

NFHS First Aid, Health and Safety for Coaches Test Questions And Answers

An athlete has sustained a bruise. Which action would be most appropriate? - Answer Apply ice for 30-40 minutes.

Continue sets of 5 back blows and 5 abdominal thrusts until the: - Answer All of the above.

An athlete has frostbite of the toes. Which action would be most appropriate? - Answer Place cotton or gauze between the toes.

If lightning is striking nearby when people are outside and there is no time to evacuate, they should: - Answer Avoid squatting or sitting close to other people.

When an athlete develops a sudden illness, you should: - Answer Look around the area for clues that might tell you what happened to the athlete.

What is the purpose of Good Samaritan laws? - Answer To help protect people who voluntarily give care without expecting anything in return.

To give abdominal thrusts, position your covered fist: - Answer Above the naval.

Which of the following care steps would be included for an athlete with hypothermia until advanced medical personnel arrives? - Answer All of the above.

Specific types of splints include: - Answer All of the above.

For which condition would you decide to call 9-1-1 for an athlete who has sustained a wound? - Answer The athlete has uncontrolled bleeding.

Heat-related illnesses include which of the following? - Answer Heat cramps, heat exhaustion and heat strokes.

Anorexia nervosa is an eating disorder that is characterized by: - Answer Restrictive eating in individuals who see themselves as being overweight or afraid of gaining weight.

Answers To First Aid For Coaches

Mark McGuire Moran



Answers To First Aid For Coaches:

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