



INTERNATIONAL FIRST AID COMPETITION FOR CADETS 2001

INDIVIDUAL TEST No. 1

TIME ALLOWED – 5 MINUTES

Paper set by Mrs J Logan RGN SCM CED, Commissioner Essex

Question	Answer	Marks Possible	Marks Obt'd	Judges Comments
Name 3 life threatening conditions (2 marks for each)	Could include: <ul style="list-style-type: none"> • Choking • Suffocation • Anaphylactic shock • Heart disorders • Severe bleeding • Head injuries • Unconsciousness 	6		
What is anaphylactic shock?	A serious allergic reaction	3		
Give 2 possible causes of anaphylactic shock (3 marks for each)	Could include: <ul style="list-style-type: none"> • Insect stings • Snake bites • Injecting drugs • Eating certain foods eg peanuts / shellfish 	6		
How can you help a casualty with this condition? (2 marks for each)	<ul style="list-style-type: none"> - Phone an ambulance - Get casualty to hospital quickly - If conscious – put in a comfortable position to assist breathing - If unconscious – ABC - Recovery position if unconscious and breathing 	10		
	TOTAL	25		



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INDIVIDUAL TEST No. 2

TIME ALLOWED – 5 MINUTES

Paper set by Mrs J Logan RGN SCM CED, Commissioner Essex

Question	Answer	Marks Possible	Marks Obt'd	Judges Comments
List 3 possible causes of bleeding from the mouth (2 marks each)	Could include: <ul style="list-style-type: none"> • Biting lip/tongue/cheek • After fall • After fight • Tooth knocked out by accident • Tooth taken out by dentist 	6		
What are your aims of treatment?	<ul style="list-style-type: none"> • To stop bleeding • Keep casualty's airway open 	5		
How can you help someone whose mouth is bleeding? (2 marks each)	<ul style="list-style-type: none"> - Sit casualty down - Lean head forward to injured side - Put gauze pad over wound and get casualty to squeeze between finger and thumb - If bleeding continues replace pad - Tell casualty not to swallow blood - Get casualty to hospital or dentist as necessary - Severe bleeding can cause problems with breathing. ABC and resuscitation if necessary 	14		
	TOTAL	25		



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INDIVIDUAL TEST No. 3

TIME ALLOWED – 5 MINUTES

Paper set by Mrs J Logan RGN SCM CED, Commissioner Essex

Question	Answer	Marks Possible	Marks Obt'd	Judges Comments
What are the most common causes of choking?	<ul style="list-style-type: none"> • Food • Young children putting small toys in their mouths 	4		
What are your aims of treatment?	<ul style="list-style-type: none"> • Remove the obstruction • Keep the airway open 	5		
How would you recognise a casualty who is choking?	<ul style="list-style-type: none"> • Difficulty breathing • Difficulty speaking • Face goes red then blue • They point at or hold their throat • Will to cough something out 	10		
Airway obstruction is often caused by the unconscious casualty's tongue falling to the back of their throat. How may you prevent this from happening?	<p>Open casualty's airway by:</p> <ul style="list-style-type: none"> • Putting 2 fingers under point of chin • Put other hand on forehead • And at same time lift jaw and tilt head back slightly 	6		
	TOTAL	25		



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INDIVIDUAL TEST No. 4

TIME ALLOWED – 5 MINUTES

Paper set by Mrs J Logan RGN SCM CED, Commissioner Essex

Question	Answer	Marks Possible	Marks Obt'd	Judges Comments
In what ways can you as a first aider protect yourself?	<p>The following points must be made to obtain marks:</p> <ul style="list-style-type: none">• Wash hands thoroughly before and after giving first aid• Always wash off any splashed blood with soap and water as soon as possible• Cover sores and wounds you have with a waterproof dressing• Use disposable gloves• Be careful not to prick yourself with needles or broken glass• Wearing gloves, mop up any body fluids from floor or other surfaces• Dispose of used dressing in clinical waste bags or in a safe manner e.g. burning• Talk to your doctor about immunisation against Hepatitis B	<p>3</p> <p>2</p> <p>2</p> <p>2</p> <p>2</p> <p>2</p> <p>2</p> <p>2</p>		
How can you help a casualty to feel safe?	<ul style="list-style-type: none">• Appear in control of yourself and the incident• Act calmly• Be gentle• Do not leave the casualty alone	<p>2</p> <p>2</p> <p>2</p> <p>2</p>		
	<p>TOTAL</p>	<p>25</p>		

