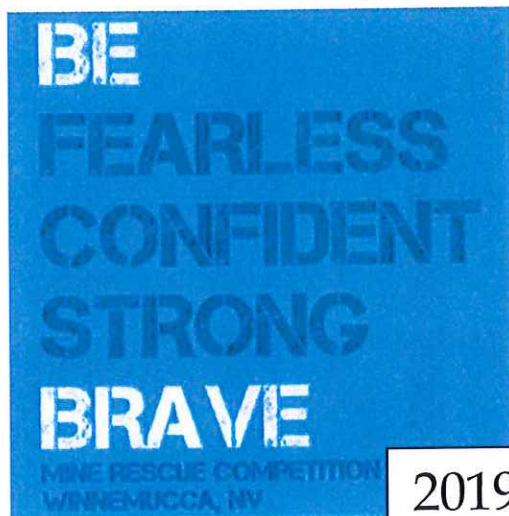


COMPANY NAME: _____

TEAM NAME: _____

YOUR NAME: _____

Please use answer sheet. Feel free to keep the test upon completion.



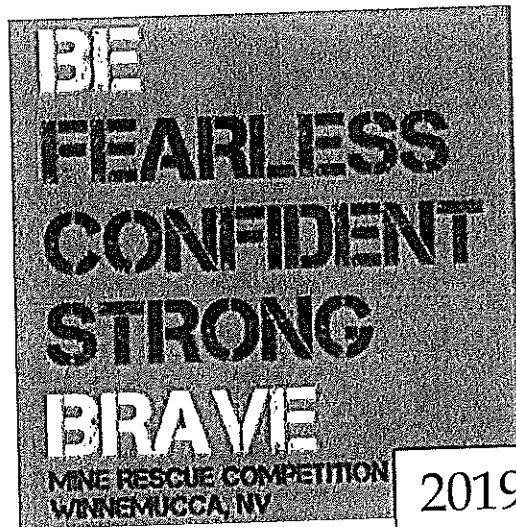
2019 First Aid Test

COMPANY NAME: _____

TEAM NAME: _____

YOUR NAME: _____

Please use answer sheet. Feel free to keep the test upon completion.



2019 First Aid Test

2019 Mine Rescue First Aid Test No. 01

1. The term _____ refers to the guidelines recommended by the Centers for Disease Control and Prevention (CDC). They are designed to reduce the risk of transmission of disease in the health care setting:
 - a. Standard Precautions
 - b. Regular Precautions
 - c. OSHA regulations
 - d. Handwashing precautions

2. Scene safety begins _____:
 - a. As Emergency Medical Responders approach the patient
 - b. When Emergency Medical Responders arrive at the scene
 - c. Long before Emergency Medical Responders actually arrive at the scene
 - d. As soon as Emergency Medical Responders determine responsiveness

3. When assessing a patient's abdominal area, be sure to _____ the soft areas to the rear of the abdomen on each side.
 - a. Palpate
 - b. Probe
 - c. Stroke
 - d. Apply tension

4. Many first responders are injured every year because they attempt to move a patient improperly. The technique of moving a prone patient to a supine position while ensuring stability of the head and spine is called a _____:
 - a. Log roll
 - b. Power lift
 - c. Shoulder drag
 - d. Stair carry

5. A patient who is not breathing adequately is said to be experiencing _____.
 - a. Apnea
 - b. Respiratory compromise
 - c. Cardiac arrest
 - d. Respiratory arrest

2019 Mine Rescue First Aid Test No. 01

6. A sign of abnormal breathing is:
- Flaring Nostrils
 - Sitting or leaning forward in tripod position
 - Use of accessory muscles in the chest, abdomen and neck
 - All of the above
7. Clearing a foreign body airway obstruction in a responsive adult or child is challenging. Research conducted by the American Heart Association suggests that the use of ____ is still the most effective method for a responsive choking adult or child.
- Chest compressions
 - Abdominal thrusts
 - Chest thrusts
 - Abdominal palpation
8. During CPR pressure in the chest cavity caused by compressions forces blood into circulation. _____ remains in the blood even after the heart stops beating:
- Carbon monoxide
 - Oxygen
 - Carbon dioxide
 - All of the above
9. When preparing to perform CPR on an unresponsive patient, assess circulation by feeling for a pulse for _____ seconds:
- At least five but no more than 10
 - At least two but no more than five
 - At least 10 but no more than 15
 - At least 12 seconds
10. Effective use of an AED must follow specific procedures of care and assessment. You must determine if indeed the patient is a candidate for placement of the AED; to be a candidate, the patient must:
- Be unresponsive
 - Have no carotid pulse
 - Have no normal respirations
 - All of the above

2019 Mine Rescue First Aid Test No. 01

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11. When obtaining a medical history, a _____ is something the patient complains of or describes during the secondary assessment.
- Symptom
 - Deformity
 - Pulse
 - Sign
12. Treating patients as equals improves communication. In most situations, an alert patient is your best source of information. An alert patient will tell you why he/she called and what happened to lead to a call for assistance. This is known as the:
- Chief complaint
 - Medical history
 - Mental status
 - 911 call
13. Obtaining a medical history can be achieved with the SAMPLE history tool. The P in the acronym means _____:
- Pain
 - Past oral intake
 - Past pertinent medical history
 - Past signs and symptoms
14. Trending is the process of comparing multiple sets of vital signs from the patient over time. For an adult, a continuous pulse rate of below _____ per minute or above _____ per minute is considered abnormal:
- 68, 98
 - 60, 100
 - 70, 80
 - 72, 100
15. The respiratory rate is a count of the patient's breaths (over a period of one minute), one inhalation plus one exhalation and is classified as normal, rapid or slow. The average respiration rate for an adult is ___ to ___:
- 22 to 34
 - 12 to 20
 - 24 to 40
 - 18 to 30

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16. Blood pressure is the measurement of blood against the walls of the arteries, both when the heart beats and when it is at rest. High blood pressure is caused by:
- Fear, anxiety and dehydration
 - Obesity
 - High cholesterol
 - All of the above
17. Blood pressure which is considered normal in an adult is ___ systolic and ___ diastolic:
- 120/80
 - 88/42
 - 113/64
 - 140/100
18. When conducting patient assessment for the medical patient you should:
- Perform a scene size-up and primary assessment
 - Care for immediate life threats first
 - Perform a secondary assessment including vital signs
 - All of the above
19. The primary goal of the scene size-up is:
- Determining number of responders
 - Identifying the mechanism of injury
 - Determine if additional airway management is needed
 - Identify any obvious or potential hazards prior to entering
20. BSI or Body Substance Isolation at the very least includes wearing disposable synthetic gloves and eye protection; and the use of additional PPE as needed. BSI precautions are meant to:
- Protect you and your patient
 - Protect you, your patient and prevent contamination of surfaces
 - Protect your patient and other bystanders
 - Project a stylish look while treating patients

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21. After responding to an emergency scene, as you approach your patient, you will perform a _____ of the patient and the patient's environment. This will help you decide the seriousness of the patient's condition based on his level of distress and mental status:
- Head-to-toe examination
 - Informed opinion
 - General impression
 - Rapid response plan
22. Angina pectoris is a common cause of cardiac compromise. Literally translated it means:
- Cardiac arrest
 - Pain in the chest
 - Feeling of impending doom
 - Abnormal blood pressure
23. Sometimes called congestive heart failure (CHF), heart failure is a term used to describe a condition when the heart is unable to pump blood efficiently. A sign of heart failure is:
- Pedal edema (swollen ankles)
 - Chest pain
 - Nausea
 - Fatigue
24. Anytime a person experiences a condition that affects his ability to breathe adequately, it is referred to as respiratory compromise. The condition known as _____ is most often associated with cigarette smoking that cause permanent damage to the alveoli in the lungs.
- Emphysema
 - Asthma
 - Bronchitis
 - None of the above
25. Facial droop, difficulty with speech or vision, unequal pupils and loss of bladder or bowel control are all signs of a _____:
- Myocardial infarction
 - Tracheal deviation
 - Diabetic hypoglycemia
 - Stroke

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26. Despite the presence of alcohol in our culture, it remains classified as a drug. Prolonged alcohol abuse, as with any other drug, can lead to illness, poisoning of the body, abnormal behavior and even death. When approaching a patient with acute alcohol intoxication the first thing you should do is:
- Call for law enforcement intervention
 - Provide naloxone
 - Take BSI precautions
 - Steady yourself in the event they fall towards you
27. Heat stroke is a serious condition which affects the patient's mental status and can cause permanent brain damage and death. Treatment for heat stroke is to:
- Aggressively cool the patient by dowsing or immersing in cool water
 - Protect patient from further heat loss
 - Do not give anything by mouth, including hot coffee
 - Place a colorful wet scarf around the patient's neck
28. Treatment for a nose bleed in a responsive patient is to:
- Pack the nose with gauze
 - Flush nose with water
 - Maintain an open airway
 - All of the above
29. There are three steps to control external bleeding of an extremity, the first step is:
- Pressure bandage
 - Elevation
 - Indirect pressure
 - Direct pressure
30. A closed chest injury known as _____ is most often the result of blunt force trauma and occurs when two or more adjacent ribs are broken in two or more places causing instability of the chest wall.
- Tension pneumothorax
 - Flail chest
 - Sucking chest wound
 - Spontaneous pneumothorax