



Elementary First Aid (EFA)

30 Practice Questions and Answers for STCW Exams

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Practice Set 1

Q1. What is called the voice box?

- A) Trachea
- B) Larynx
- C) None of the above
- D) Epiglottis

Correct Answer: B (Larynx)

Explanation: The larynx, commonly known as the voice box, contains the vocal cords and is responsible for producing sound and speech.

Q2. In topographic anatomy, the term lateral means:

- A) Above the midline of the body
- B) Away from the midline of the body
- C) Below the midline of the body
- D) Towards the midline of the body

Correct Answer: B (Away from the midline of the body)

Explanation: In topographic anatomy, the term 'lateral' refers to a position away from the midline of the body or toward the side.

Q3. Where does the partly digested food in liquid form go after it leaves the stomach?

- A) Small intestine
- B) Liver
- C) Pancreas
- D) Large intestine

Correct Answer: A (Small intestine)

Explanation: After partially digesting in the stomach, food moves into the small intestine where most of the digestion and nutrient absorption occurs.

Q4. Urine enters the bladder through which structure?

- A) Nephron
- B) Urethra
- C) Bowman's capsule
- D) Ureter

Correct Answer: D (Ureter)

Explanation: Urine travels from the kidneys down to the bladder through tubes called ureters.



- A) Central nervous system
- B) Endocrine system
- C) Parasympathetic nervous system
- D) Sympathetic nervous system

Correct Answer: D (Sympathetic nervous system)

Explanation: The sympathetic nervous system is responsible for the 'fight-or-flight' response, preparing the body to react to perceived threats by increasing heart rate and diverting blood flow.

Q6. What is the correct sequence for the primary survey?

- A) D-A-B-C-R
- B) R-A-B-C-D
- C) D-R-A-B-C
- D) A-B-C-D-R

Correct Answer: C (D-R-A-B-C)

Explanation: The correct sequence for the primary survey in first aid is Danger, Response, Airway, Breathing, Circulation (DRABC).

Q7. Which of the following are considered crucial protective equipment?

- A) Mask
- B) Eye shield
- C) All of the above
- D) Gloves

Correct Answer: C (All of the above)

Explanation: Gloves, masks, and eye shields are all considered crucial protective equipment to prevent the transmission of infections and protect against bodily fluids.

Q8. You are taking blood pressure by palpation. A radial pulse indicates a blood pressure of at least:

- A) 60 mmHg
- B) 90 mmHg
- C) 80 mmHg
- D) 70 mmHg

Correct Answer: C (80 mmHg)

Explanation: When taking blood pressure by palpation, the presence of a radial pulse typically indicates a systolic blood pressure of at least 80 mmHg.

Q9. An unconscious seaman is lying on his back and not breathing. What is the first thing you do?

- A) Give rescue breaths
- B) Call for help
- C) Check for a pulse
- D) Tilt his head back as far as it will go

Correct Answer: D (Tilt his head back as far as it will go)

Explanation: When an unconscious seaman is not breathing, the first step to open the airway is to tilt the head back and lift the chin, ensuring the tongue is pulled away from the throat.



- A) Move the victim as quickly as possible
- B) Support the head and neck in the position found
- C) None of the above
- D) Try to straighten the victim's neck

Correct Answer: B (Support the head and neck in the position found)

Explanation: If a head or neck injury is suspected, it is crucial to support the head and neck in the position they are found to prevent further damage to the spinal cord.

Q11. When a victim is having a neck injury, you should:

- A) Try to align his head and neck
- B) Move his head gently
- C) None of the above
- D) Hold his head still

Correct Answer: D (Hold his head still)

Explanation: When a victim has a suspected neck injury, the primary action is to hold their head still to avoid exacerbating any spinal trauma.

Q12. You suspect a head and neck injury in a victim who is unresponsive and not breathing. How would you open the airway to give breaths?

- A) Use a suction device
- B) None of the above
- C) Tilt the head back and lift the chin
- D) Jaw thrust technique

Correct Answer: D (Jaw thrust technique)

Explanation: For a victim with suspected head or neck injury who is unresponsive and not breathing, the jaw thrust technique is used to open the airway, as it minimally disturbs the cervical spine.

Q13. Check the carotid artery for a pulse on:

- A) The ankle
- B) The groin
- C) The side of his neck
- D) The wrist

Correct Answer: C (The side of his neck)

Explanation: The carotid artery, used for checking a pulse in an unresponsive adult, is located on the side of the neck.

Q14. Fainting happens when:

- A) The heart stops beating
- B) The person is dehydrated
- C) The person is anxious
- D) The brain does not get enough blood with oxygen

Correct Answer: D (The brain does not get enough blood with oxygen)

Explanation: Fainting, or syncope, occurs when the brain temporarily does not receive enough oxygenated blood, leading to a brief loss of consciousness.



- A) Give rescue breaths
- B) Check for a pulse
- C) None of the above
- D) Call 108 and return to the crew

Correct Answer: D (Call 108 and return to the crew)

Explanation: If there is no response from the crew during the primary survey, the immediate next step is to call for emergency medical assistance (e.g., 108 or ship's medical officer) and then return to the victim.

Q16. Shock is the condition where:

- A) The person is dehydrated
- B) The body loses a lot of blood
- C) The cardiovascular system fails to deliver blood to all parts of the body
- D) The person is in pain

Correct Answer: C (The cardiovascular system fails to deliver blood to all parts of the body)

Explanation: Shock is a critical condition where the cardiovascular system fails to deliver adequate blood supply to all parts of the body, leading to a lack of oxygen in tissues.

Q17. What is the CPR procedure for a six-year-old boy?

- A) 15 compressions, 4 breaths
- B) 30 compressions, 2 breaths
- C) 15 compressions, 2 breaths
- D) 30 compressions, 4 breaths

Correct Answer: A (15 compressions, 4 breaths)

Explanation: For CPR on a child between puberty and adulthood (or a larger child), the recommended ratio is 15 compressions followed by 2 breaths.

Q18. What is the proper rate of chest compressions in CPR?

- A) 80 per minute
- B) 100 per minute
- C) 120 per minute
- D) 60 per minute

Correct Answer: B (100 per minute)

Explanation: The proper rate for chest compressions during CPR, for both adults and children, is 100 to 120 compressions per minute.

Q19. If an AED is available but does not have child pads or child energy setting, what should you do for a six-year-old non-responsive victim?

- A) None of the above
- B) Do not use the AED
- C) Call for help
- D) Use the AED with adult pads

Correct Answer: D (Use the AED with adult pads)

Explanation: If an AED is available without child pads or a child setting, it is recommended to use the adult pads for a child victim, ensuring they do not touch each other.



- A) Apply direct pressure
- B) Elevate the limb
- C) Apply a tourniquet
- D) Call for help

Correct Answer: A (Apply direct pressure)

Explanation: When managing external bleeding, the immediate action is to apply direct pressure to the wound to control blood loss.

Q21. For heavy bleeding, you need to apply pressure points to reduce bleeding.

- A) True
- B) False

Correct Answer: A (True)

Explanation: Applying pressure to specific points on arteries that run close to the bone helps to reduce blood flow to an injured area, which is a crucial technique for managing severe bleeding when direct pressure alone is insufficient.

Q22. You feel a sudden short pain in the bottom of your left foot. You look at the bottom of your left shoe and see a tack sticking in your shoe. What type of wound do you probably have?

- A) Avulsion
- B) Laceration
- C) Abrasion
- D) Puncture

Correct Answer: D (Puncture)

Explanation: A tack sticking into the foot through the shoe describes a puncture wound, which is caused by a sharp object penetrating the skin. This is distinct from abrasions (superficial scraping) or lacerations (tearing of tissue).

Q23. A tourniquet can be used for first resort to stop bleeding.

- A) False
- B) True

Correct Answer: A (False)

Explanation: A tourniquet is a last resort for life-threatening bleeding that cannot be controlled by other means. It should not be the first resort due to the risk of permanent damage, including nerve damage and tissue loss.

Q24. What are splints made of?

- A) All of the above
- B) Wood
- C) Cardboard
- D) Clean plastic

Correct Answer: D (Clean plastic)

Explanation: Splints can be made from various materials, including rigid items like wood or cardboard, or flexible materials like plastic. The key is to immobilize the injured area effectively and safely, ensuring no further harm occurs.



- A) None of the above
- B) Apply pressure to their abdomen
- C) Give them something to drink
- D) Call for help

Correct Answer: D (Call for help)

Explanation: Internal bleeding is serious and requires immediate medical attention. Signs like severe pain, dizziness, or a rigid abdomen necessitate calling for professional medical help promptly; do not give the victim anything to eat or drink.

Q26. Burns that involve all layers of skin are:

- A) Third-degree burns
- B) Full-thickness burns
- C) First-degree burns
- D) Second-degree burns

Correct Answer: B (Full-thickness burns)

Explanation: Full-thickness burns, also known as third-degree burns, involve damage to all layers of the skin, and potentially underlying tissues. They are characterized by a white, leathery, or charred appearance and may be painless due to nerve damage.

Q27. First aid for frostbite is:

- A) Rub the affected area
- B) Give some hot coffee
- C) Give some warm water
- D) None of the above

Correct Answer: C (Give some warm water)

Explanation: For frostbite, the affected area should be gently rewarmed in warm (not hot) water, typically around 40 degreesC (104 degreesF). Rubbing the area can cause further damage, and hot drinks can be detrimental as they can redistribute blood flow away from extremities.

Q28. An unconscious person should not be placed in a position with the head lower than the body.

- A) Given something to drink
- B) Given an inhalation stimulant

Correct Answer: A (Given something to drink)

Explanation: An unconscious person should be placed in the recovery position to maintain an open airway and prevent aspiration if they vomit. Positioning the head lower than the body could impede circulation and breathing.

Q29. Which should not be a treatment for a person who has received a head injury and is groggy or unconscious?

- A) Stop severe bleeding
- B) Given a stimulant
- C) Elevate his head

Correct Answer: B (Given a stimulant)

Explanation: Stimulants should not be given to a person with a head injury, especially if they are groggy or unconscious, as they can mask symptoms or increase intracranial pressure. Focus should be on airway, breathing, circulation, and preventing further injury.

Q30. A person who gets battery acid in an eye should immediately wash the eye with: brightmariner.com



- A) Baking soda solution
- B) Water
- C) Boric acid solution

Correct Answer: C (Boric acid solution)

Explanation: Battery acid is highly corrosive; immediate and copious irrigation with plain water is the first and most critical step. While a weak baking soda solution might be suggested for some acids, water is the universal first-aid treatment for chemical eye exposures.