

2010
Missouri Mine Rescue Association
28th Annual
Missouri Mine Rescue Contest
First Aid Written Test

1. The recommended method of opening the airway of a patient with a possible neck or spine injury is the head-tilt chin lift maneuver.
 - ☐ **True***
 - ☐ **False**
2. The first rule of patient assessment is:
 - ☐ **Take vital signs**
 - ☐ **Do no further harm***
 - ☐ **Conduct a head to toe exam**
 - ☐ **Watch the skin color for changes**
3. A stroke is a potentially serious cause of altered mental status.
 - ☐ **True***
 - ☐ **False**
4. The term _____ is used to describe patients who present with specific signs and symptoms that indicate some type of emergency relating to the heart.
 - ☐ **Respiratory compromise**
 - ☐ **Myocardial compromise**
 - ☐ **Cardiac compromise***
 - ☐ **Angina pectoris**
5. Decreasing pulse rate is a sign or symptom of internal bleeding.
 - ☐ **True**
 - ☐ **False***
6. A patient with spine injuries may be able to move his head, neck, arms, trunk or legs.
 - ☐ **True***
 - ☐ **False**

7. What is the primary goal of scene size-up?
- ☐ **Determine cause of the accident**
 - ☐ **Determine extent of injuries**
 - ☐ **Safety***
 - ☐ **Clear the area**
8. An NPA is easy to insert because you do not have to reposition the patients head.
- ☐ **True***
 - ☐ **False**
9. Tidal volume is the amount of air escaping from a patient with an open chest wound.
- ☐ **True**
 - ☐ **False***
10. The most important person during a log roll is the person at the _____
- ☐ **Feet**
 - ☐ **Head***
 - ☐ **Upper body**
 - ☐ **Lower body**
 - ☐ **All of above**
11. The first step in applying a cervical collar to a seated patient is:
- ☐ **Select an appropriate size**
 - ☐ **Try it on before applying Velcro**
 - ☐ **Establish manual stabilization***
 - ☐ **Position the chin piece**
12. The initial assessment of a patient has _____ Components:
- ☐ **13**
 - ☐ **6***
 - ☐ **7**
 - ☐ **10**
13. Never begin CPR without first checking the brachial pulse:
- ☐ **True**
 - ☐ **False***

14. You should consider a pulse rate more than 100 or less than 60 to be an indication of a serious problem.
- ☐ **True***
 - ☐ **False**
15. Clinical death occurs when the patient's :
- ☐ **Brain cells begin to die**
 - ☐ **Breathing has stopped for more than 4 minutes**
 - ☐ **There is no pulse for more than 4 minutes**
 - ☐ **Cardiac and respiration function have both stopped***
16. If the elbow is found in a flexed position natural for the joint, rigid splinting is preferred.
- ☐ **True***
 - ☐ **False**
17. When an unresponsive patient is face down, this is known as the supine position.
- ☐ **True**
 - ☐ **False***
18. The first set of vital signs are called :
- ☐ **Pre-assessment vital signs**
 - ☐ **Post-assessment vital signs**
 - ☐ **Baseline vital signs***
 - ☐ **Radial vital signs**
19. Anaphylactic shock occurs when people :
- ☐ **Drink poison**
 - ☐ **Contact electricity**
 - ☐ **Touch a battery**
 - ☐ **Contact something their allergic to***
20. Hyperthermia is an increase in body core temperature above it's normal temperature.
- ☐ **True***
 - ☐ **False**

21. Compounds carried in the blood are called pheromones.
- **True**
 - **False***
22. CSM Stands for:
- **Circulation, serious, mode**
 - **Circulation, sensation, motor function***
 - **Cardiac, syncope, mobility**
 - **Chronic, swathe, myocardial**
23. Which is not a typical sign of a musculoskeletal injury :
- **Pain**
 - **Swelling**
 - **Burns***
 - **Discoloration**
 - **Deformity**
24. All of the following are signs and symptoms of a head injury except :
- **Altered mental status**
 - **Deformity of the skull**
 - **Discolorization of the nose***
 - **Clear fluid exiting the ears**
25. Insect stings, spider bites and snake bites can be poisonous sources by :
- **Ingestion**
 - **Inhalation**
 - **Absorption**
 - **Injection***
26. For an unresponsive diabetic patient, you should give oral glucose per local and medical protocols.
- **True***
 - **False**
27. Never delay the transport of a patient with life – threatening injuries in order to splint an injured extremity.
- **True***
 - **False**

28. The quickest most effective way to control most forms of external bleeding is :

- **Elevation**
- **Pressure point**
- **Pressure dressing**
- **Tourniquet**
- **Direct pressure***

29. Before providing rescue breaths, you must check for the presence of adequate breathing. Do this by listening for air flow from the patients nose and mouth by :

- **Shaking the patient**
- **Looking for chest to rise***
- **Observing pupil response**
- **Sweeping mouth for obstructions**

30. When using the look, listen, feel method to assess breathing, you should do these no more than 5 seconds.

- **True**
- **False***