

2013 Taos Mine Rescue Contest  
Please pick the best answer

Name \_\_\_\_\_

Team \_\_\_\_\_

1. When evaluating for internal bleeding estimate blood loss of at least one liter
  - a. Major fracture of the upper arm
  - b. Major fracture of the thigh
  - c. Major fracture of the tibia
  - d. A and B
  
2. Where you find badly bruised skin you should
  - a. Estimate 10% loss of blood for each fist sized bruise
  - b. This is only relevant if the patient is showing signs of shock
  - c. Treat as though there is an underlying fracture
  - d. Estimate 5% loss of blood for each fist sized bruise
  
3. The first concern in caring for facial wounds is
  - a. Infection if the eyes are involved
  - b. Assuring the patient
  - c. Assuring an open airway
  - d. Keeping blood out of the eyes
  
4. For profuse bleeding of the neck
  - a. Stop the bleeding before anything else including BSI
  - b. Use any method necessary
  - c. This patient should be moved to the bottom of the triage list
  - d. Do not apply pressure to both sides of the neck.
  
5. Which of the following is most appropriate for care of an open abdominal injury
  - a. Pack the inside of the wound with clean dressings
  - b. Cover the wound with an occlusive dressing
  - c. Cover the wound with an dry clean dressing
  - d. Pour sterile saline over the wound
  
6. Material placed over a wound to try to help control bleeding is called a(n)
  - a. Bandage
  - b. Cover
  - c. Bulky dressing
  - d. Dressing

7. It is best to \_\_\_\_\_ a tourniquet
  - a. Practice tightening at home
  - b. Practice tightening under supervision
  - c. Never practice tightening
  - d. Practice under supervision and then at home
  
8. Insulin is used in the body to
  - a. Regulate sugar levels
  - b. Help sugar enter cells
  - c. Stop sugar from entering cells
  - d. Regulate the hormones which control blood sugar
  
9. Signs of Hypoglycemia include
  - a. Heaving or sighing, abdominal pain
  - b. Lack of thirst
  - c. Slow weak pulse
  - d. Moist warm skin
  
10. A fully automated AED is
  - a. Recommended for use by Emergency Medical Responders
  - b. Not recommended for use by Emergency medical Responders
  
11. AED's may be used for children
  - a. Between the ages of 1-6
  - b. Between the ages of 2-8
  - c. Between the ages of 1-8
  - d. Only if a pediatric dose can be delivered
  
12. The Axial skeleton
  - a. Is composed of bones that rotate
  - b. Is composed of the upper and lower extremities
  - c. Is composed of all the bones which make up the Skeletal system
  - d. Is composed of bones that make up the upright portion of the body
  
13. When a hip is dislocated due to a fall where the patient lands on his knees
  - a. The injury is said to be a result of blunt force
  - b. The injury is said to be a indirect force injury
  - c. The injury is said to be a direct force injury
  - d. The injury is said to be a twisting force injury
  
14. The innominate is also known as the
  - a. Patella
  - b. Foot bones
  - c. Pelvic bones
  - d. Kneecap

15. During CPR you must
  - a. Maintain an open airway, give chest compressions
  - b. Give only chest compressions at a rate of 100/min.
  - c. Start compressions as soon as the patient is found not breathing
  - d. Maintain an open airway, breath for the patient, perform chest compressions
16. When using the OPQRST system R stands for
  - a. Rest
  - b. Retaliate
  - c. Rehabilitate
  - d. Region and radiate
17. When using the OPQRST system Q stands for
  - a. Quiet and rest
  - b. Quickly access
  - c. Quality
  - d. Quantity
18. Normal depth of each breath is
  - a. about two inches
  - b. Dependent on patient age
  - c. About one inch
  - d. Know as tidal volume
19. The normal COPD patient is
  - a. Middle age or older
  - b. Not normal
  - c. Suffers from depression
  - d. Shows signs of liver failure
20. A cause of AMS is
  - a. Advanced age
  - b. Occlusions
  - c. Advanced mid-age senility
  - d. Breathing problems
21. Collapse or fainting is known as
  - a. Lack of oxygen
  - b. SYNCOPE
  - c. Shock
  - d. Hysteria

22. Children may compensate for loss of blood
  - a. By drinking more fluids
  - b. Better than adults
  - c. Faster entry into a state of shock
  - d. Sleeping
  
23. If someone faints
  - a. Warn against driving and get a witness
  - b. It is usually and sign of a more serious condition
  - c. Tell them to drive to an emergency care facility
  - d. Injury is not normal due to their relaxed nature
  
24. Electrical burns
  - a. Are treated as normal burns
  - b. Are usually not as serious as chemical burns
  - c. Are hard to detect
  - d. Do not reflect the true nature of the injury
  
25. The first responder will not need to diagnose
  - a. Cases of respiratory failure
  - b. Source of burns
  - c. Types of musculoskeletal injury
  - d. Types of bleeding
  
26. Emotional support
  - a. Is not a priority
  - b. Should be given by family members
  - c. Is a part of total patient care
  - d. Is mandatory in California
  
27. Begin CPR if no radial pulse is found
  - a. If the patient is an adult
  - b. Not if the patient is a child
  - c. If you do not wish to follow protocol
  - d. And continue compressions for one minute then recheck the pulse
  
28. Once you begin CPR do not interrupt for
  - a. Longer than 15 sec.
  - b. Any reason
  - c. Calling 911
  - d. Longer than 10 sec.

29. There are six components to the initial assessment, beginning with

- a. Mental status
- b. Airway
- c. General impression
- d. Circulation

30. I find it humorous that the “funny Bone” is just below the

- a. Clavicle
- b. Sacrum
- c. Patella
- d. humerus