

Written First-Aid Examination
2010 Southern Regional Mine Rescue Contest
New Iberia, LA

Name_____

Position_____

Team Name_____

1. The thoracic cavity is also known as the chest cavity.
 - a. **True**
 - b. False
2. Which is not a guideline for ensuring a proper fit of a cervical collar?
 - a. Check to see it does not ride too far above or below the earlobes
 - b. Confirm the chin fits properly
 - c. Consider using a different size if it does not fit properly
 - d. **Use the "two fingers" spacing method to avoid excessive tightness**
3. If a patient is in the supine position, he is lying face up.
 - a. **True**
 - b. False
4. An emergency move should be considered when:
 - a. The patient may have spinal injuries
 - b. The patient is argumentative and may pose a hazard to rescuers
 - c. **You are not able to gain access to other patients who need life-saving care**
 - d. The patient has no visible blood loss.
5. The most important person during a log roll is the person at the patient's lower back/pelvic area.
 - a. True
 - b. **False**
6. Research by the American Heart Association suggests that the use of abdominal thrusts is still the most effective method for clearing the airway of a choking adult.
 - a. **True**
 - b. False
7. Which is not a step in assessing a patient's breathing?
 - a. Look for adequate tidal volume
 - b. Listen for air entering and leaving the nose and mouth
 - c. **Observe the rise and fall of the lower abdominal area with each breath**
 - d. Observe skin color

8. Which is not a recommended action for opening the airway?
 - a. Reposition the head
 - b. Jaw Thrust Maneuver
 - c. Tilting the head and lifting the chin
 - d. **Head-Lift, Chin-Tilt Maneuver**

9. Which is not an example of an upper airway obstruction?
 - a. Obstruction by the tongue
 - b. **Acute gastric distention**
 - c. Mechanical obstruction
 - d. Obstruction by the epiglottis

10. You should not use the finger sweep on responsive patients or on unresponsive patients who have a gag reflex.
 - a. **True**
 - b. False

11. Which is not a major part of patient assessment?
 - a. Ongoing assessments
 - b. Scene size-up
 - c. Focused history and physical exam
 - d. **Witness interviews**

12. A slow, strong pulse may be indicative of what possible problem?
 - a. Overexertion
 - b. Heat emergency
 - c. **Skull fracture**
 - d. Internal bleeding (early stages)

13. A bulging neck vein is also known as a jugular vein distention.
 - a. **True**
 - b. False

14. The first component of the initial assessment is:
 - a. Assessing the patient's airway
 - b. Assessing the patient's mental status
 - c. **Forming a general impression of the patient**
 - d. Assessing the patient's circulation

15. The 1st rule for patient assessment is "Do No Further Harm".
 - a. **True**
 - b. False

16. Which is the most appropriate hand location for chest compressions on an adult?
 - a. At the top of the sternum
 - b. Two fingers above the breastbone line
 - c. **Between the nipples over the lower half of the sternum**
 - d. At the nipple line over the upper half of the sternum
17. A normal side effect of good chest compressions is the separation of the cartilage where the ribs meet the sternum.
 - a. **True**
 - b. False
18. When in doubt about a patient being hyperglycemic or hypoglycemic, follow the “sugar for everyone” rule.
 - a. **True**
 - b. False
19. Which is not a typical sign of ingested poisons?
 - a. Stains around the patient’s mouth
 - b. Sweating
 - c. Abdominal pain
 - d. **Excessive dry mouth**
20. Which step does not apply when treating a patient with a generalized cold emergency?
 - a. Protect him from further heat loss
 - b. Monitor his vital signs
 - c. Do not allow the patient to walk
 - d. **Provide warm liquids to drink**
21. Which is not a category used to classify burns?
 - a. Partial thickness burn
 - b. Superficial burn
 - c. Full thickness burn
 - d. **Secondary burn**
22. Oddly enough, the loss of a tooth is considered an avulsion.
 - a. **True**
 - b. False
23. After the surface of an open wound is exposed, the next course of action should be to:
 - a. Control bleeding
 - b. Reassure the patient
 - c. Prevent further contamination
 - d. **Remove superficial foreign matter with a sterile gauze pad**

24. Which type of shock is seldom seen by emergency medical responders?
- Hemorrhagic
 - Hypovolemic
 - Septic**
 - Anaphylactic
25. In a sucking chest wound, the occlusive dressing should be taped on either three or four sides.
- True**
 - False
26. What is the order of care for skeletal injuries?
- Spinal injuries, chest, skull, pelvis
 - Chest, spinal injuries, skull, pelvis
 - Spinal injuries, skull, pelvis, chest
 - Spinal injuries, skull, rib cage, pelvis**
27. Which force is not a primary cause of musculoskeletal injury?
- Direct force
 - Twisting force
 - Indirect force
 - Transitional force**
28. What is the recommended order of steps to control bleeding?
- Direct pressure, elevation, pressure points, tourniquet**
 - Pressure points, direct pressure, elevation, tourniquet
 - Direct pressure, pressure points, elevation, tourniquet
 - Elevation, direct pressure, pressure points, tourniquet
29. When a patient suffers from angina pectoris, there is no actual damage to the heart muscle.
- True**
 - False
30. Which is not a primary tool for assessing a stroke victim when using the Cincinnati Prehospital Stroke Scale (CPSS)?
- Facial droop
 - Arm drift
 - Memory loss**
 - Abnormal speech

