

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

First Aid Test

Company Name _____

Team Name _____

Name _____

1. The common prefix term –Brady means slow heart rate.
 - a) True
 - b) False

2. The lateral recumbent position means kneeling over.
 - a) True
 - b) False

3. _____ bleeding occurs when vessels that return blood to the heart characterized by a steady flow of dark red blood.
 - a) Capillary
 - b) Arterial
 - c) Venous

4. An emergency move can be made when a patient is in uncontrolled traffic.
 - a) True
 - b) False

5. _____ is a condition in which there is an insufficient level of oxygen in the blood and tissues.
 - a) Apnea
 - b) Hypoxia
 - c) Cardiac arrest
 - d) Respiratory arrest

6. The pharynx is the windpipe.

- a) True
- b) False

7. Fibrillation is the application of electric shock to a patient's heart in an attempt to convert a lethal rhythm into a normal one.

- a) True
- b) False

8. In general the guidelines for suctioning an adult is _____seconds.

- a) 20
- b) 10
- c) 15
- d) 5

9. The _____ is an overview of the scene to identify any obvious or potential hazards.

- a) Reassessment
- b) Primary Assessment
- c) Scene size-up
- d) Secondary Assessment

10. The air we exhale contains approximately _____% oxygen.

- a) 19%
- b) 15%
- c) 17%
- d) 16%

11. The _____ position is the effective to care for an unresponsive patient's airway when a spine injury is not suspected.

- a) Supine
- b) Prone
- c) Fowlers
- d) Recovery

12. An E cylinder contains about _____ liters of oxygen.

- a) 425
- b) 680
- c) 640
- d) 450

13. Not performing CPR for two minutes prior to defibrillation is how many discounts for each infraction?

- a) 1
- b) 2
- c) 4
- d) 5

14. The digestive system comprises the _____, stomach, and intestines.

- a) bladder
- b) esophagus
- c) trachea
- d) none of the above

15. The normal respiratory rates (breaths per minute) for an adult is?

- a) 10 to 15
- b) 12 to 20
- c) 15 to 30
- d) None of the above

16. The normal pulse rate for adults at rest is between ____ and ____ beats per minute.

- a) 70 to 100
- b) 80 to 120
- c) 60 to 105
- d) 60 to 100

17. The use of the muscles of the neck, chest, and abdomen to assist with breathing effort is called _____ muscle use.

- a) assisting
- b) accordance
- c) accessory
- d) guarding

18. _____ is the process of mechanically filtering the blood to remove wastes and excess fluid.

- a) Sepsis
- b) Renal
- c) Hemodialysis
- d) Flush

19. _____ is an increase in body core temperature above its normal temperature.

- a) Conduction
- b) Radiation
- c) Hyperthermia
- d) Convection

20. An adult male (154 pound) has 6.6 liters of total blood volume. What is the Lethal Blood Loss (Rapid)?

- a) 3.3 liters
- b) 1.8 liters
- c) 2.2 liters
- d) 4.1 liters

21. The categories judged and discounts apply at Station #2 are Patient Assessment, Control of Bleeding, Breathing, Soft-Tissue Injuries and Burns, Musculoskeletal Injuries, Preparation for Transportation.

- a) True
- b) False

22. _____ is abnormally low blood pressure.

- a) Perfusion
- b) Hypotension
- c) Hypoperfusion
- d) Hypertension

23. A strain is a partial or complete tearing of the ligaments and tendons that support a joint

- a) True
- b) False

24. A suspected spine injury is a higher priority than airway, breathing and circulation.

- a) True
- b) False

25. _____ is heard as a grating sound caused by bones rubbing together of a chest injury.

- a) Crepitus
- b) Hemothorax
- c) Pneumothorax
- d) Distention

26. _____ is the bluish discoloration of the tissue caused by a lack of sufficient oxygen in the blood.

- a) Cyanosis
- b) Hypoxia
- c) Alveoli

27. The four diseases of most concern to Emergency Responders are Human immunodeficiency virus (HIV), Hepatitis, Tuberculosis and _____.

- a) Avian Flu
- b) Meningitis
- c) H1N1
- d) MRSA

28. Scoring of the written test will be completed by at least _____ qualified judges.

- a) 1
- b) 2
- c) 3

29. External soft-tissue injuries include abrasions, lacerations, avulsions _____ and amputations.

- a) contusions
- b) fractures
- c) punctures
- d) concussions

30. All material used to solve the first aid problem will be picked up by the team prior to moving on to their next station.

- a) True
- b) False