

## Southwest Regional Mine Rescue contest 2011

### First aid test

Please pick the best answer.

1. When you have no access to additional patients a \_\_\_\_\_ may be necessary.
  - a. Rapid assessment
  - b. Emergency move\*
  - c. Rapid triage
  - d. Emergency evacuation
  
2. When a pillow or similar item is used on a broken bone it is called a \_\_\_\_\_.
  - a. Emergency splint
  - b. Bandage in the case of an open fracture
  - c. Never use a pillow it offers no support
  - d. Soft splint\*
  
3. Manual traction is a standard procedure in all EMS systems to allow for the application of a splint.
  - a. Only in the case of closed fractures
  - b. True
  - c. When the splint cannot be applied without the use of this procedure.
  - d. False\*
  
4. An innominate injury is also known as a \_\_\_\_\_ injury.
  - a. A pelvic\*
  - b. Unknown
  - c. Non life threatening
  - d. An injury encompassing several systems or areas
  
5. An occlusive dressing is used when \_\_\_\_\_.
  - a. The injury involves the ocular socket
  - b. You need to create an airtight seal\*
  - c. Anytime restricting contact with the air is desirable
  - d. The eye is damaged
  
6. If a patient creates an unsafe scene
  - a. Get out and find a safe place\*
  - b. Remove the unsafe condition and treat the patient
  - c. Secure the scene for the safety of rescue personnel
  - d. Remove the patient for their own safety

7. A seizure results from
  - a. Illegal sale of drugs
  - b. Illegal taking of game
  - c. Irregular electrical activity in the brain\*
  - d. Irregular electrical activity in the heart
8. A cardiac compromise usually involves
  - a. Evaluating options for treatment of cardiac conditions
  - b. Is a term used to describe patients with signs of a cardiac emergency\*
  - c. The momentary stoppage of compressions to give breaths in when giving CPR
  - d. The slow onset of diaphoresis
9. For the purposes of CPR children are considered to be
  - a. Between birth and 8 years of age
  - b. Between one and 13 years of age
  - c. Between one year of age and puberty\*
  - d. Between 2 and 13 years of age
10. Do not use the finger sweep technique when
  - a. The patient is un-responsive\*
  - b. The patient has a gag reflex
  - c. The patient is responsive
  - d. You can see the object
11. In closed head injuries an impact to the left side of the head results
  - a. In a contusion on the left side of the brain
  - b. Bleeding which is not life threatening
  - c. In a contusion on the right side of the brain\*
  - d. Loss of vision in the right eye
12. Hyperventilation is not associated with
  - a. Impending heart attack
  - b. Anxiety
  - c. Respiratory distress
  - d. Controlled breathing\*
13. Scoop stretchers are recommended for spinal immobilization
  - a. True
  - b. False\*

14. When checking for capillary refill time the normal time is
- a. Less than one second
  - b. Less than two seconds\*
  - c. Less than three seconds
  - d. Less than four seconds
15. One of the greatest problems with air splints is
- c. They may expand and cut off circulation
  - d. They may become slick and come off the patient
  - e. Once applied they are not to be taken off except by medical personnel
  - f. They may leak\*
16. To immobilize femur injuries use a rigid splint or a splint the legs together
- a. True
  - b. False\*
17. The P in a SAMPLE history stands for
- a. Pain location
  - b. Primary symptom
  - c. Primary cause of injury
  - d. Pertinent medical history\*
18. The E in a SAMPLE history stands for
- a. Events leading to the illness\*
  - b. Emergency measures
  - c. Entry and exit wounds
  - d. Explanation provided by patient
19. The first set of vital signs are called the
- a. Primary vital signs
  - b. Initial vital signs
  - c. First vital signs
  - d. Baseline vital signs\*
20. A slow strong pulse can be associated with
- a. Shock
  - b. Cardiac arrest
  - c. Skull fracture\*
  - d. Internal bleeding

21. Do no further harm is
- a. A doctors primary obligation
  - b. The first rule of first aid\*
  - c. A good idea to avoid litigation
  - d. Does not apply if you actions are needed to save the patients life
22. Ventricular tachycardia
- a. Produces no pulse
  - b. Produces a weak pulse
  - c. Rarely produces a pulse\*
  - d. Produces an irregular pulse
23. Cerebral Thrombosis is caused by
- a. A buildup of plack in the arteries leading to lack of blood flow to the brain
  - b. Trombones playing in a confined space
  - c. Diseased arteries rupturing
  - d. A clot\*
24. If you cannot get a snake bite victim to a medical facility within 30 min.
- a. Place a constricting bandage 2 to 4 inches above the bite site\*
  - b. Place a cold pack on the bite site
  - c. Place a tourniquet above the bite site
  - d. Place a constricting bandage on the bite site
25. Drug abusers usually have a drug of choice and stick to it only rarely mixing other drugs
- a. True
  - b. False\*