

# 2014 MINE RESCUE CONTEST

## FIRST AID WRITTEN EXAM

1.) A move performed by two rescuers, one lifting the patient's arms and one lifting the patient's legs is called:

- a. extremity lift
- b. direct ground lift
- c. firefighter's carry
- d. full body lift

2.) Which quadrant contains most of the stomach, the spleen, part of the small and large intestine and part of the liver?

- a. Right Upper Quadrant
- b. Left Upper Quadrant
- c. Right Lower Quadrant
- d. Left Lower Quadrant

3.) A leaf-shaped structure that covers the larynx when we swallow which prevents food and fluids from entering the trachea is called:

- a. tracheal flap
- b. bronchial hinge
- c. epiglottis
- d. tracheal opening

5.) The appropriate rate of compressions during CPR is \_\_\_\_\_ per minute.

- a. 80 to 100
- b. at least 100
- c. no faster than 80
- d. no faster than 120

6.) You witness a Miner stand up from the lunch table and collapse onto the ground. You are the first person to the Miner. What is the first thing you should do?

- a. place him/her into the recovery position
- b. give to slow breaths
- c. send someone to call 911
- d. check for responsiveness

7.) When referring to blood pressure, \_\_\_\_\_ is the relaxing phase of the heart and \_\_\_\_\_ is the contraction phase of the heart.

- a. biostolic, systolic
- b. systolic, biostolic
- c. diastolic, systolic
- d. systolic, diastolic

8.) The term diaphoretic refers to:

- a. pupil reaction
- b. skin temperature
- c. heart rhythm
- d. skin moisture

9.) An overview of the scene to identify any obvious or potential hazards is called the:

- a. primary assessment
- b. first assessment
- c. initial assessment
- d. scene size-up

10.) A memory aid for the classifications of mental status, or levels of responsive-ness is:

- a. GCS
- b. AVPU Scale
- c. DCAPBTLS
- d. OPQRST

11.) Pain in the chest caused by a lack of sufficient blood and oxygen to the heart muscle is:

- a. Myocardial Infarction
- b. Angina
- c. Coronary Artery Disease
- d. Sudden Cardiac Arrest

12.) Contraindications for Nitroglycerin include all of the following EXCEPT:

- a. diaphoresis present
- b. patient has already taken the maximum prescribed dose
- c. systolic blood pressure less than 100mmHg
- d. patient has a head injury

13.) This cavity houses the urinary bladder, portions of the large intestine, and the internal reproductive organs.

- a. abdominal cavity
- b. pelvic cavity
- c. thoracic cavity
- d. diaphragm cavity

14.) Which one of the following best defines the term oxygen concentration?

- a. the amount of oxygen remaining after inhalation
- b. amount of oxygen remaining in one exhalation
- c. ratio between oxygen and carbon dioxide
- d. the amount of oxygen being delivered to a patient

15.) You are caring for a patient with difficulty breathing. She states that she has a history of asthma. You understand asthma to be a disease of the:

- a. upper airway
- b. lower airway
- c. alveoli
- d. trachea

16.) Which medical condition listed below causes inflammation of the bronchioles and excess mucus production within the airways? It is also characterized by a productive cough.

- a. asthma
- b. bronchitis
- c. emphysema
- d. hyperventilation

17.) Which one of the following is NOT evaluated as part of the Cincinnati Prehospital Stroke Scale?

- a. abnormal speech
- b. facial droop
- c. equal circulation
- d. arm drift

18.) One of the best techniques for dealing with a patient experiencing a behavioral emergency is to:

- a. not let the patient know what you are doing
- b. not believe a thing the patient says
- c. speak in a calm and reassuring voice
- d. acknowledge the "voices" he is hearing

19.) Common signs and symptoms of a reaction to a bite or sting may include any of the following EXCEPT:

- a. altered mental status
- b. difficulty breathing
- c. puncture marks on the skin
- d. dislocation

20.) Prolonged exposure to heat, which creates dry or moist skin that may feel warm or hot to touch is considered:

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

21.) A tourniquet should be placed under injury site only when other methods of controlling life-threatening bleeding such as direct pressure and elevation have failed.

- a. TRUE
- b. FALSE

22.) Your patient has been impaled through the right thigh by a long piece of metal bar. The ABCs are intact and there is very little external bleeding. You should:

- a. carefully remove the object
- b. tie both legs together
- c. stabilize the object with bulky dressings
- d. cut both ends of the bar to make it shorter

23.) Decompensated shock is very serious and can quickly become:

- a. irreversible
- b. hypoperfusion
- c. compensated
- d. anaphylaxis

24.) Psychogenic shock is commonly known as:

- a. hyperperfusion
- b. stress reaction shock
- c. decompensation
- d. fainting

25.) All of the following are common signs and symptoms of an extremity injury EXCEPT:

- a. pain
- b. swelling
- c. deformity
- d. lengthening

26.) What are the two main components of the central nervous system?

- a. peripheral and central nerves
- b. discs and vertebrae
- c. brain and spine
- d. spine and nerves

27.) A late sign of a tension pneumothorax is:

- a. increased respiratory rate
- b. tracheal deviation
- c. decrease in core body temperature
- d. discoloration to nostrils

28.) The purpose of placing an occlusive dressing over an open chest wound is to:

- a. control the bleeding
- b. keep chest contents from spilling out
- c. keep air from entering the chest cavity
- d. make it easier for the patient to breathe

29.) Triage is a process of sorting patients into categories and prioritizing their medical care and transport based on:

- a. number of injuries and medical conditions
- b. age, weight, and height of the patient
- c. proximity to the mechanism of injury
- d. severity of injuries and medical conditions

30.) The sling and swathe are generally effective for the following injuries EXCEPT:

- a. elbow
- b. lower arm
- c. wrist
- d. collar bone

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