1. What is the primary characteristic of internal bleeding?
   1. Visible blood loss
   2. Pale skin
   3. Blood pooling under the skin
   4. Blood loss inside the body

Blood pooling under the skin

#

1. What is the first step in managing a wound?
   1. Apply pressure to stop bleeding
   2. Clean the wound with soap and water
   3. Apply antibiotic ointment
   4. Cover the wound with a bandage

Clean the wound with soap and water

#

1. What is the recommended method to control severe external bleeding?
   1. Apply ice directly to the wound
   2. Elevate the wound above the heart
   3. Apply direct pressure to the wound
   4. Administer pain medication

Apply direct pressure to the wound

#

1. Which action is crucial when providing first aid for head, neck, or spine injuries?
   * 1. Immobilizing the affected area
     2. Massaging the neck to relieve tension
     3. Applying heat packs to reduce pain
     4. Encouraging movement to prevent stiffness

Immobilizing the affected area

#

1. What is a common symptom of a sprain?
   * 1. Deformity of the affected limb
     2. Swelling and bruising
     3. Visible bone protrusion
     4. Audible cracking sound

Swelling and bruising

#

1. What is the recommended initial treatment for minor burns?
   * 1. Applying butter or oil to the burn
     2. Placing ice directly on the burn
     3. Running cool water over the burn
     4. Covering the burn with a tight bandage

Running cool water over the burn