

WYOMING MINE RESCUE CONTEST
ROCK SPRINGS, WY
JUNE 6-9, 2016

TEAM TRAINER TEST

Name: _____

Team: _____

1. The Appeals Committee shall rule in matters concerning any interpretations, procedures, or any matter involving proper conduct of the Contest. **2016 MR rules, Page 9.**
 - a. True
 - b. False

2. A minimum of _____ radios shall remain operational during the working of the problem. **2016 MR rules, Page 15.**
 - a. 1
 - b. 3
 - c. 6
 - d. 10

3. In the event of a communication failure, the team will be required to the fresh air base to signals or replace the system. **2016 MR rules, Page 24.**
 - a. True
 - b. False

4. The Multi-Gas Detector shall be capable of continuously and simutaniously measuring concentrations of all but one gas: **2016 MR rules, Page 115.**
 - a. Oxygen
 - b. Carbon Monoxide
 - c. Nitrogen
 - d. Methane

5. Inaccessible Areas – All areas of the mine where team travel is blocked by one of the following conditions except. **2016 MR rules, Page 114.**
 - a. Unsafe Roof (rib to rib) that cannot be supported or scaled.
 - b. Inextinguishable fires.
 - c. Water over knee deep.
 - d. **Yellow Caution Tape.**

6. The first set of vital signs are called. **Brady, Page 184.**
 - a. Radial vital signs.
 - b. **Baseline vital signs.**
 - c. Pre-caution vital signs.
 - d. Pre-assessment vital signs.

7. Which of the following is the preferred method of immobilizing an injured elbow found in a flexed (bent) position? **Brady, Page 429.**
 - a. Sling and swathe
 - b. **Body splinting**
 - c. Rigid splinting
 - d. Care and Secure.

8. A patient who presents with tingling in extremities, bowel incontinence, and pain over the spine is likely to have: **Brady, Page 450.**
 - a. Gastric Distention
 - b. **Spine injury**
 - c. Hypothermia
 - d. Cardiac Arrest

9. The letters START stand for: **Brady, Page 588**
 - a. **Simple Triage and Rapid Treatment**
 - b. Simple Triage and Rapid Transport
 - c. Simple Treatment and Rapid Triage
 - d. Simple Treatment and Rapid Treatment

10. The quickest, most effective way to control most forms of external bleeding is a pressure stint. **Brady, Page 311**
 - a. True
 - b. **False**

11. Which is not one of the five major damp? [MSHA 3027, Page 2-29](#)
- a. Colddamp
 - b. Whitedamp
 - c. Afterdamp
 - d. Firedamp
 - e. Stinkdamp
12. Which is not a Gas that can be detected by color, odor, or taste? [MSHA 3027, Page 2-28](#)
- a. Carbon Monoxide
 - b. Hydrogen Sulfide
 - c. Sulfuric Dioxide
 - d. Propane
 - e. Carbon Dioxide
13. Is Oxygen an explosive gas that supports combustion? [MSHA 3027, Page 2-13](#)
- a. True
 - b. False
14. The air in an underground mine is the Mine Atmosphere. [MSHA 3027, Page 2-73](#)
- a. True
 - b. False
15. The explosive range of Butane is _____ to _____%. [MSHA 3027, Page 2-28](#)
- a. 2.5 to 80%
 - b. 6.23 to 8.30
 - c. 1.86 to 8.41
 - d. 0.41 to 43.5
 - e. None of the Above
16. The explosive range of Oxygen is _____ to _____%. [MSHA 3027, Page 2-28](#)
- a. 2.5 to 80%
 - b. 6.23 to 8.30
 - c. 1.86 to 8.41
 - d. 0.41 to 43.5
 - e. None of the Above

17. A rise in barometric pressure causes the pressure of gas to reduce. **MSHA 3027, Page 2-6**
- True
 - False**
18. What is the minimum percentage of oxygen needed to combust a 5% methane and oxygen mixture? **MSHA 3027, Page 2-22**
- 20.2%
 - 12.1%**
 - 5.0%
 - 0.25%
 - All of the Above.
19. Which of the following are health hazards associated with hydrogen sulfide: **MSHA 3027, Page 2-20**
- Inflammation of the eyes and respiratory tract
 - Exposure can lead to bronchitis or pneumonia
 - Both a, & b.**
 - There are none associated
20. Barefaced exploration should stop at any point where disruptions in ventilation are found, or when gas tests indicate that there is sufficient oxygen and no buildup of carbon monoxide or other dangerous gases. **MSHA 3027, Page 4-6**
- True
 - False**
21. Under Section _____ of the Mine Act of 1977m the Secretary shall provide a minimum of one sport inspection during every five working days whenever a mine liberates excessive quantities of methane or other explosive gases. **Federal Mine Safety and Health Act of 1977 103 (i)**
- 103 (a)
 - 103 (j)
 - 103 (i)**
 - 103 (k)
 - 103 (c)

22. If an authorized representative of the Secretary issues an order under 107(a) of the mine act, all persons including any person whose presence in such area is necessary to eliminate the condition described in the order, must withdraw from the affected area and be prohibited from entering the area until an authorized representative determines that such imminent danger and the conditions or practices which caused such imminent danger no longer exist. . **Federal Mine Safety and Health Act of 1977 107 (a)**
- a. True
 - b. **False**
23. Under Section _____ of the Mine Act of 1977, the operator is required to obtain the authorized representative's approval of any plan to recover any person in a mine or to recover the mine, or in order to return affected areas of the mine to normal. **Federal Mine Safety and Health Act of 1977 103 (k)**
- a. 103(a)
 - b. 103(i)
 - c. 103(j)
 - d. **103(k)**
24. According to section 104 (a) Each citation shall be in writing and shall describe with particularity the nature of the violation, including a reference to the provision of the Act, standard, rule, regulation, or order alleged to have been violated. **Federal Mine Safety and Health Act of 1977 104 (a)**
- a. **True**
 - b. False
25. When traveling in heavy smoke where visibility is nearly zero, fresh material on the floor could indicate bad back or sides. **MSHA 3027, Page 4-28**
- a. **True**
 - b. False
26. What type of fire is an ordinary combustible material fire? **MSHA 3027, Page 5-5**
- a. **Class A**
 - b. Class B
 - c. Class C
 - d. Class D

27. What type of fire is an electrical fire? **MSHA 3027, Page 5-5**
- a. Class A
 - b. Class B
 - c. **Class C**
 - d. Class D
28. Rigor Mortis occurs faster in obese persons than in muscular persons. **MSHA 3027, Page 6-9**
- a. True
 - b. **False**
29. Under 30 CFR 49.2(c): To be considered for membership on a mine rescue team, each person must have been employed in an underground mine for a minimum of one year within the _____ years. **30 CFR 49.2 (c)**
- a. two
 - b. three
 - c. four
 - d. **five**
 - e. None of the above.
30. Under 49.7(a) Each member of a mine rescue team shall be examined annually by a physician who shall certify that each person is physically fit to perform mine rescue and recovery work for prolonged periods under strenuous conditions. The first such physical examination shall be completed within ____ days prior to scheduling initial training. **30 CFR 49.7 (a)**
- a. 30
 - b. 45
 - c. **60**
 - d. 15