

2014 National Metal and Nonmetal Mine Rescue Contest

First Aid Competition Written Test

Directions:

- 1. Find the correct answer to each of the questions.**
- 2. Select only one answer per question.**
- 3. Then, fill in the corresponding circle on the answer sheet for each numbered question.**

Good Luck!



August 4, 2014

Please do not write on this test. Use the answer sheet provided.

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First Aid Competition – Written Test

1. The _____ cavity protects the lungs, heart, and great blood vessels:
 - a) Cranial
 - b) Thoracic
 - c) Occipital
 - d) Cubital

2. The Alveolar sac is located in the _____:
 - a) Left lower quadrant
 - b) Towards the midline
 - c) Distal to the midline
 - d) Respiratory system

3. The semi-Fowler's position refers to:
 - a) The patient is sitting up at an angle
 - b) The patient is lying on one side
 - c) The patient is supine at an angle with feet elevated
 - d) The patient is lying face down

4. The Mandible is located in what body region?
 - a) Head
 - b) Torso
 - c) Lower extremities
 - d) Neck

5. The main function of the _____ _____ is to move chemical wastes from the body and help balance water and salt in the blood:
 - a) Urinary system
 - b) Circulatory system
 - c) Respiratory system
 - d) Nervous system

6. The extremity lift:
 - a) Requires two people
 - b) Can be used to move a patient from a chair
 - c) Should not be performed if suspected head, neck or spine injury
 - d) All of the above

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7. Some newer models of the _____ are made of folding frames, have tractor-tread mechanisms that allow them to easily slide down stairways just by tilting them. They help move medical patients down stairways and through tight places:
- a) Stair Chair
 - b) Pneumatic lift stretcher
 - c) Banister stretcher
 - d) Flexible stretcher
8. A *log roll* is used to move a patient to the supine position and ensure stability of the head and spine where a trauma injury is expected. It is also a common method to move a patient onto a long back board. This move is ideal with ____ rescuers:
- a) Two
 - b) Three
 - c) Four
 - d) One
9. When treating a patient, one of the most important forms of verbal communication is:
- a) Intrapersonal Communication
 - b) Effective body language
 - c) Cultural Communication
 - d) Interpersonal Communication
10. There are two methods of opening the airway; the first is the head-tilt/chin-lift maneuver used for ill or injured patients with no suspected spine injury:
- a) True
 - b) False
11. Rescue breathing may be necessary when a patient is breathing normally:
- a) True
 - b) False
12. The first thing a rescuer should do when preparing to perform mouth to mask ventilations is:
- a) Open the airway
 - b) Take a normal breath and breathe slowly into the one-way valve
 - c) Ventilate the patient with the most appropriate technique
 - d) Wear appropriate PPE

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13. The most common cause of airway obstruction in an unresponsive patient is:
- a) Ice
 - b) Small toys
 - c) Food
 - d) Tongue
14. Oxygen therapy is a drug and not all EMS systems allow administration of oxygen by Emergency Medical Responders. The hazards of oxygen are many EXCEPT:
- a) Oxygen is stored under pressure at 2000 psi or greater
 - b) Oxygen supports combustion and cause fires to burn more rapidly
 - c) Oxygen and oil do not mix and can become explosive when in contact
 - d) Oxygen supplied at 15 LPM with a nonrebreather mask delivers 80-95%.
15. To insert an oropharyngeal airway, first responders should:
- a) Take BSI precautions
 - b) Manually open the airway
 - c) Select the appropriate size by measuring the middle of the mouth to the angle of the jaw or corner of the mouth to the earlobe
 - d) All of the above
16. The American Heart Association's adult Chain of Survival is a linked system of patient care events specific to patients in cardiac arrest; the five links in the chain are:
- a) Open airway, rescue breathing, chest compressions, call 911, transport
 - b) Immediate recognition of cardiac arrest, immediate AED, chest compressions, activate 911, and maintain open airway
 - c) Immediate recognition of cardiac arrest and activation of the emergency response system, early CPR with an emphasis on chest compressions, rapid defibrillation, effective advanced life support, and integrated post-cardiac arrest care
 - d) Open airway, immediate CPR with an emphasis on chest compressions, advanced EMT's and Paramedic care, early defibrillation
17. Begin CPR when:
- a) After you have performed a primary assessment and determine that the patient is responsive
 - b) Immediate assessment of the scene shows the patient is unresponsive and is not breathing
 - c) After the primary assessment when you determine the patient is unresponsive, has gasping breaths and has no pulse
 - d) Immediately after you call 911 and give two breaths

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18. When locating the CPR compression site:

- a) There is no need to remove the clothing, place your hand on the center of the chest
- b) Place the heel of one hand on the center of the patient's bare chest, right between the nipples
- c) Give two breaths initially
- d) Place both hands on the upper part of the sternum, interlace fingers and gently place them on the patient's chest

19. You are at a mine rescue contest and you see a spectator fall to the ground. You are the first person to assist. You check for responsiveness and the patient is unresponsive, is not breathing but has a pulse. What is the first thing you should do?

- a) Place the patient in the recovery position
- b) Begin chest compressions
- c) Give one breath every 5 to 6 seconds
- d) Give two slow breaths

20. A sign is something that can be observed or measured when assessing a patient.

- a) True
- b) False

21. When determining your patient's responsiveness during your initial assessment using the AVPU Scale, the V in the acronym means:

- a) Verbal
- b) Visual
- c) Vaccinated
- d) Veins

22. When taking an initial assessment of a patient's pulse, if you do not feel a radial pulse you should immediately:

- a) Check for the presence of a brachial pulse
- b) Perform a rapid physical exam, take vital signs, gather patient history
- c) Check airway and begin CPR
- d) Check for the presence of a carotid pulse

23. When assessing a responsive patient's breathing, you should FIRST:

- a) Grasp the patient's wrist as if you were going to count the pulse rate
- b) Listen for abnormal breath sounds
- c) Count the number of breaths for 15 to 30 seconds
- d) Observe the abdomen move in and out

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24. Time is one of the most critical elements in the effort to save the life of a victim of cardiac arrest. When using an AED, the time it takes from reaching the patient until the first shock is delivered is called:

- a) Shock time
- b) Response time
- c) AED activation time
- d) EMS access time

25. The term "vital signs" refers to:

- a) Level of consciousness
- b) Perspiration
- c) That which is vital to the continuation of life
- d) Rapid assessment

26. The medical term for a heart attack is:

- a) Congestive heart failure
- b) Angina pectoris
- c) Myocardial infarction
- d) Cardiac inflection

27. There are over 60 regional poison control centers in the United States. The Poison Control Center hotline can be reached:

- a) By calling 1-800-222-1222
- b) By contacting the EMS dispatcher
- c) 24 hours per day
- d) All of the above

28. A behavioral emergency exists in situations where the patient exhibits abnormal behavior that is unacceptable or intolerable to the patient, family, or community. When responding to a patient with a behavioral emergency, you must FIRST:

- a) Perform a primary assessment by observing the patient from a safe distance
- b) Perform a scene size-up
- c) Inform the patient what you are doing
- d) Encourage the patient to state what is troubling him

29. A multi-casualty incident (MCI) is an emergency with more than _____ victim(s):

- a) One
- b) Two
- c) Five
- d) Ten

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30. Triage is a system that has been developed to identify victims in a multi-casualty incident who:

- a) Require immediate care
- b) Are walking wounded
- c) Are deceased
- d) All of the above