

2011 Northern Mine Rescue Contest First Aid Test

August 25, 2011

Name: _____

Company: _____

Team: _____

Team Position: _____

1. The _____ cavity is also known as the thoracic cavity?
 - a) Pelvic
 - b) Muscular
 - c) Cranial
 - d) Chest

2. Which quadrant contains the appendix and part of the small and large intestine?
 - a) Right upper quadrant
 - b) Right lower quadrant
 - c) Left upper quadrant
 - d) Left lower quadrant

3. The Alveolar Sacs are located in which body system?
 - a) Circulatory System
 - b) Respiratory System
 - c) Digestive System
 - d) Nervous System

4. The body system that includes the heart, blood vessels, and blood is the:
 - a) Respiratory system
 - b) Circulatory system
 - c) Musculoskeletal system
 - d) Nervous system

5. The _____ weighs about six pounds. It is involved with protection, insulation, thermal regulation, excretion and production of vitamin C:
 - a) Membranes
 - b) Small intestine
 - c) Skin
 - d) Medulla Oblongata

6. An emergency move should be considered when:

- a) Life-saving care cannot be given because of the patient's location or position
- b) The patient is gasping for air
- c) The patient has no signs of chest rise
- d) Bleeding is controlled

7. Once a cervical collar is in place on a patient with a suspected spine injury you should:

- a) Conduct and head to toe examination
- b) Maintain manual stabilization of the head
- c) Prepare the spine board to immobilize the patient
- d) Assess the airway, breathing and circulation

8. The Alveoli is:

- a) Formed by tubes that branch from the throat and take air to the lungs
- b) The small air sacs at the end of the terminal bronchioles
- c) An air passage to the lungs
- d) A leaf-shaped structure that covers the larynx

9. Signs of inadequate breathing are all of the following EXCEPT:

- a) Shallow rise and fall of the chest
- b) Noisy breathing or gasping sounds
- c) Sitting or leaning forward in the tripod position
- d) Skin is pink or bright red

10. To measure an Oropharyngeal airway (OPA) to ensure to correct size, hold the device against the patient's face and:

- a) Suction the blood from the mouth
- b) Measure from the center of the mouth to the angle of the lower jaw
- c) Measure from the corner of the ear lobe to the patients mouth
- d) Insert the airway and slide along the roof of the mouth

11. The pocket mask device without an oxygen source will deliver what percentage of oxygen to the patient?

- a) 21 percent
- b) 35 percent
- c) 15 percent
- d) 100 percent

12. Determining the total number of patients at a scene is part of the:

- a) Initial assessment
- b) Focused history
- c) Patient assessment
- d) Scene size-up

13. Which of the following is NOT a component of the scene size up?

- a) Take BSI precautions
- b) Determine scene safety
- c) Assess the patient's airway, breathing and circulation
- d) Identify the mechanism of injury or nature of illness

14. Categorization of the patient as trauma is based primarily on what two factors?

- a) Scene size up and the patients vital signs
- b) Immediate assessment of the scene and initial assessment
- c) Assessment of the scene and mechanism of injury
- d) Immediate assessment of the scene and the patients mental status

15. Your patient's level of responsiveness or mental status is determined by using the letters:

- a) AEIOU
- b) OPQRST
- c) DCAP-BTLS
- d) AVPU

16. The American Heart Association strongly suggests the use of appropriate barrier devices when performing CPR on any patient. When no appropriate barrier device is available, the rescuer should:

- a) Attempt 30 compressions and 2 abdominal thrusts
- b) Attempt 15 compressions to 2 ventilations
- c) Attempt 30 compressions to 1 ventilation
- d) Attempt compression only CPR

17. How do you know you are performing effective CPR?

- a) The patient may try to swallow, gasp or move his limbs
- b) You see the chest rise and fall during ventilations
- c) Sometimes skin color improves
- d) All of the above

18. The type of AED that requires a rescuer to press a button to deliver a shock is called a:

- a) Fully automated
- b) Semi automated
- c) Manual
- d) None of the above

19. An AED will NOT be effective on the following heart rhythm:

- a) Ventricular-fibrillation
- b) Ventricular-tachycardia
- c) Bradycardia
- d) Asystole

20. Which of the following is NOT a part of the American Heart Association's chain of survival?

- a) Early access
- b) Early CPR
- c) Early diagnosis
- d) Early defibrillation

21. Facial droop, arm drift and abnormal speech are all signs of:

- a) PCS or partial complex seizures
- b) COPD or chronic obstructed pulmonary disease
- c) CVA or stroke
- d) All of the above

22. The phone number for the American Association of Poison Control Center is:

- a) 1-800-746-1553
- b) 1-866-472-2000
- c) 1-800-222-1222
- d) 1-800-555-1212 or _911 _____ (*number for your local area poison control*)

23. Anaphylactic shock occurs when:

- a) Hot and humid environments can cause the body to generate too much heat
- b) Patients experience conditions that cause them to become violent and uncooperative
- c) People come in contact with a substance to which they are allergic
- d) Irregular electrical activity in the brain that can cause a sudden change in behavior or movement

24. Your patient is bleeding from a laceration to the forearm. The artery or pressure point that should be used to control bleeding is the:

- a) Ulna artery
- b) Radial artery
- c) Femoral artery
- d) Brachial artery

25. If bleeding from the lower leg is not controlled with direct pressure and no fracture is suspected, you should also:

- a) Utilize a pressure point
- b) Elevate the extremity
- c) Use a tourniquet
- d) Rapidly apply an air splint

26. A fracture is defined by:

- a) Bone that is broken, chipped, cracked or splintered
- b) Occurs when one end of a bone that is part of a joint is pulled or pushed
- c) Ligaments or tendons that stretch or tear
- d) Overexerting, overworking, overstretching or tearing of a muscle

27. When splinting an injury to the extremity you should:

- a) Check distal circulation, sensation and motor function before splinting
- b) Check distal circulation, sensation and motor function after splinting
- c) Firmly secure the splint, leaving fingertips or toes exposed
- d) All of the above

28. When treating a patient with a penetrating chest wound you should apply a bulky pad or dressings, several inches thick, over the site;

- a) True
- b) False

29. You respond to a patient with hyperglycemia. The first emergency care you take should be:

- a) If the patient is alert and you are not sure if the problem is too much sugar or too little, give the patient sugar, candy, orange juice or a soft drink.
- b) If the patient is alert have them administer oral glucose to themselves
- c) Administer oxygen per local protocols
- d) Perform a scene size-up, including taking BSI precautions

30. Injuries to the knee should be:

- a) Splinted in the position found
- b) Wrapped in bulky dressings
- c) Immobilized with a traction splint
- d) Cooled to reduce swelling