

Southwest Wyoming Mutual Aid Mine Rescue Contest
Rock Springs WY
June 7-9, 2016

First Aid Test Answers Reference

1. a) **Brady** means slow heart rate *Brady 9th, Page 59*
2. b) The **lateral recumbent** position means lying on one's side. *Brady 9th, Page 61*
3. c) **Venous** bleeding occurs when vessels that return blood to the heart characterized by a steady flow of dark red blood.. *Brady 9th, Page 359*
4. a) An **emergency move** is a move that is carried out quickly when the scene is hazardous, care of the patient requires immediate repositioning, or you must reach another patient who needs lifesaving care. *Brady 9th. Page 95*
5. b) **Hypoxia** is a condition in which there is an insufficient level of oxygen in the blood and tissues. *Brady 9th, Page 137*
6. b) **Pharynx** is the throat-trachea is the windpipe *Brady 9th, Page 138*
7. b) **Defibrillation** is the application of electric shock to a patient's heart in an attempt to convert a lethal rhythm into a normal one. *Brady 9th, Page 188*
8. c) In general the guidelines for suctioning an adult is **15** seconds. *Brady 9th, Page 163*
9. c) The **scene size-up** is an overview of the scene to identify any obvious or potential hazards. *Brady 9th, Page 241*
10. d) The air we exhale contains approximately **16** % oxygen. *Brady 9th Page 171*
11. d) The **recovery position** is the effective to care for an unresponsive patient's airway when a spine injury is not suspected.. *Brady 9th, Page 112*
12. b) An E cylinder contains about **680** liters of oxygen. *Brady 9th, Page 172.*
13. b) Not performing CPR for two minutes prior to defibrillation is **2** discounts for each infraction. *2016 MNM Mine Rescue Station 1 CPR with AED scorecard.*
14. b) The digestive system comprises the **esophagus**, stomach, and intestines. *Brady 9th, Page 88*
15. b) The normal respiratory rates (breaths per minute) for an adult is **12 to 20**.

Brady 9th, Page 224

16. d) The normal pulse rate for adults at rest is between **60 and 100** beats per minute. *Brady 9th, Page 226*

17. c) The use of the muscles of the neck, chest, and abdomen to assist with breathing effort is called **accessory** muscle use.. *Brady 9th, Page 267*

18. c) **Hemodialysis** is the process of mechanically filtering the blood to remove wastes and excess fluid *Brady 9th, Page 325*

19. c) **Hyperthermia** is an increase in body core temperature above its normal temperature. *Brady 9th, Page 336*

20. c) An adult male (154 pound) has 6.6 liters of total blood volume. **2.2** is the Lethal Blood Loss (Rapid). *Brady 9th, Page 358*

21. b) The categories judged and discounts apply at Station #2 are Patient Assessment, Control of Bleeding, **Physical Shock**, Soft-Tissue Injuries and Burns, Musculoskeletal Injuries, Preparation for Transportation. *2016 MNM Mine Rescue Station 2 scorecard.*

22. b) **Hypotension** is abnormally low blood pressure. *Brady 9th, Page 397*

23. b) A **sprain** is a partial or complete tearing of the ligaments and tendons that support a joint *Brady 9th, Page 413*

24. b) A suspected spine injury is **not** a higher priority than airway, breathing and circulation. *Brady 9th, Page 454*

25. a) **Crepitus** is heard as a grating sound caused by bones rubbing together of a chest injury. *Brady 9th, Page 468*

26. a) **Cyanosis** is the bluish discoloration of the tissue caused by a lack of sufficient oxygen in the blood. *Brady 9th, Page 298*

27. b) The four diseases of most concern to Emergency Responders are Human immunodeficiency virus (HIV), Hepatitis, Tuberculosis and **Meningitis**. *Brady 9th, Page 43*

28. b) . Scoring of the written test will be completed by at least **2** qualified judges. *2016 MNM Mine Rescue First Aid Competition Written Test #2*

29. c) External soft-tissue injuries include abrasions, lacerations, avulsions **punctures** and amputations. *Brady 9th, Page 390*

30. a) All material used to solve the first aid problem will be picked up by the team prior to moving on to their next station. *2016 MNM Mine Rescue First Aid Competition General Rule 3.*