Test Level 4 First Aid

Name: _____

1. Give the symptoms for the following situations:
    a. A 5 percent loss of body fluids results in:

    b. A 10 percent loss results in:

    c. A 15 percent loss results in:

2. List 6 of the most common signs and symptoms of dehydration:
    a.
    b.
    c.
    d.
    e.
    f.
3. Why must you:
    a. Keep your hands clean?

    b. Keep your hair clean?

    c. Keep your clothing clean?

    d. Keep your teeth clean?

    e. Take care of your feet?

    f. Get sufficient rest?

    g. Keep your campsite clean?