

Mine Rescue
First Aid Test – Southeast-CKMRA Contest - 2009

1. Which term can be used in describing the front of the heart?
 - a. anterior
 - b. posterior
 - c. superior
 - d. inferior

2. The thumb is located on the _____ side of the hand.
 - a. distal
 - b. lateral
 - c. medial
 - d. proximal

3. The cranial cavity houses the spinal cord.
 - a. True
 - b. False

4. Three is the minimum number of rescuers recommended to perform a direct ground lift.
 - a. True
 - b. False

5. The purpose of the epiglottis is to:
 - a. allow air to pass by the pharynx (throat)
 - b. function as the voice box
 - c. prevent food and fluids from entering the windpipe
 - d. exchange gases and fluids

6. Which of the following is recommended for opening the airway of a patient with possible spinal injury?
 - a. head-tilt maneuver
 - b. head-tilt, neck-lift maneuver
 - c. head-tilt, chin-lift maneuver
 - d. jaw-thrust maneuver
 - e. none of the above

7. The best source to find out what is wrong with a responsive patient comes from the patient.
 - a. True
 - b. False
8. When you look, listen, and feel for breathing, you are:
 - a. getting a respiratory rate.
 - b. deciding on the type of artificial respiration to use.
 - c. assuring the patient of your skills.
 - d. checking for adequate air exchange.
9. During the initial assessment, you are looking for _____ bleeding.
 - a. uncontrolled
 - b. arterial
 - c. venous
 - d. capillary
10. A sign is:
 - a. an indication of life.
 - b. what the patient tells you is wrong.
 - c. what you see, hear, feel, and smell when examining the patient.
 - d. the patient's answer to a specific question.
11. A symptom is:
 - a. an indication of life.
 - b. what the patient tells you is wrong.
 - c. what you see, hear, feel, and smell when examining the patient.
 - d. the patient's answer to a specific question.
12. When assessing a pulse, you must assess for:
 - a. rhythm, depth, and sound.
 - b. rate, strength, and rhythm.
 - c. depth, sound, and force.
 - d. rate and force.
 - e. None of the above.

13. The characteristics of respirations include:
 - a. rhythm and depth.
 - b. rate, depth, and ease of breathing.
 - c. rhythm, force, depth, and sound.
 - d. rhythm, depth, force, and ease of breathing.
14. Unequal pupils are a possible indication of stroke.
 - a. True
 - b. False
15. A patient describing chest pain and showing signs of possible heart attack should be placed:
 - a. flat on his back.
 - b. on his side.
 - c. on the back with legs elevated.
 - d. in a comfortable position.
16. If you are caring for a patient who has been bitten by a venomous snake and transport will be delayed for more than 5 hours, you should:
 - a. cut open the wound and let it drain.
 - b. pack the site in ice.
 - c. apply a constricting band above and below the site.
 - d. cut open the bite and suck out the venom.
17. Blood is carried away from the heart to the rest of the body by way of these vessels.
 - a. veins
 - b. venules
 - c. capillaries
 - d. arteries
18. The exchange of nutrients and waste products between the blood and the body's cells takes place at the level of the:
 - a. capillaries
 - b. veins
 - c. arteries
 - d. arterioles
19. The best method to control most external bleeding is pressure points.
 - a. True
 - b. False

20. Except for a few special cases, impaled objects should:
- not be removed.
 - be removed if they are loose.
 - be removed if the impalement is shallow.
 - be removed to stop bleeding.
21. Minor burns may be:
- kept dry and dressed.
 - flushed in cool water and dressed.
 - dressed in wet dressing.
 - dressed after the application of burn ointment.
22. A patient complains of pain when you apply pressure to both sides of the hips. Your best course of action would be to:
- tie his legs together.
 - elevate his legs.
 - place the patient on his left side.
 - elevate the shoulders and head.
23. A patient has a forearm injury involving the elbow. You can secure a pillow or blanket around the forearm and:
- apply a swathe.
 - bind the arm with a swathe.
 - tape the arm to the chest.
 - apply a sling and swathe.
24. You can suspect possible brain injury if there is head trauma and the pupils of the eyes are:
- responsive
 - unequal
 - constricted
 - pale red
25. Which of the following is NOT a typical sign or symptom of a skull fracture?
- difficulty breathing
 - unequal pupils
 - bleeding from the ears
 - blood and clear fluids in the ears and nose