
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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