Name: _____ Date: _____

1. A common saying in the fire service is to, “Take care of yourself _____, take care of the rest of your team _____, and take care of the people involved in the incident _____”. What are the fill-in words, in order?

   a) Last, second, first
   b) Casually, seriously, urgently
   c) After, during, before
   d) First, second, third

2. What relationship, if any, exists between fire fighters being tired and/or dehydrated, and their risk of injury or collapse?

   a) Their risk of both decreases as they become tired and/or dehydrated.
   b) Their risk of injury increases and their risk of collapsing decreases.
   c) Their risk of both increases as they become tired and/or dehydrated.
   d) Their risk of injury decreases and their risk of collapse increases.

3. What normal body cooling mechanism is lost when wearing PPE?

   a) Radiation from the head
   b) Radiation from the body
   c) Internal cooling from ingestion
   d) Evaporation of perspiration

4. Up to how much fluid can fire fighters lose in an hour of action?

   a) Ten ounces
   b) One pint
   c) Two quarts
   d) Five-sixths of the entire normal body volume

5. How does being well-rested, as opposed to being tired, affect endurance, if at all?

   a) Being well-rested actually decreases endurance.
   b) Being well-rested increases endurance.
   c) Being well-rested has no effect on endurance.
   d) Being well-rested has not been tested against endurance.

6. What is one factor that plays a significant role in a fire fighter's level of endurance?

   a) Conditioning b) Breakfast habits c) Electrolyte activity d) Posture of repose

7. At what types of incidents should the concept of rehabilitation be addressed?

   a) Extended fire incidents only
   b) All extended incidents only
   c) At all types of incidents
   d) At fires only

8. What is one aspect of high-rise fires that is especially draining of energy?

   a) Walking up many flights of stairs in PPE
   b) The thinner air at virtually any altitude above ground level
   c) The inevitable compromise of the HVAC system
   d) The barely perceptible, but vertigo-inducing sway of the building

9. What is one tactic a fire department might adopt to help reduce the load on fire fighters at a high-rise fire?

   a) Assign three companies to do the work normally assigned to one.
   b) Attack the fire in waves: ten minutes on, ten minutes off.
   c) Temporarily suspend the two-in, two-out rule.
   d) Have able-bodied bystanders assist in carrying equipment up.

10. Where is the rehabilitation center, usually, at a high-rise fire?

    a) In an uninvolved section of the fire floor
    b) Two or three floors below the fire
    c) In the lobby of the fire building
    d) Outside the fire building

11. Who should always plan ahead so that there is a fresh or rested crew ready to rotate with a crew that needs rehabilitation?

    a) The staging officer
    b) The company officer
    c) The incident commander
    d) The logistics section chief

12. What is one type of incident other than a fire which might impose a tremendous energy drain on fire fighters?

    a) A hazardous materials incident requiring fully encapsulating suits
    b) A medical emergency where the victim is choking
    c) Holding C-spine at a car crash
    d) An ARFF standby

13. What is an example of an incident that might require the presence of emergency personnel to be active for an extended period of time?

    a) Heart attack in a crowded, public place
    b) Bonfire without a permit during the night
    c) Long-duration search-and-rescue
    d) ARFF standby for possible hot brakes

14. What part does returning the body's temperature back to normal play in rehabilitation, if any?

    a) It plays no role in rehabilitation, as it is a self-correcting problem.
    b) It is one of the primary roles of rehabilitation.
    c) It is indirectly addressed by fluid replenishment.
    d) It is there, but is the lowest priority.

15. If evaporative cooling is reduced, say by high humidity, what effect, if any, does this have on fire fighters?

    a) It has no effect on fire fighters, but it does affect the speed of hazardous materials chemical reactions.
    b) It allows them to cool more rapidly, since the perspiration is kept in a liquid state longer.
    c) It reduces the fogging on the inside of SCBA facemasks, allowing for clearer vision.
    d) It makes it more difficult for the body to regulate its internal temperature.

16. What happens to the body's tendency to sweat inside PPE during cold weather?

    a) Nothing; it does sweat creating damp clothing in cold weather.
    b) The body does not sweat when the air it inhales is below 43º F.
    c) The body sweats, but it has no cooling effect due to insulation.
    d) The body sweats as usual, but the film of water retains heat rather than dissipates it.

17. What is the first step of emergency incident rehabilitation?

    a) Revitalization b) Fire fighter sign-in c) Physical assessment d) CISM

18. What is the main part of the rehabilitation process?

    a) Reassimilation b) Reinvigoration c) Reinitiation d) Revitalization

19. What should fire fighters do with their PPE in rehabilitation?

    a) Remove it
    b) Keep it on, but unfastened, except for helmets and gloves
    c) Keep it on, but unfastened, including helmets and gloves
    d) Keep it all on and fastened and remain ready to go on a moment's notice

20. Should rehabilitation centers have any furniture?

    a) Yes, they should have a PFS, allowing for showers, privacy, office work and communications
    b) Yes, they should have chairs or cots
    c) Yes, but only emergency medical litters or cots
    d) No, it is not practical to have furniture in rehabilitation centers

Answer Key

1. d
2. c
3. d
4. c
5. b
6. a
7. c
8. a
9. a
10. b
11. c
12. a
13. c
14. b
15. d
16. a
17. c
18. d
19. a
20. b