

**CHAPTER 2-QUIZ**  
**The Well-Being of the first responder**

Circle the letter of the best answer.

1. A single incident that involves multiple patients is called a(an):
  - a. mass casualty.
  - b. accident.
  - c. disaster.
  - d. multiple casualty.
  
2. The grieving stage during which a patient puts off dealing with the situation is called:
  - a. bargaining.
  - b. acceptance.
  - c. denial.
  - d. depression.
  
3. One way to deal with patients or family members who are confronted with death or dying is to:
  - a. tell them everything will be all right.
  - b. listen empathetically.
  - c. tell them about other patients you have known who died.
  - d. respond to their anger with anger.
  
4. Which of the following is typically a sign or symptom of stress?
  - a. anxiety
  - b. increased interest in sexual activity
  - c. hypotension
  - d. increased appetite
  
5. An appropriate lifestyle change to aid in dealing with stress would be to:
  - a. spend large amounts of time alone, reflecting on the cause of the stress.
  - b. develop more healthful and positive dietary habits.
  - c. blow off the stress by picking a fight with a friend or family member.
  - d. kick the dog.
  
6. The precautions taken to protect First Responders against exposure to infectious diseases are called:
  - a. sterile technique.
  - b. infection control.
  - c. asepsis.
  - d. body substance isolation.
  
7. Organisms such as viruses and bacteria that cause infection are called:
  - a. pathogens.
  - b. contagious.
  - c. infectious.
  - d. germs.
  
8. The virus that causes AIDS is:
  - a. HBV.
  - b. HIV.
  - c. TB.
  - d. APV.

9. In the event of an incident where spilled chemicals are present, the First Responder should maintain a safe distance and treat it as a(an):
  - a. motor vehicle accident.
  - b. dangerous chemical incident.
  - c. hazardous materials incident.
  - d. isolation incident.
  
10. When responding to a crime scene, the first responsibility of the First Responder is:
  - a. gathering evidence.
  - b. scene safety.
  - c. patient care.
  - d. capturing the criminal.

#### CHAPTER 2-IN THE FIELD

Review the following real-life situation. Then answer the questions that follow. It is rush hour on a warm, breezy day. Traffic is heavy as you respond in your police car to a reported motor vehicle accident. When you arrive at the scene, winding your way through stalled vehicles, you realize that the MVA involves a tanker that is lying on its side on the road. Some type of liquid material is leaking from the tank and running downhill. There are placards on the tanker, but you are unable to see them clearly from where you have stopped your cruiser. The driver of the vehicle has climbed out of the cab and is running toward you with some type of papers in his hand. People from the stalled vehicles are beginning to get out of their cars and gather at the scene.

1. As a First Responder, what is your first responsibility in this situation?
2. How can you determine what type of material the tanker is carrying?
3. What type of assistance do you need to respond to this scene?

#### CHAPTER 2-REVIEW

Write the word or words that best complete each sentence in the space provided.

1. People who are dealing with death and dying go through several stages. The stage when the patient mourns things that have not been accomplished and then retreats into his/her own world is called the \_\_\_\_\_ stage.
  
2. Some positive lifestyle changes the First Responder can make when dealing with stress are to \_\_\_\_\_ , \_\_\_\_\_ , \_\_\_\_\_ , and \_\_\_\_\_ .
  
3. A process in which teams of professional and peer counselors provide emotional and psychological support to EMS personnel who are or have been involved in a critical incident is called a \_\_\_\_\_ .
  
4. A form of infection control based on the presumption that all body fluids are infectious is \_\_\_\_\_ .

5. Equipment such as eyewear, masks, gloves, gowns, or turnout gear or helmets that protect the EMS worker from infection and/or from exposure to hazardous materials and the dangers of rescue operations is called \_\_\_\_\_ .
6. In contrast to HIV, \_\_\_\_\_ is a very tough virus and can survive on clothing, newspaper, or other objects for days after infected blood has dried. First Responders should recognize that even \_\_\_\_\_ are potentially infectious.
7. A lung infection that can be fatal and that was thought to be nearly eradicated, but that has had a recent resurgence is \_\_\_\_\_ .
8. In 1992, \_\_\_\_\_ issued guidelines for employers whose workers run a risk of occupational exposure to bloodborne diseases.
9. A First Responder who reports to an incident where harmful substances are being released into the environment should maintain a safe distance from the source and treat it as a \_\_\_\_\_ .
10. A First Responder may be first on the scene at situations that cause dangers to the patient as well as the rescuer. It is important to \_\_\_\_\_ each situation and \_\_\_\_\_ the appropriate department(s) to assist in handling these incidents.