

# First Aid Written Test

## SOUTHWESTERN REGIONAL MINE RESCUE AND RECOVERY SIMULATION, BENCHMAN AND FIRST AID COMPETITION Carlsbad, New Mexico April 11<sup>th</sup>, 2007

Company Name \_\_\_\_\_

Team Name \_\_\_\_\_

First Aid Team Number \_\_\_\_\_

Team Member Name \_\_\_\_\_

1. As a First Responder, you will not be able to provide care for an ill or injured patient unless you have an idea of where the problem lies. This requires a \_\_\_\_\_. (4-53)
  - a. Physical exam
  - b. Questioning period
  - c. Patient assessment
  - d. Debriefing
2. The \_\_\_\_\_ contains the appendix and part of the small and large intestine. (4-60)
  - a. Right upper quadrant
  - b. Left upper quadrant
  - c. Right lower quadrant
  - d. Left lower quadrant
3. The \_\_\_\_\_ produces the chemicals called hormones that help regulate most body activities and functions. (4-61)
  - a. Endocrine system
  - b. Pancreas
  - c. Duodenum system
  - d. None of the above
4. It is also important to know when a patient may be moved. There are many factors to consider, including \_\_\_\_\_ and the \_\_\_\_\_. (5-67)
  - a. The patients rights; distance from advanced care
  - b. Scene safety; patient's condition
  - c. The patient's condition; distance from advanced care
  - d. The patient's rights; patient's condition

5. To size a cervical spine immobilization collar, first draw an imaginary line across the top of the \_\_\_\_\_ and the bottom of the \_\_\_\_\_. Use your fingers to measure the distance from the \_\_\_\_\_ to the \_\_\_\_\_. (5-87)
- Shoulder; chin; shoulder; chin
  - Neck; shoulder; neck; shoulder
  - Shoulder; ear; shoulder; ear
  - Ear; chin; ear; chin
6. We breathe to bring in oxygen, remove carbon dioxide, and help regulate the \_\_\_\_\_ of our blood, a process called respiration. (6-132)
- Blood pressure
  - Temperature range
  - Oxygenation
  - pH level
7. Without oxygen, lethal changes take place in the brain cells within \_\_\_\_\_ minutes. Brain death may start with \_\_\_\_\_ minutes. (6-132)
- 4 to 5; 10
  - 4 to 6; 10
  - 5 to 7; 10
  - 4 to 6; 12
8. A \_\_\_\_\_ scene is a \_\_\_\_\_ scene. (7-138)
- Happy; fun
  - Safe; happy
  - Stable; safe
  - Small; small
9. Perform a scene size-up and an initial assessment. Include a scan of the scene to determine the cause of the patient's injuries. That cause should be referred to as the \_\_\_\_\_. (7-141)
- Cause of injury (COI)
  - Nature of injury (NOI)
  - Mechanism of injury (MOI)
  - Determination of injury (DOI)
10. Classify the patient's mental status by using the letters AVPU, which stands for \_\_\_\_\_. (7-154)
- Answered, ventilate, posture, unresponsive
  - Attentive, vocal, painful, unresponsive
  - Altered, vocal, posture, unresponsive
  - Alert, verbal, painful, unresponsive
11. Chest pain, dizziness, and nausea are called \_\_\_\_\_. (7-159)
- Symptoms
  - Signs
  - Patient history
  - All of the above

12. Unequal pupils could be a sign of a stroke or head injury. (7-172)  
True / False
13. Research and statistics show that there are nearly \_\_\_\_\_ each year from cardiovascular disease. (8-181)  
a. One hundred thousand deaths  
b. One million deaths  
c. Ten million deaths  
d. Too many to count
14. When caring for someone in cardiac arrest, your duties are to have someone activate \_\_\_\_\_ and to start \_\_\_\_\_ immediately. (8-221)  
a. CPR; chest compressions  
b. EMS; CPR  
c. AED; CPR  
d. AED; ventilations
15. A medical emergency you might encounter that affects both the \_\_\_\_\_ and the \_\_\_\_\_ is known as congestive heart failure. (9-237)  
a. Lungs; heart  
b. Stomach; heart  
c. Abdominopelvic cavity; heart  
d. Thorax; heart
16. Emergency care for hyperglycemia doesn't consist of which of the following. (9-248)  
a. Activate EMS  
b. Perform scene size-up, including taking BSI precautions  
c. Inject half of the patient's insulin into the left thigh  
d. Keep the patient at rest
17. Which is not a sign or symptom of heat stroke. (9-266)  
a. Full and rapid pulse  
b. Hot, dry skin  
c. Moist, pale skin  
d. Altered mental status
18. The ventricles are larger than the atria because they do the more difficult task of pumping blood to the lungs and body. (10-285)  
True / False
19. An adult male (154 pounds) has a total blood volume of \_\_\_\_\_ and the lethal blood loss (rapid) is \_\_\_\_\_. (10-286)  
a. 6.0 liters; 3.0 liters  
b. 5.5 liters; 2.0 liters  
c. 7.0 liters; 3.5 liters  
d. 6.6 liters; 2.2 liters

20. \_\_\_\_\_ shock is allergy shock, a life-threatening reaction of the body caused by something to which the patient is extremely allergic. (10-308)
- a. Cardiogenic
  - b. Neurogenic
  - c. Anaphylactic
  - d. Psychogenic
21. Which are not signs and symptoms of shock. (10-309)
- a. Thirst and hunger
  - b. Weakness and dizziness
  - c. Nausea and anxiety
  - d. Fear and agitation
22. Partial-thickness burns (2<sup>nd</sup> degree) only involve the epidermis. They generally involve intense pain, white to red skin that is moist and mottled, and blisters. A classic example is a steam burn. (10-341)
- True / False
23. A \_\_\_\_\_ is caused by overexerting, overworking, overstretching, or tearing of a muscle. (11-360)
- a. Fracture
  - b. Strain
  - c. Sprain
  - d. Dislocation
24. For injuries to the upper extremities, be sure to place the hand in a \_\_\_\_\_, in which the fingers are slightly flexed and the wrist is cocked slightly upward or dorsally. (11-376)
- a. Position of flexibility
  - b. Wooden splint
  - c. Tourniquet
  - d. None of the above
25. There are 11 ribs on each side of the chest. (11-394)
- True / False