- A Hives
 - B Itching and redness
 - C Difficulty breathing
 - D Nausea and vomiting
- 21 The length of time you can hold a particular weight or the number of times you can lift it is a measure of your muscular
- A strength
 - B flexibility
 - C composition
 - D endurance
- 22 Light gymnastic exercises designed to promote good health by developing strength and grace are known as?
- A Hurdles
 - B Calisthenics
 - C Marathon
 - D Relay
- 23 The number of calories your body burns when completely at rest is known as _____.
- A body mass index
 - B basal metabolic rate
 - C fat burning ratio
 - D calorie expenditure

- 24 Which of the following are sugars? ***(Circle all that apply)***
- A vanilla extract
 - B glycerin
 - C sucrose
 - D dextrose
- 25 When in the field, what is the preferred method of treating unpurified water?
- A iodine tablets
 - B tincture of iodine
 - C chlorine
- 26 A temporary camp or shelter is known as?
- A Ampule
 - B Galvanized
 - C Rintin
 - D Bivouac
- 27 What is the leading cause of deaths among 15- to 24-year olds?
- A Drug overdose
 - B Accidents caused by drinking and driving
 - C Suicide while under the influence of drugs or alcohol
 - D Homicides resulting from drug or alcohol
- 28 What organ of the body develops cirrhosis, a disease in which heavy alcohol consumption produces scar tissue?
- A Brain
 - B Esophagus
 - C Liver
 - D Heart
- 29 What is the measurement of the JBAR on the uniform from the tip of the collar to the center of the "O"?
- _____
- 30 Who is the Master Chief Petty Officer of the Navy?
- _____

When completed take a photo or scan and email to me no later that 11:59PM Tuesday night.