

**2019 Southwestern Regional Mine Rescue Contest  
Ruidoso, NM  
Written Test – First Aid Competition**

Name \_\_\_\_\_ Company \_\_\_\_\_

Team Name \_\_\_\_\_ Contest Position No. \_\_\_\_\_

Team Member No. \_\_\_\_\_

**Directions: Use answer sheet & fill in completely.**

Q#1) Tuberculosis (TB) is spread by:

- A. Needle Sticks
- B. Airborne aerosolized droplets
- C. Blood splash on mucus membranes
- D. None of the above

Q#2) The best definition of the term stressor is anything that:

- A. Consumes the attention of the person experiencing stress
- B. Puts pressure on the body
- C. Causes wear and tear on the bodies resources
- D. Causes significant behavior changes

Q#3) Semi-Fowler's position refers to:

- A. The patient lying face up
- B. The patient lying face down
- C. The patient lying face up at an angle with feet up
- D. The patient sitting up at an angle

Q#4) What term refers to the abnormal function of the body or one of its systems due to disease or injury?

- A. Physiology
- B. Pathophysiology
- C. Psychology
- D. None of the above

Q#5) The upper chambers of the heart, the atria:

- A. Pumps oxygenated blood out of the heart
- B. Receives unoxygenated from the venous system
- C. Neither of the above

Q#6) The primary structures of the musculoskeletal system include:

- A. Bones
- B. Muscles
- C. Tendons
- D. Ligaments
- E. All of the above

Q#7) The largest organ of the body is the skin. In the adult, the skin covers about:

- A. 3,000 square inches
- B. 1,500 square inches
- C. 2,000 square inches
- D. 2,000 square inches

Q#8) The \_\_\_\_\_ is/are found in an area behind a membrane that lines the abdominal cavity:

- A. Kidneys
- B. Gall Bladder
- C. Small Intestine
- D. Appendix

Q#9) When carrying a patient, to move as a unit, how should you and your partner walk in order to prevent swinging the patient?

- A. Walk in step
- B. Walk out of step
- C. It doesn't matter how you walk

Q#10) When lifting a patient, your feet should be placed:

- A. One in front of the other
- B. Shoulder-width apart
- C. A comfortable distance apart
- D. As close together as possible

Q#11) A condition in which there is an insufficient supply of oxygen in the blood and tissues is:

- A. Hypoxia
- B. Respiratory compromise
- C. Respiratory distress
- D. Apnea

Q#12) The medical term for shortness of breath is:

- A. Apnea
- B. Hypoxia
- C. Dyspnea
- D. Asthma

- Q#13) To select the correct size of an Oropharyngeal Airway (OPA), it should:
- A. Extend from the corner of the mouth to the ear canal on the same side of the face
  - B. Extend from the corner of the mouth to the jaw hinge on the same side of the face
  - C. Extend from the nostril to the ear canal on the same side of the face
  - D. Extend from the corner of the mouth to the earlobe on the same side of the face
- Q#14) Which of the following best describes the oxygen consumption of a normally functioning human being:
- A. The body requires a constant supply of oxygen at 79%
  - B. The body needs a minimum of 10% oxygen to survive
  - C. Each exhaled breath contains approximately 21% carbon dioxide
  - D. Each exhaled breath contains approximately 16% oxygen
- Q#15) The pressure gauge of a full oxygen cylinder will display approximately \_\_\_\_\_ psi:
- A. 500
  - B. 1,500
  - C. 2,000
  - D. 1,000
- Q#16) You should take extra time, at least a full minute when assessing both pulse and breathing on a patient who is a victim of:
- A. Anaphylaxis
  - B. Hypothermia
  - C. Shock
  - D. Snake bite
- Q#17) The "P" in SAMPLE stands for:
- A. Pain
  - B. Pressure
  - C. Past pertinent medical history
  - D. Paralysis
- Q#18) When caring for an unresponsive patient, the \_\_\_\_\_ should be used.
- A. Radial pulse
  - B. Brachial pulse
  - C. Femoral pulse
  - D. Carotid pulse
- Q#19) Cherry red skin indicates the late stages of:
- A. Heat emergency
  - B. Carbon dioxide poisoning
  - C. Carbon monoxide poisoning
  - D. Diaphoresis

- Q#20) Observe for equal expansion of both sides of the chest, any portion that appears to be floating or moving in opposite directions to the rest of chest is called:
- A. Frail chest
  - B. Paradoxical movement
  - C. Guarding
  - D. Accessory muscle use
- Q#21) Blood returning to the heart from the lungs enters the heart at the \_\_\_\_\_.
- A. Left atrium
  - B. Right atrium
  - C. Left ventricle
  - D. Right ventricle
- Q#22) The control center for the respiratory drive is located deep within the brain, in an area called the:
- A. Medulla
  - B. Cerebellum
  - C. Thalamus
  - D. Cerebrum
- Q#23) \_\_\_\_\_ occurs when the person breathes out and eliminates an excess of carbon dioxide.
- A. Asthma
  - B. Hypoxia
  - C. Hyperventilation
  - D. Anxiety
- Q#24) Signs of a stroke can include:
- A. Altered mental status
  - B. Confusion
  - C. Facial droop (one side)
  - D. Dizziness
  - E. All of the above
- Q#25) A severe allergic reaction causes air passages
- A. And blood vessels to dilate
  - B. And blood vessels to constrict
  - C. To dilate and blood vessels to constrict
  - D. To constrict and blood vessels to dilate
- Q#26) \_\_\_\_\_ occurs when the body is in contact with a cool or cold surface such as the ground or when immersed in water.
- A. Radiation
  - B. Convection
  - C. Evaporation
  - D. Conduction

Q#27) When bandaging a limb, start at the \_\_\_\_\_ end and work toward the \_\_\_\_\_ end.

- A. Distal, proximal
- B. Proximal, distal
- C. It doesn't matter where you start

Q#28) To immobilize an injured knee in the straight position, you should:

- A. Secure with soft splints around the knee
- B. Secure using rigid splints on both sides of the knee
- C. Secure a long rigid splint behind the leg extending from the buttocks to beyond the foot

Q#29) The spleen is located in the:

- A. Upper right quadrant
- B. Lower right quadrant
- C. Lower left quadrant
- D. Upper left quadrant

Q#30) Signs and symptoms of abdominal injuries may include:

- A. Pain and/or tenderness
- B. Bruising
- C. Guarding or lying with legs drawn up against the abdomen
- D. Rigid and/or distended abdomen
- E. All of the above

**2019 Southwestern Regional Mine Rescue Contest  
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Written Test Answers – First Aid Competition**

- A#1) B chapter 3, page 41
- A#2) C chapter 3, page 46
- A#3) D chapter 4, page 57
- A#4) B chapter 4, page 63
- A#5) B chapter 4, page 64
- A#6) E chapter 4, page 68
- A#7) A chapter 4, page 73
- A#8) A chapter 4, page 61
- A#9) B chapter 6, page 105
- A#10) C chapter 6, page 99
- A#11) A chapter 9, page 143
- A#12) C chapter 9, page 147
- A#13) D chapter 9, page 161
- A#14) D chapter 10, page 176
- A#15) C chapter 10, page 176
- A#16) B chapter 11, page 206
- A#17) C chapter 12, page 218
- A#18) D chapter 12, page 225
- A#19) C chapter 12, page 233
- A#20) B chapter 13, page 266
- A#21) A chapter 14, page 276
- A#22) A chapter 15, page 290
- A#23) C chapter 15, page 297
- A#24) E chapter 16, page 311
- A#25) D chapter 16, page 324
- A#26) D chapter 17, page 334
- A#27) A chapter 18, page 364
- A#28) C chapter 20, page 426
- A#29) D chapter 22, page 461
- A#30) E chapter 22, page 463