

Written First-Aid Examination
2009 Kansas Shoot Out

Name_____

Position_____

Team Name_____

1. Which is not a major body system?
 - a. Special senses
 - b. Skin
 - c. Circulatory system
 - d. Reflexive system
2. When assessing a patient's mental status, use the acronym AVPU. Which description is not part of AVPU?
 - a. Alert
 - b. Verbal
 - c. Painful
 - d. Uncooperative
3. The term "hypovolemic shock" includes all shock caused by fluid loss. (Bleeding, burns, vomiting, etc.)
 - a. True
 - b. False
4. Which is not a recommended emergency move?
 - a. Clothes drag
 - b. Foot drag
 - c. Belt drag
 - d. Blanket drag
5. When dealing with airway obstructions, use back blows only on:
 - a. Unconscious adults
 - b. Pregnant women
 - c. Infants
 - d. Conscious adults
6. Which one is not a "rule" for patient examination?
 - a. Take vital signs
 - b. Do no further harm
 - c. Encourage by-standers to aid in your assessment
 - d. Be alert to all changes in a patient's condition

7. When treating victims of electrical shock, your first priority is to:
 - a. Check for breathing
 - b. Check for a pulse
 - c. Avoid placing yourself in danger
 - d. Call for help
8. Which is not a symptom of heat stroke?
 - a. Rapid, shallow breathing
 - b. Seizures or muscular twitching
 - c. Large (dilated) pupils
 - d. Profuse sweating
9. The quickest, most effective way to control most forms of external bleeding is:
 - a. Pressure point
 - b. Direct pressure
 - c. Tourniquet
 - d. Elevation
10. An avulsion is a soft-tissue injury in which flaps of skin are torn loose or torn off.
 - a. True
 - b. False
11. Splinting helps minimize the complications associated with extremity injuries. Which of the following is not one of those complications?
 - a. Pain
 - b. Bleeding
 - c. Motor sensory impairment
 - d. Closed injuries become open injuries
12. There are two main types of splints: soft and rigid.
 - a. True
 - b. False
13. Which technique is essential when administering external chest compressions on an adult?
 - a. Lift your hands off the chest to allow the heart to refill
 - b. Apply enough pressure to depress the sternum $\frac{1}{2}$ to $1\frac{1}{4}$ inches
 - c. Kneel on one knee with your weight evenly distributed
 - d. Position your shoulders directly over your hands
14. The sudden onset of severe abdominal pain is sometimes called an “acute abdomen”.
 - a. True
 - b. False

15. Which method of emergency care should be administered to a victim of heat exhaustion?
 - a. Avoid giving all forms of liquids
 - b. Treat the victim in the position found
 - c. Move patient to a cool place and watch for shivering
 - d. Avoid any effort to manually massage muscle cramps
16. Anaphylactic shock occurs when people come into contact with a substance to which they are allergic.
 - a. True
 - b. False
17. An important guideline to use when manually stabilizing a patient with a suspected spinal injury is:
 - a. Place hands on each side of the head while extending the fingers under the neck
 - b. Do not frighten the patient by explaining what you are doing
 - c. Apply traction as necessary to minimize additional injury
 - d. Kneel at the top of the patient's head
18. Which symptom is typically not associated with a stroke?
 - a. Equal pupil sizes in both eyes
 - b. Headache
 - c. Numbness
 - d. Impaired speech
19. Which rule does not apply when dressing wounds?
 - a. Cover the entire wound
 - b. Always remove blood-soaked dressings and replace with clean, sterile ones as necessary
 - c. Control bleeding
 - d. Use sterile or clean materials
20. Basically, shock is the failure of the body's circulatory system to provide enough oxygenated blood and nutrients to all vital organs.
 - a. True
 - b. False
21. When taking a patient's pulse, you must assess for three characteristics. Which one does not apply?
 - a. Rate
 - b. Duration
 - c. Strength
 - d. Rhythm

22. Blood moving through the capillaries in a constant flow is called perfusion.
- a. True
 - b. False
23. Psychogenic, neurogenic, and cardiogenic are all types of:
- a. Altered mental states
 - b. Shock
 - c. Injury mechanisms
 - d. Response parameters
24. Which is not recommended when testing unconscious patients for spinal injuries?
- a. Pinching the back of the hand
 - b. Removing the victim's shoes
 - c. Squeezing a toe
 - d. Pinching the top of the foot
25. When it comes to bandaging, which rule does not apply?
- a. Do not cover fingers and toes unless they are injured
 - b. Do not leave loose ends
 - c. Bandage from the top of the limb to the bottom (proximal to distal)
 - d. Do not bandage too loosely