

Study Guide- Injury Prevention and Safety

Directions: Use your notes to complete the study guide (on a separate sheet of paper).

Reducing the Risk of Injury

1. What is the difference between *intentional and unintentional injuries*?
2. Define *risk*. Why don't we refer to unintentional injuries as "accidents" in health class?
3. What are the *characteristics of cautious and reckless risk takers*? List 3 each
4. What is the leading cause of death among your age group? Among adults?

Bookwork Questions

1. **Define Shock**, what are **3 signs** of shock and how do we **treat someone** who is in shock.
2. Describe the **proper ways to do chest compressions** on an adult, child and infant.
3. How **far do we compress** the chest for adults, children and infants (for compressions)?
4. How do we properly perform the **heimlich** in an adult, child and infant?
5. How do we treat someone who is **choking and goes unconscious**?
6. How do we treat someone who has **severe bleeding**?

Emergency Care Notes/Check, Call, Care Review

1. What are *Good Samaritan Laws*?
2. What are the *three emergency action steps*?
3. If the *victim is conscious*, what is the first thing you should do?
4. Why is it important to get *consent for conscious and unconscious victims*?
5. If the victim is unconscious, how should you *check for signs of breathing*?
6. What is the *first step when providing CARE*?
7. If a *victim is conscious and choking*, what should you ask them, how do we treat this?
8. If a *choking victim can respond*, what should you encourage them to do?
9. What are the steps in the *Cardiac Chain of Survival*?
10. What *type of emergencies are AED's* used to help treat?
11. What are the *signs of a heart attack*?
12. When administering CPR, at what *rate* should a person perform chest compressions on the victim?

13. When giving **first aid, you should continue providing care** until...
14. Why is an **AED important** in emergency situations?
15. How can we reduce our risk of developing a disease when helping someone in a first aid situation? **List 2 ways**
16. **Which arteries** do we check for in adults, children and infants? Where are these located in the body?

Teens and Unintentional Injuries Notes

1. What is the **relationship between** substance use and injuries?

Beast Within Video Notes

1. List **5 factors that cause heart disease**, leading to a heart attack?
2. How do we **treat** someone who is in **cardiac arrest** (complete stoppage of the heart).
3. How do we **treat** someone who is in **fibrillation**?
4. What is the main **function** of **coronary arteries**?

Water Safety

1. How many boating accidents are **alcohol related**?
2. What is a riptide and what should we do if we are caught in one?
3. What should you do if you are **caught in a current while swimming**?
4. What can set in if your **body temperature drops significantly**?

Donate Life Northwest Guest Speaker...

1. How many **internal organs** can be donated?
2. How many **people** can one donor **help**?
3. Every hour _____ people are added to the list for needing a internal organ transplant and every day, _____ people die due to not getting their needed organ.
4. **True or False:** Donated corneas can restore sight to the blind.
5. **True or False:** Organ transplant surgeries are very common.

Vocabulary Squares~ Complete the terms with the definitions- Place the letter in the space

- | | | | |
|--------------------|-----------------|---------------------|-----------------------|
| a.) Angina | b.) Angioplasty | c.) Arrhythmia | d.) Arteriosclerosis |
| e.) Blood Pressure | f.) Carotid | g.) Heart Attack | h.) Hypertension |
| i.) Stent | j.) Stroke | k.) Red Blood Cells | l.) White Blood Cells |
| m.) Arteries | n.) Veins | | |

_____ The main artery leading to the brain.

_____ Plaque build up in the artery wall, leads to hardening of the artery.

_____ When blood flow and oxygen is reduced in the body; life threatening.

_____ Blood flow to the brain is cut off, can cause death or permanent damage to the brain.

_____ Pain in the chest.

_____ Abnormal heart rhythm.

_____ Also known as high blood pressure.

_____ Carry blood away from the heart.

_____ Carry Oxygen, component of blood.

_____ Help fight off infections, component of blood.

_____ Surgical repair of the artery due to plaque build up in the artery wall.

_____ Wire mesh to surgically increase the diameter of the artery. Used in an angioplasty.

_____ Valves help transport blood flow back towards the heart.

_____ The force of blood exerted from the heart, against the artery wall.

Review and know all warm-up questions!