**Rolla Mine Rescue and First Aid Competition**

**First-Aid Written Test**

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

A. found. #12 – Chapter 4

B. located.

C. situated.

1. Proper body \_\_\_\_\_ are best defined as properly using your body to facilitate a lift or move.

A. posture.

B. mechanics. #13 – Chapter 6

C. position.

1. When\_\_\_\_\_\_ a patient, your feet should be placed shoulder width apart.

 A. handling.

B. moving.

C. lifting. #14 – Chapter 6

1. 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. #15 – Chapter 6

C. pressure.

1. \_\_\_\_\_\_\_\_\_\_ is the type of move used when there is no threat to the patient’s life.

A. Common.

B. Standard. #16 – Chapter 6

C. Light.

1. When\_\_\_\_\_\_\_\_ a patient, it is important to remember that the patient should be kept supine at all times.

A. restraining. #17 – Chapter 6

B. treating.

C. vomiting.

1. Before restraining a combative patient, the Emergency Medical Responder should \_\_\_\_\_\_\_\_\_ law enforcement assistance.

A. request.

B. call for.

C. obtain. #18 – Chapter 6

1. Rescue breathing is the application of \_\_\_\_\_\_\_ ventilations.

A. artificial.

B. bag valve.

C. manual. #19 – Chapter 9

1. When performing the head-tilt / chin-lift maneuver on an adult, tilt the head as far back as \_\_\_\_\_\_\_\_\_.

A. needed.

B. possible. #20 – Chapter 9

C. necessary.

1. 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. #21 – Chapter 9

1. Clinical death \_\_\_\_\_\_\_\_\_ when the patient’s heartbeat and breathing have stopped.

A. is determined.

B. occurs. #22 – Chapter 9

C. can be called.

1. A pocket \_\_\_\_\_\_\_ mask allows the rescuer to provide ventilations while minimizing direct contact with the patient’s mouth and nose.

A. valve.

B. face. #23 – Chapter 9

C. valve or bag valve.

1. 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. #24 – Chapter 9

C. artificial ventilation.

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

A. breathing. #25 – Chapter 9

B. ventilation.

C. breaths.

1. Inserting an oropharyngeal airway improves ventilations delivered by way of a \_\_\_\_\_\_\_\_\_ device.

A. bag valve mask.

B. bag mask. #26 – Chapter 9

C. rescue breathing.