

Outdoor Emergency Care Certification Practice Test Questions and Answers

1. What is the first step in assessing a patient in outdoor emergency care?

- A) Scene safety and primary assessment
- B) Taking vital signs
- C) Administering medications
- D) Calling for helicopter evacuation

2. What are the signs of hypothermia?

- A) Shivering, altered mental status, and loss of coordination
- B) High fever and excessive sweating
- C) Rapid breathing and increased heart rate only
- D) Nausea and vomiting only

3. How should you treat a suspected spinal injury in the outdoors?

- A) Immobilize the spine and minimize movement until evacuation
- B) Have the patient walk to test mobility
- C) Apply heat to the injured area
- D) Give pain medication immediately

4. What is the proper treatment for altitude sickness?

- A) Descent to lower altitude and oxygen if available
- B) Continue ascending to acclimatize faster
- C) Ignore symptoms and rest at current altitude
- D) Increase physical activity to improve circulation

Answers: 1-A 2-A 3-A 4-A

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