

2009 South West Regional Mine Rescue Contest
Ruidoso New Mexico

Team Name: _____

Team Number: _____

Member Name: _____

- 1) To prevent cross infection when giving first aid, you should ...
 - a. Never treat a causality without gloves
 - b. Avoid direct contact with bodily fluid
 - c. Both a and b
 - d. Stay clear of casualties who are bleeding

- 2) When carrying out a top to toe survey you listen for what sound?
 - a. The ambulance
 - b. Other first aiders
 - c. Advice from onlookers
 - d. Crepitus

- 3) The average pulse of an adult is between:
 - a. 60-100 beats/min.
 - b. 70-90 beats/min.
 - c. 60-80 beats/min.
 - d. 60-90 beats/min.

- 4) Circulatory shock is caused by ...
 - a. witnessing an accident
 - b. being involved in an accident
 - c. blood or fluid loss
 - d. none of the above

- 5) Air is a mixture of gasses containing...
 - a. 21% nitrogen and 79% oxygen
 - b. 21% oxygen and 79%nitrogen
 - c. 16% oxygen, 79%nitrogen and 5% other gasses
 - d. 70% oxygen, 16% nitrogen and 5% other gasses

- 6) Hypoxia is
- a. Too much oxygen in the body
 - b. An illness due to smoke inhalation
 - c. An injury to the lungs
 - d. The depletion of oxygen to the body
- 7) Angina pectoris can be controlled by using
- a. Paracetamol
 - b. nitroglycerin
 - c. Exercise
 - d. Hypothermia
- 8) A contusion is another name for
- a. Concussion
 - b. A head injury
 - c. A bruise
 - d. A graze
- 9) If a part of the intestine is protruding you should:
- a. push it back in
 - b. pull it out
 - c. cover it with plastic or kitchen film
 - d. ignore it
- 10) After putting an arm sling on a casualty you should:
- a. Check for an ambulance
 - b. Clean the wound and wait for an ambulance
 - c. Check their breathing
 - d. Check their circulation

- 11) The skin is made up of what layers
 - a. The upper and lower epidermis
 - b. The outer epidermis and inner dermis
 - c. The upper and lower dermis
 - d. The outer dermis and inner epidermis
- 12) One percent of the body area burned is measured using?
 - a. Rule of burns
 - b. Extent of burns rule
 - c. The palm of your hand
 - d. The palm of your casualties hand
- 13) The depth of a burn can be classified as either
 - a. Superficial
 - b. Partial thickness burn
 - c. Full thickness burn
 - d. One or more of the above
- 14) For a chemical burn the injured part of the body should be run under cold water for how long?
 - a. 5min.
 - b. 10min.
 - c. 15 min.
 - d. 20 min.
- 15) Hyperglycemia is caused ?
 - a. When the blood sugar level is to high
 - b. When the blood sugar level is to low
 - c. When a diabetic takes to much insulin
 - d. When a diabetic takes to much sugar

- 16) Where would cerebrospinal fluid leak from?
- a. Scalp
 - b. Lower back
 - c. Ear
 - d. E.A.R.
- 17) Which of the following would not be expected as an additional injury accompanying a dislocation:
- a. Tearing of the ligaments
 - b. A fracture
 - c. Damage to the joint capsule
 - d. Severe bleeding
- 18) To treat a soft tissue injury you would follow which of the following sequences?
- a. RICE
 - b. DRABC
 - c. PCFATS
 - d. AVPU
- 19) When three or more consecutive ribs on the same side of the chest are broken you expect to see:
- a. A depression in the area
 - b. A condition called "flail chest"
 - c. A ragging bull
 - d. Hyperventilation
- 20) Absorbed poisons:
- a. Are usually detected because of skin reactions
 - b. Manifest with skin reactions
 - c. May show no skin reaction
 - d. Both a and c

- 21) Meperidine is an example of:
- A small north eastern college
 - A hallucinogenic
 - A narcotic
 - A drug used to treat rashes
- 22) During the focused history and physical exam
- The carotid pulse is checked
 - The distal pulse is checked
 - The capillary refill test is used
 - The radial pulse is checked
- 23) DCAP-BTLS is an acronym used :
- To tell dispatch of a decapitation
 - During the physical examination
 - During mental assessment
 - During patient evacuation
- 24) When handing off to the EMTs
- Report patients mental status
 - Chief complaint
 - SAMPLE history
 - Relay your assessment of patient prognosis
- 25) A partial complex seizure is
- Loss of concentration with no dramatic body movements
 - Loss of concentration with dramatic body movements
 - Short term memory loss associated with slight muscle movement
 - An inability to control body movement