**2014 Northern Mine Rescue Contest**

**Written Exam**

**(First Aid Competition)**



**2010**

**2014**

**June 17, 2014**

**Findley Lake, New York**

**2014 Northern Mine Rescue Contest**

**Findley Lake, NY**

**Written Test – First Aid Competition**

**Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Company\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Team Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Contest Position No.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Team Member No.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Directions: Circle the letter preceding the correct answer to each of the following questions. Circle only one answer per question.**

1. Which quadrant contains the appendix and part of the small and large intestine?
2. Right upper quadrant
3. Right lower quadrant
4. Left upper quadrant
5. Left lower quadrant
6. In directional terms, the nose is \_\_\_\_\_ to the mouth.
7. superior
8. lateral
9. inferior
10. medial
11. Emergency situations in which it may be necessary to move a patient include all but which of the following?
12. Patient is at further risk of injury
13. Cannot adequately access bleeding
14. Patient comfort
15. Unable to access other patients
16. Patients suffering a spinal injury should not be moved under any emergency situation due to the possibility of further injury.
    1. True
    2. False
17. Once a cervical collar is in place on a patient with a suspected spine injury you should:
18. Conduct a head to toe examination
19. Maintain manual stabilization of the head
20. prepare the spine board to immobilize the patient
21. Assess the airway, breathing and circulation
22. Noisy breathing is a sign of a/an \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ airway obstruction.
    1. Bilateral
    2. Complete
    3. Adequate
    4. Partial
23. The air we exhale contains approximately \_\_\_\_\_ % oxygen.
    1. 5
    2. 16
    3. 21
    4. 34
24. The adequate supply of well-oxygenated blood to the vital organs and tissues is called \_\_\_\_\_\_\_.
25. circulation
26. arterial flow
27. perfusion
28. oxygenation
29. The proper rate of compression for effective CPR is \_\_\_\_\_ per minute.
30. 30
31. 60
32. 50
33. 100
34. A patient with unequal pupil size may be exhibiting a sign of \_\_\_\_\_\_\_\_\_\_\_\_\_.
35. stroke
36. central nervous system damage
37. reaction to certain medications
38. cardiac arrest
39. To minimize the effects of fatigue and ensure good chest compressions rescuers should change positions after every set of \_\_\_\_ cycles during two-rescuer CPR.
40. 2
41. 3
42. 5
43. 7
44. All of the below are conditions you would stop CPR once begun except for:
45. you are exhausted and can no longer continue
46. spontaneous pulse and breathing begin
47. you turn over patient care to a physician
48. a family member informs you of the patients wished not to be resuscitated
49. The use of a tourniquet will lead to loss of limb and should be avoided.
50. True
51. False
52. After splinting a patient’s extremity what needs to be done?
53. Assess circulation, motor function and reflexes
54. Assess circulation, sensation and motor function
55. Assess the ABC’s and mental status
56. Give the patient a strong pain medication
57. The “rule of tens” is a system used to estimate the amount of body surface area burned.
58. True
59. False
60. One of the most common tools used for obtaining a patient’s medical history at all levels of EMS is called the SAMPLE history tool. In this acronym the “M” stands for:
61. major complaint
62. medications
63. medical history
64. mental status
65. A victim that has a punctured lung or internal injuries may exhibit which type of respiration sign?
66. rapid, shallow breaths
67. snoring
68. wheezing
69. coughing blood
70. Identifying the mechanism of injury or the nature of illness is part of which of the following?
71. scene size-up
72. scene safety
73. secondary assessment
74. BSI precautions
75. Upon arrival and after conducting scene size-up, you must state your name and identify yourself as a trained Emergency Medical Responder. In addition to this you must also:
76. relieve any person already providing care
77. gain consent from patient to provide care
78. seek assistance from bystanders
79. none of the above
80. Certain combinations of vital signs point to possible serious medical or traumatic conditions. Shock in the presence of a significant mechanism of injury can be identified by which combination of vital signs?
81. cool, clammy skin; a rapid but weak pulse; and an increased breathing rate
82. cool, clammy skin; a rapid but strong pulse; and a decreased breathing rate
83. hot, dry skin combined with a rapid pulse
84. hot, dry skin combined with a rapid but weak pulse
85. A patient exhibiting convulsions, muscular twitching, and hot/dry or moist skin constitutes what level of heat emergency?
86. heat cramps
87. heat exhaustion
88. heat stroke
89. heat stress
90. Arterial bleeding can be identified by \_\_\_\_\_\_\_ blood.
91. a steady flow of dark red
92. a slow oozing of bright red
93. a steady flow of bright red
94. spurting bright red
95. \_\_\_\_\_\_\_\_\_\_\_\_\_\_ help to promote the formation of clots directly at the wound site.
96. Bandages
97. Hemostatic agents
98. Splints
99. Tourniquets
100. \_\_\_\_\_\_\_\_\_\_\_\_\_\_ is a form a distributive shock caused by a severe allergic reaction.
101. Hemorrhagic shock
102. Cardiogenic shock
103. Anaphylactic shock
104. Psychogenic shock
105. Hypothermia caused by a significant loss of blood can result in shock and victims must be kept warm to maintain normal body temperature.
106. True
107. False
108. There are three primary forces that cause musculoskeletal injuries. Which of the following is not one of them?
109. impact force
110. direct force
111. indirect force
112. twisting force
113. What type of dressing is best suited for an open chest wound?
114. Inclusive
115. Occlusive
116. Hemostatic
117. Balsamic
118. Organs exposed as a result of abdominal evisceration should be pushed back into the cavity to reduce the risk of infection.
119. True
120. False
121. The START triage system uses respirations, perfusion, and mental status assessments to classify patients into \_\_\_\_ treatment categories.
122. 2
123. 3
124. 4
125. 5
126. During a large- scale emergency, the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is responsible for all aspects of emergency response.
127. Triage Officer
128. Staging Officer
129. Incident Commander
130. Mobile Command Officer

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**ANSWER KEY**

**Q Answer Source**

1. **B.**  pg. 472 **Brady’s Emergency Medical Responder, 9th Edition**

2. **A.**  pg. 60 **(Questions 1 to 30)**

3. **C.** pg. 95

4. **B.** pg. 96

5. **B.** pg. 455

6. **D.** pg. 149

7. **B.** pg. 171

8. **C.** pg. 358

9. **D.** pg. 196

10. **A. p**g. 312

11. **C.** pg. 200

12. **D.** pg. 204

13. **B.** pg. 364

14. **B.** pg. 415

15. **B.** pg. 385

16. **B.** pg. 218

17. **D.** pg. 223

18. **A.** pgs. 246 - 248

19. **B.** pgs. 248 - 249

20. **A.** pg. 264

21. **C.** pg. 337

22. **D.** pg. 358 - 359

23. **B.** pg. 365

24. **C.** pg. 399

25. **A.** pg. 402

26. **A.** pg. 413

27. **B.** pg. 470

28. **B.** pg. 474

29. **C.** pg. 588

30. **C.** pg. 585