

# Appendix

## Contents

Participant Manual Knowledge Reviews Answer Key . . . . .	A-2
Primary Care Final Exam . . . . .	A-3
Secondary Care Final Exam . . . . .	A-7
Primary Care and Secondary Care . . . . .	A-9
Final Exam Answer Key	
Course Enrollment Form . . . . .	A-11
Skills Completion Form . . . . .	A-12
Illness and Injury Assessment Record Sheet . . . . .	A-13
Extending Your Emergency First Response® . . . . .	A-17
Teaching Opportunities – Developing a Marketing Plan	
Marketing Presentation . . . . .	A-23
Marketing Emergency First Response®	
Primary Care and Secondary Care Participant . . . . .	A-31
Final Exam Answer Sheet	
Responders In Action Report Form . . . . .	A-33
Emergency First Response® License Agreement . . . . .	A-34
Bid Proposal Letter (Sample) . . . . .	A-35
Instructor Independent Learning . . . . .	A-37
Human Body Systems . . . . .	A-38
Emergency Contact Information Sheet . . . . .	A-47

# Emergency First Response® Participant Manual Knowledge Reviews Answer Key

## Primary Care

(page 1-22)

1. **b and c** (ref. page 1-10)
2. **b** (ref. page 1-14)
3. **True** (ref. page 1-15)
4. **a** (ref. page 1-19)
5. **A** = Airway  
**B** = Breathing  
**C** = Circulation – Chest Compressions  
**D** = Defibrillation  
**S** = Serious Bleeding Management  
**S** = Shock Management  
**S** = Spinal Injury Management  
(ref. page 1-22)
6. \_\_\_\_\_ Appropriate emergency number for local area or country.  
(ref. page 1-24)
7. **a** (ref. page 1-28)
8. **a** = Bright red blood that spurts from a wound in rhythm with the heartbeat.  
**b** = Dark red blood, steadily flowing from a wound without rhythmic spurts.  
**c** = Blood slowly oozing from the wound.  
(ref. page 1-31)
9. **a, b, c, d, e, g, h, i, j** (ref. page 1-32)
10. **a, b, c, d, e, f** (ref. page 1-34)

## Secondary Care

(page 1-38)

1. **b** (ref. page 1-38)
2. **b** (ref. page 1-38)
3. physical harm to the body (ref. page 1-39)
4. an unhealthy condition of the body  
(ref. page 1-39)
5. **a** (ref. page 1-40)
6. life threatening (ref. page 1-41)

### Note:

All page numbers reference pages in the Emergency First Response Participant Manual.

# Instructor Independent Learning

The following pages cover foundational knowledge needed for the Emergency First Response Instructor Course. The Human Body Systems segment covers how the various systems in the human body work and how they relate to the emergency responder. As an Emergency First Response instructor candidate, you'll read this information along with the Medical Emergencies section in the *Emergency First Response Primary Care and Secondary Care Participant Manual* and answer related questions in the self-study Instructor Knowledge Reviews.



# Human Body Systems

When you witness a serious car accident or watch someone take a bad fall, it's reasonable to assume the patient will have life-threatening injuries. Although it may not be obvious at first glance, many accident scenes call for emergency medical care.

Unfortunately, not all life-threatening emergencies are so obvious. Some serious conditions occur due to illness or subtle accidents. Sometimes the patient's symptoms come on quickly and other times the patient gets progressively worse over time. Because response time is critical, Emergency Responders need to be able to recognize all life-threatening conditions and then provide appropriate emergency medical care.

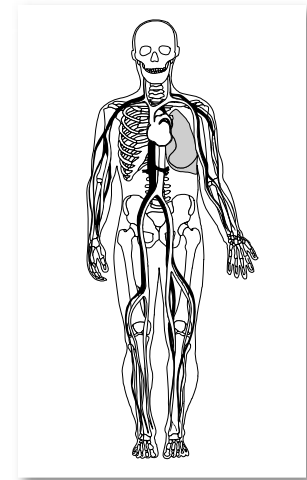
Providing effective emergency care to an injured or ill patient does not require an in-depth knowledge of the human body. Attention to the ABCD'S of a patient's *lifeline* allows Emergency Responders to handle most life-threatening emergencies. However, knowing how the body works provides a basis for ensuring that the ABCD'S of a person's *lifeline* are managed in accordance with first aid principles.

The miraculous machine we call the human body is made up of billions of cells. Individually different cells make up tissues. Similar tissues make up organs. A collection of organs and other structures that perform specific body functions are called systems. For the body to work properly, all of its systems must work together. When a patient is either injured or ill, one or more systems may be affected. Often, an injury or illness that affects one system can affect others.

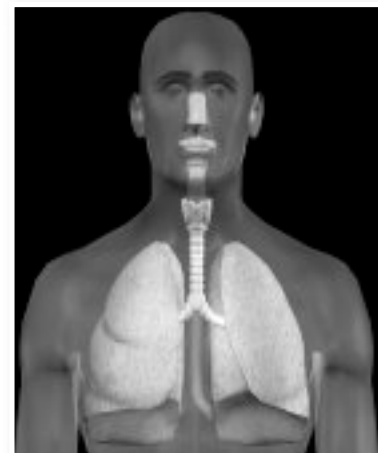
Most life-threatening emergencies affect one or more of the body's three most important and sensitive systems – respiratory, circulatory and nervous. The major organs of these three systems are the heart, lungs, brain and spinal cord. All of the body's systems are important, but failure of these can cause rapid and severe damage or death.

## Respiratory System

The respiratory system keeps the body supplied with oxygen and removes carbon dioxide - the waste gas of metabolism. Breathing is initiated when the brain detects an increase in carbon dioxide in the blood. As carbon dioxide levels increase, the brain signals the diaphragm, a large muscle below the chest, to flatten and push downward. When the diaphragm flattens and the ribs are lifted up and out, the volume of the lungs increase pulling air into the



*The miraculous machine we call the human body.*



*The respiratory system keeps the body supplied with oxygen and removes carbon dioxide - the waste gas of metabolism.*