
Exam 1 First Aid and Safety Questions and Answers

carotid pulse - Answer- the pulse felt along the large carotid artery on either side of the neck.

Name of book - Answer- Sport First Aid 5th edition

Publisher - Answer- Human Kinetics

Author Name and Degrees - Answer- Melind J. Flegel MS (Masters in Science), ATC (Athletic Training Certified), LAT (Licensed Athletic Trainer), CSCS (Certified Strength and Conditioning Specialist)

What percent of high schools have a certified athletic trainer? - Answer- 42%

4 Duties of the Coach - Answer- 1. Prevention
2. Recognition and First Aid care
3. Treatment and Assessment
4. Rehabilitation

9 Legal Duties of the Coach - Answer- 1. Properly Plan Activity
2. Provide Proper Instruction
3. Warn of Inherent Risks
4. Provide a Safe Physical Environment
5. Provide Proper Equipment
6. Match Athletes Appropriately
7. Evaluate Athletes for Injury
8. Supervise the Activity Closely
9. Provide Proper Emergency Assistance

When should a athlete not participate? - Answer- 1. Loss of function (can't move, etc.)
2. Fever
3. Headaches, memory loss, dizziness, ringing in the ears, or unresponsiveness from a head injury
4. Heat or cold related illnesses
5. Pain associated with the activity

Who cancels weather for practice? - Answer- The Athletic Director

Cancel practice: How long thunder after lighting? - Answer- 30 seconds

NEVER GIVE AN ATHLETE - Answer- Medicine

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Table of Contents Answers For The Cdso Safety Exam

1. Understanding the eBook Answers For The Cdso Safety Exam
 - The Rise of Digital Reading Answers For The Cdso Safety Exam
 - Advantages of eBooks Over Traditional Books
2. Identifying Answers For The Cdso Safety Exam
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Answers For The Cdso Safety Exam
 - User-Friendly Interface
4. Exploring eBook Recommendations from Answers For The Cdso Safety Exam
 - Personalized Recommendations
 - Answers For The Cdso Safety Exam User Reviews and Ratings
 - Answers For The Cdso Safety Exam and Bestseller Lists
5. Accessing Answers For The Cdso Safety Exam Free and Paid eBooks
 - Answers For The Cdso Safety Exam Public Domain eBooks
 - Answers For The Cdso Safety Exam eBook Subscription Services
 - Answers For The Cdso Safety Exam Budget-Friendly Options
6. Navigating Answers For The Cdso Safety Exam eBook Formats

- ePub, PDF, MOBI, and More
- Answers For The Cdso Safety Exam Compatibility with Devices
- Answers For The Cdso Safety Exam Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Answers For The Cdso Safety Exam
 - Highlighting and Note-Taking Answers For The Cdso Safety Exam
 - Interactive Elements Answers For The Cdso Safety Exam
- 8. Staying Engaged with Answers For The Cdso Safety Exam
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Answers For The Cdso Safety Exam
- 9. Balancing eBooks and Physical Books Answers For The Cdso Safety Exam
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Answers For The Cdso Safety Exam
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Answers For The Cdso Safety Exam
 - Setting Reading Goals Answers For The Cdso Safety Exam
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Answers For The Cdso Safety Exam
 - Fact-Checking eBook Content of Answers For The Cdso Safety Exam
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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