Questions an Instructor Might Ask

Why is choking taught in First Aid instead of in CPR, as in the rest of the Heartsaver courses?
Choking is a serious, life-threatening emergency, but most choking victims do not need CPR. CPR is a highly recommended but optional part of the First Aid Course. But everyone who learns first aid should know how to help an adult who is choking.

Questions a Student Might Ask

Why does the tongue swell in a severe allergic reaction?
An allergic reaction causes the release of chemicals. If the person has a severe allergic reaction, he may have symptoms such as swelling of the tongue. Swelling of the face, neck, or tongue can block the airway and make it difficult to breathe.

Why is it OK to do a head tilt–chin lift on a person who may have a head, neck, or spine injury?
There are other methods of opening the airway, but they also may move the head, neck, or spine, and the other methods may not be as successful for opening the airway.

Why don’t you give anything by mouth to a person with diabetes who isn’t responding?
If the person isn’t responding, she may choke.

Why do you put a knocked-out tooth in milk?
Milk is free of harmful bacteria and keeps the tooth moist. Some studies indicate that milk may be a better liquid for storing a knocked-out tooth than salt water or fresh water.

Why is it best to have non-latex gloves in the first aid kit?
Some people are very allergic to latex. Some people don’t know they are allergic to latex. Just putting on gloves may release latex into the air.

Suppose I don’t get any blood or body fluids on my gloves. Can I reuse them?
No. You may not see any blood or body fluids on the gloves. However, some may still be there. Remove and dispose of the gloves properly.

How do I know whether bleeding is major or minor?
The most important action for bleeding you can see is to stop the bleeding with pressure. If you see a lot of blood (a major cut), use pressure to stop the bleeding. If the cut is not bleeding or is a small abrasion, assume the cut is minor. Wash a minor cut with soap and water before applying a bandage.

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