

Rolla Mine Rescue and First Aid Competition

First-Aid Written Test

1. The kidneys are _____ in an area behind the abdominal wall.

A. found.
B. located.
C. situated.

2. Proper body _____ are best defined as properly using your body to facilitate a lift or move.

A. posture.
B. mechanics.
C. position.

3. When _____ a patient, your feet should be placed shoulder width apart.

A. handling.
B. moving.
C. lifting.

4. The _____ on your back is minimized if you can keep the weight, you are carrying as close to your body as possible.

A. weight.
B. load.
C. pressure.

5. _____ is the type of move used when there is no threat to the patient's life.

A. Common.
B. Standard.
C. Light.

6. When _____ a patient, it is important to remember that the patient should be kept supine at all times.
- A. restraining.
 - B. treating.
 - C. vomiting.
7. Before restraining a combative patient, the Emergency Medical Responder should _____ law enforcement assistance.
- A. request.
 - B. call for.
 - C. obtain.
8. Rescue breathing is the application of _____ ventilations.
- A. artificial.
 - B. bag valve.
 - C. manual.
9. When performing the head-tilt / chin-lift maneuver on an adult, tilt the head as far back as _____.
- A. needed.
 - B. possible.
 - C. necessary.
10. The _____ method for opening the airway of a patient with possible neck or spinal injury is the jaw-thrust maneuver.
- A. correct.
 - B. proper.
 - C. recommended.

11. Clinical death _____ when the patient's heartbeat and breathing have stopped.

A. is determined.

B. occurs.

C. can be called.

12. A pocket _____ mask allows the rescuer to provide ventilations while minimizing direct contact with the patient's mouth and nose.

A. valve.

B. face.

C. valve or bag valve.

13. During _____ you should check for the effectiveness of ventilations by looking for chest rise / and fall, listening for airflow and observing skin color.

A. rescue breaths.

B. rescue breathing.

C. artificial ventilation.

14. Gurgling sounds during _____ is an indication for suctioning the upper airway.

A. breathing.

B. ventilation.

C. breaths.

15. Inserting an oropharyngeal airway improves ventilations delivered by way of a _____ device.

A. bag valve mask.

B. bag mask.

C. rescue breathing.

