

**2012 Northern Mine Rescue Contest
Rochester, 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. The adequate, constant flow of well oxygenated blood through the body is called _____.
 - a. Dyspnea
 - b. Hypoxia
 - c. **Perfusion**
 - d. Plasma
2. A person should take body substance isolation (BSI) precautions when exposed to _____.
 - a. only HIV, TB, patients
 - b. only patients who are bleeding
 - c. **any ill or injured patient**
 - d. only unconscious patients
3. When properly applied, the triangular bandage is commonly used as a soft splint.
 - a. **True**
 - b. False
4. Facial droop and arm drift are two assessment tools that can be helpful to evaluate an unresponsive patient for the likelihood of a stroke.
 - a. True
 - b. **False**
5. The best position to place an unresponsive patient who is breathing and has no suspected spinal injury is the _____.
 - a. Prone position
 - b. Fowlers position
 - c. Supine position
 - d. **Recovery position**

6. Elevation is used in combination with direct pressure to control bleeding from a laceration at the forearm with a suspected fractured ulna.
 - a. False
 - b. True

7. _____ is a condition in which the sugar levels increase in the blood and decrease in the tissue cells.
 - a. Hypoperfusion
 - b. Hyperglycemia
 - c. Hyperthermia
 - d. Hypoglycemia

8. The blocking or bursting of a vessel that supplies blood to the brain, resulting in damaging or destroying a portion of the brain is known as _____.
 - a. a brain attack
 - b. a CVA
 - c. a stroke
 - d. all the above

9. The _____ is the anterior body cavity that extends from the diaphragm to the pelvic cavity.
 - a. anterior cavity
 - b. spinal cavity
 - c. abdominal cavity
 - d. thoracic cavity

10. Cerebrospinal fluid cannot flow from the ears and/or nose unless the skull has been fractured.
 - a. False
 - b. True

11. The quickest and most effective way to control external bleeding is _____.
 - a. Elevation
 - b. direct pressure
 - c. tourniquet
 - d. pressure points

12. An occlusive dressing is _____.
 - a. a dressing placed over a wound that will help control the bleeding
 - b. any material used to hold another dressing in place
 - c. a special dressing used to create an airtight seal to a wound or body cavity
 - d. a thick dressing large enough to allow for complete coverage of wounds

13. Which of the following is a symptom of internal bleeding?
- slow strong pulses
 - warm dry skin
 - shallow and rapid breathing**
 - normal mental status
14. Shock caused by blood loss or by the loss of plasma is classified as _____.
- Anaphylactic
 - Hypovolemic**
 - Cardiogenic
 - Neurogenic
15. The maneuver used to open a patient's airway with a suspected spinal or neck injury is the _____.
- chin lift
 - head lift
 - a. and b.
 - jaw thrust**
16. When providing emergency care for a possible stroke patient, you should _____.
- provide comfort and emotional support to the patient
 - identify if the stroke is due to a bleed or an obstruction
 - identify the area of the brain that is affected from the stroke
 - maintain the patient's airway and be prepared to provide ventilations or CPR if needed**
17. The abdominal cavity is _____.
- superior to the thorax cavity
 - superior to the cranial cavity
 - inferior to the diaphragm**
 - inferior to the pelvic cavity
18. The posterior tibial pulse is felt behind the medial ankle.
- False
 - True**
19. If a patient is not breathing, the more reliable pulse to check to determine if blood is circulating is the _____.
- Radial
 - posterior tibia
 - distal
 - carotid**

20. The total blood volume in a typical adult body is approximately 12 liters.
- a. False
 - b. True
21. A medical condition characterized by a decrease in the patients' alertness and responsiveness to his surroundings is called _____.
- a. CSF
 - b. CPR
 - c. ALS
 - d. AMS
22. _____ is a condition caused by prolonged exposure to heat, which creates dry skin that may feel warm or hot to the touch. In addition, the patient will almost always present an altered mental status.
- a. Mild heat stroke
 - b. Heat cramps
 - c. Heat exhaustion
 - d. Heat stroke
23. A patient's palm is about 2.5% of his or her body surface area.
- a. False
 - b. True
24. The _____ contains most of the liver, the gall bladder, and part of the small and large intestine.
- a. LUQ
 - b. LQL
 - c. LLQ
 - d. None of the above
25. _____ generally involves intense pain, white to red skin that is moist and mottled, and blisters affecting the top two layers of skin.
- a. Superficial burns
 - b. Neither a, or c
 - c. Partial thickness burns
 - d. Third degree burns
26. The human body can be divided into five regions.
- a. True
 - b. False

27. The spleen is _____.
- a. located in the LLQ
 - b. inferior to the kidneys
 - c. a solid organ
 - d. c and a
28. The body's skeletal system provides blood cell production, and storage of essential minerals.
- a. False
 - b. True
29. If a patient has numbness, loss of feeling, or paralysis involves the legs and arms, the injury to the spine is probably below the neck.
- a. False
 - b. True
30. During expiration the diaphragm muscle and the muscles in the ribs _____.
- a. expand the lungs
 - b. relax
 - c. increases the volume in the chest cavity
 - d. decreases the pressure inside the lungs