

MINE RESCUE COMPETITION

FIRST-AID WRITTEN EXAM

- 1.) A patient that is found lying face down is said to be in the _____ position.
- a. recumbent
 - b. lateral
 - c. supine
 - d. prone
- 2.) Any location on the body that is closer to the midline is referred to as:
- a. medial
 - b. recumbent
 - c. lateral
 - d. inferior
- 3.) Which one of the following is NOT one the major body regions?
- a. head
 - b. upper extremities
 - c. neck
 - d. pelvis
- 4.) The _____ is/or found in an area behind the abdominal cavity.
- a. kidneys
 - b. bladder
 - c. small intestine
 - d. gall bladder
- 5.) It is best if the rescuer at the _____ directs the actions of the other rescuers during a log roll.
- a. feet
 - b. head
 - c. legs
 - d. torso

6.) What type of move is used when there is no immediate threat to the patient's life?

- a. emergency
- b. nonemergency
- c. rapid
- d. nonrapid

7.) The recommended method for opening up the airway of a patient with a possible neck or spine injury is the _____ maneuver.

- a. jaw-thrust
- b. mouth-to-nose
- c. abdominal thrust
- d. head-tilt, chin-lift

8.) Which one of the following improves ventilations delivered by way of a bag-valve mask?

- a. inserting an oropharyngeal airway
- b. applying suction for four to six minutes
- c. alternating chest thrusts and squeezing the bag
- d. combining finger sweeps with a mouth-to-mouth technique

9.) The _____ prevents food and other material from entering the trachea.

- a. tongue
- b. alveoli
- c. pharynx
- d. epiglottis

10.) All of the following are signs of inadequate breathing EXCEPT:

- a. poor chest rise
- b. pale or bluish skin color
- c. use of accessory muscle
- d. good chest rise and fall

- 11.) After arriving on scene, but before making patient contact you should:
- perform an initial assessment
 - contact medical direction
 - perform a patient assessment
 - take appropriate BSI precautions
- 12.) When assessing circulation for a non-responsive adult patient, you should assess:
- the carotid pulse
 - radial pulses on both sides of the body
 - the radial pulse on one side
 - a distal pulse
- 13.) The adequate flow of oxygenated blood to all cells of the body is called:
- circulation
 - perfusion
 - compensation
 - systole
- 14.) When assessing a patient's respirations, you need to determine rate, depth, and:
- regularity
 - count of expirations
 - ease
 - count of inspirations
- 15.) What is the recommended ratio of chest compression to ventilations for an adult patient in cardiac arrest?
- 30 to 2
 - 15 to 2
 - 5 to 1
 - 3 to 1

16.) When providing ventilations to a nonbreathing patient, if you "overventilate" or force too much air into the patient's lungs:

- a. it is an effective way to provide oxygen to the patient
- b. it can clear a blocked airway with little effort
- c. it could cause gastric distention
- d. it helps to circulate blood to the brain and lungs

17.) Before providing rescue breaths, you must check for the presence of adequate breathing. Do this by listening for airflow from the patient's nose and mouth and by:

- a. shaking the patient
- b. looking for chest rise
- c. observing pupil response
- d. sweeping the mouth for obstructions

18.) Which one of the following is the best example of appropriate care for a seizure patient.

- a. keep him from injuring himself and place him in the recovery position following the seizure
- b. place him in a semisitting position and apply oxygen following the seizure
- c. place him in a prone position and provide oxygen by nasal cannula
- d. restrain him and assist ventilations with a bag valve mask

19.) A patient who is experiencing an abnormally low body core temperature is said to be:

- a. hyperthermic
- b. cyanotic
- c. hypothermic
- d. hyperglycemic

20.) A patient who presents with warm moist skin, weakness, and nausea is likely experiencing:

- a. heat exhaustion
- b. heat stroke
- c. heat cramps
- d. mild heat stroke

21.) Blockage of a coronary artery resulting in damage to the heart muscle is known as:

- a. cerebrovascular accident
- b. myocardial infarction
- c. cardiac compromise
- d. angina pectoris

22.) Shortness of breath, swelling of the ankles, and distended neck veins are common signs and symptoms of:

- a. congestive heart failure
- b. myocardial infarction
- c. angina pectoris
- d. heat stroke

23.) Nitroglycerin is a common medication and used to treat:

- a. congestive heart failure
- b. respiratory problems
- c. cardiac chest pain
- d. allergic reactions

24.) Breathing that is effortless and at a good rate and volume is described as:

- a. regular
- b. adequate
- c. irregular
- d. inadequate

25.) Emphysema and bronchitis are both examples of:

- a. myocardial infarction
- b. cerebrovascular accident
- c. congestive heart failure
- d. chronic obstructive pulmonary disease

26.) Most cases of external bleeding may be controlled by:

- a. applying direct pressure
- b. using a tourniquet
- c. securing a pressure dressing
- d. applying the closest pressure point

27.) In the case of an open chest wound, place an occlusive dressing over the open wound and then:

- a. cover it loosely with a cloth bandage
- b. tape it on three or four sides
- c. hold it in place with a gloved hand
- d. pack the opening with clean gauze

28.) A triangular bandage used to stabilize the elbow and arm is called a:

- a. cravat
- b. dressing
- c. bandage
- d. sling

29.) In most cases, injuries to a joint will be managed by:

- a. splinting in the position found
- b. manual stabilization
- c. traction splinting
- d. long spine board

30.) Which one of the following is the most efficient method of immobilizing an injured ankle?

- a. short spine board
- b. traction splint
- c. cardboard splint
- d. folded blanket

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