Chapter 2 Workface Safety and Wellness

1. An is a medical condition caused by the growth and spread of small harmful within the body.
2. A disease is a disease that can be spread from one person or species to another. Give three examples of a communicable disease:
3. What can dramatically minimize the healthcare provider’s risk of infection? (there are three listed in your book)
4. All bloodborne diseases are but not all communicable diseases are bloodborne. For example the is both communicable and bloodborne, but chickenpox is communicable but not bloodborne.
5. What term is defined as the way an infectious disease is spread?
6. What are the ways that infectious diseases may be transmitted? (5 methods) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
7. What is the difference between direct and indirect contact, please explain and give examples.
8. What are bloodborne pathogens?
9. What is meant by airborne transmission?
10. Give an example of a disease that is spread by airborne transmission?
11. How many people did the Black Death kill during the middle ages?
12. What is the job of the Occupational Safety and Health Administration (OSHA)?
13. OSHA requires all EMTs to be trained in handling bloodborne and in approaching the patient who may have an infectious or communicable disease.
14. What are infection control procedures?(Table 2-1)
15. Is the simplest yet most effective way to control disease transmission.
16. If no running water is available, you may use hand washing substitutes in the field, make sure you wash your hands using and at the hospital.
17. and are the standard for ALL patient care if there is any possibility for to blood or body fluids.
18. Gloves are the most common type of , (PPE). PPE is also known as BSI or body substance isolation.
19. What is a situation where you may want to be wearing a gown for providing patient care?
20. Describe the proper type of eye protection that should be worn as a prehospital care provider?
21. What type of mask should you wear is blood or body fluid splatter is a possibility?
22. What type of mask should be worn by an EMT if you suspect that the patient may have tuberculosis?
23. What is the difference between these two masks?
24. What types of items are disposed of in a sharps container?
25. Can your employer guarantee a 100% risk free environment?
26. If you are exposed to a potential infectious disease, what is the first step?
27. What is meant by an immunity?
28. What are the types of stressors?
29. The body’s response to stress begins with the response, followed by the stage of and resistance, and then or, of the stress is prolonged, . The three staged response is referred to as the .
30. The physiological responses to stress involve the interaction of the endocrine system and nervous system, resulting in chemical and physical response. This is commonly known as the or response. Positive stress, such as as well as negative forms of stress, such as , long hours or the frustration of losing a patient, all have the same manifestations. Please list those physical response here (there are 8 listed in your text)
31. What are the situations that are stressful for EMS providers listed in your text:
32. What is an acute stress reaction?
33. What is a delayed stress reaction?
34. What is a cumulative stress reaction?
35. What are some of the events that can trigger critical incident stress?
36. May develop after a person has experienced a psychologically distressing event. What are some of the signs and symptoms?
37. What is the purpose of a CISM?
38. List some of the warning signs of stress that you experience when you have been in a stressful situations (list at least 5)
39. List 5 ways that you use to help cope with stress:
40. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and proper\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ are the two variables over which you have absolute control.
41. To perform efficiently,
42. A \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of \_\_\_\_\_\_\_\_\_\_\_\_\_\_ will enhance the benefits of maintaining good nutrition and adequate hydration.
43. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ sleep is as important as eating well and exercise.
44. The proactive EMT understands
45. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ should be used instead of words such as: cripple, deaf, dumb, crazy, retarded, etc.
46. Sexual harassment is
47. In your own words, describe the 2 types of sexual harassment.
48. What are the stages of grieving and please explain each of these in your own words:
49. What are the concerns of the dying, critically ill or injured patient?
50. What are the concerns of the dying, critically ill, or injured patient? (There are 8 listed in your book.)
51. What are some things you can do to help reduce a patient’s anxiety?
52. What would your response to a critically injured patient who asks you the question, “am I going to die?”
53. Patients don’t care what you until you show you . Most patients are not technical experts. They will judge your treatment based on how you toward them.
54. Patients must be given the opportunity to express their and concerns.
55. What are some things you can do to protect yourself prior to responding on a call?
56. What are the four main scene hazards listed in your textbook.
57. What are the general guidelines you should follow when dealing with hazardous materials
58. Visible sparks \_\_\_\_\_\_\_\_\_\_\_\_\_\_ not \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ in charged wires.
59. The safety zone for downed utility poles is
60. Lightning is a threat in two ways: in your own words, describe the two ways.
61. List the common hazards in a fire:
62. What are several things to keep in mind at the scene of a vehicle collision.
63. List the items of protective clothing you may wear on a scene:
64. What are 10 signs that a patient may become violent or has the potential to become violent?
65. What is hepatitis?