| SAFETY MEETING QUIZ |
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| Name:  |  | Date: |  |
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| Safety Topic: | *V5-05 First Aid – Sudden Illness* |

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1. Signs and symptoms of sudden illness may include
	1. sweating or changes in skin color.
	2. nausea or vomiting.
	3. feeling dizzy or confused.
	4. any of the above.
2. It is important to understand exactly what is causing any sudden illness before providing any kind of first aid.
	1. True
	2. False
3. A stroke occurs when someone experiences a
	1. chronic health condition that affects how the human body turns food into energy.
	2. blockage that restricts or stops blood flow to the heart.
	3. chronic respiratory disease.
	4. sudden interruption in blood flow to the brain.
4. If someone appears to be having a stroke or a heart attack, then call 911 (or emergency services)
	1. immediately.
	2. only if they stop breathing.
	3. after starting CPR.
	4. after 30 minutes.
5. For someone experiencing low blood sugar due to diabetes, providing them with may help them feel better.
	1. an ice pack
	2. half a cup of fruit juice or 5 sugar packets
	3. rest, ice, compression, and elevation
	4. a glass of warm water

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| ANSWER KEY |
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