



## To Hell and Back Fire Fighter Post Test

Name: \_\_\_\_\_ Rank: \_\_\_\_\_

Employer: \_\_\_\_\_ Years on the Job: \_\_\_\_\_

EMT / EMT-A / Paramedic / Fire Fighter / Volunteer Fire Fighter / Career Fire Fighter (Circle all that apply.)

1. **The majority of fire fighter burns occur when a fire fighter comes into contact with flame.**
  - a. True
  - b. False
  
2. **PPE consists of three layers. Identify the three layers.**
  - a. Vapor Barrier, thermal barrier, fire barrier
  - b. Fire barrier, thermal barrier, fire resistive outer shell
  - c. Vapor barrier, fire resistive outer shell, thermal barrier
  
3. **Noted discoloration on PPE is indicative of flame contact.**
  - a. True
  - b. False
  
4. **NFPA 1500- Fire Department Occupational Safety and Health Program, and NFPA 1971-Protective Ensemble for Structural Firefighting defines compliant PPE to include:**
  - a. Coat, trousers, helmet, boots, gloves, and preferably SCBA
  - b. Coat, trousers, hood, helmet, gloves, boots, and preferably SCBA
  - c. Coat, trousers, hood, helmet, boots, and gloves
  - d. None of the above
  
5. **Always wearing protective PPE properly will eliminate burn injuries.**
  - a. True
  - b. False
  
6. **Total Heat Loss(THL) indicates the measurement of body heat allowed to escape in a three layered protection system.**
  - a. True
  - b. False
  
7. **NFPA 1971- Protective Ensemble for Structural Firefighting, requires a minimum of \_\_\_\_\_ TPP (Thermal Protective Performance)**
  - a. 25
  - b. 30
  - c. 35
  - d. 29



8. **Properly wearing SCBA in IDLH (Immediate Danger to Life and Health) conditions will reduce the chances of thermal burns to the airway.**
  - a. True
  - b. False
  
9. **Alarm time, according to this program, is defined as:**
  - a. The time it takes to respond to the incident
  - b. Amount of time between feeling pain and actually being burned
  - c. The elapsed time it takes to leave the firehouse
  - d. The time it takes to properly don your PPE before getting on the apparatus
  
10. **Instantaneous skin destruction occurs at a temperature of:**
  - a. 110°F
  - b. 98.6°F
  - c. 150°F
  - d. 162°F
  
11. **NFPA 1500 requires that all gear ensembles be inspected:**
  - a. 3 times a year
  - b. After every use
  - c. Just after being in the elements
  - d. Just after training exercises
  
12. **Fire fighters need as much thermal protection as possible in high heat environments and still need the garments to be able to breathe while wearing it. As thermal insulation increases, breathability \_\_\_\_\_.**
  - a. Decreases
  - b. Increases
  - c. Dissipates based on outer shell color
  - d. Reduces by half
  
13. **Air between the layers of your protective ensemble:**
  - a. Is a nuisance
  - b. Is not permitted
  - c. Is your friend, it's the insulator
  - d. Is only introduced when entering a hot environment
  
14. **Inhalation injury is evident in over \_\_\_\_\_% of hospitalized burn patients:**
  - a. 10%
  - b. 20%
  - c. 30%
  - d. 50%



15. **The types of burn injuries that fire fighters are susceptible to include:**
  - a. Wet compressed garment burns, dry garment burns, drying garment burns
  - b. Scald burns, steam burns, inhalation burns
  - c. None of the above
  - d. All of the above
  
16. **Body areas most likely to be affected by wet compressed garment burns include:**
  - a. Elbows, forearm, biceps, knees, and lower legs
  - b. Chest and neck
  - c. Hands and feet
  - d. Back and hips
  
17. **Steam immediately burns exposed skin:**
  - a. True
  - b. False
  
18. **Drying garment burns usually occur during the last few seconds of drying:**
  - a. True
  - b. False
  
19. **Blistering of the skin usually indicates what degree of burn injury:**
  - a. First degree
  - b. Superficial second degree
  - c. Deep third degree
  - d. Fourth degree
  
20. **Situational Awareness involves knowing your surroundings including:**
  - a. Smoke conditions, fire behavior, examining potential for flash fire
  - b. Building construction, smoke conditions, fire behavior, exit plan
  - c. Building construction, smoke conditions, fire behavior, examining potential for flash fire, awareness of internal structure conditions, exit plan
  - d. Building construction, awareness of internal structure conditions, exit plan