

INTERNATIONAL FIRST AID COMPETITION FOR CADETS 2002
INDIVIDUAL TEST

Team Name _____

Team Member No. 1

1. What is First Aid?

- a) Treatment given at hospital
- b) Treatment only given by a police officer
- c) Emergency help given to an injured person using readily available materials
- d) All of the above

2. The purpose of a dressing is to:-

- a) Prevent further injury
- b) To apply pressure to the injured area
- c) To support the injured area
- d) All of the above

3. A heart attack is caused by:-

- a) Smoking
- b) A blood clot in an artery within the heart
- c) Being overweight
- d) Over exertion

4. Shock is caused by a lack of oxygenated blood to:-

- a) The legs
- b) The arms
- c) The head
- d) The tissues of the body

5. The treatment for a casualty who is conscious, has a chest injury and is suffering from shock is:-

- a) Place casualty in the recovery position
- b) Lay casualty down and raise their legs
- c) Leave casualty in the position that you found them
- d) Sit casualty up against a wall and incline them to the injured side

- 6. You are called to assist a young child who has swallowed bleach. What should you do?**
- a) Give nothing at all by mouth
 - b) Make the child sick
 - c) Give the child sips of water
 - d) Comfort the child until an ambulance arrives
- 7. When applying artificial respiration, if possible, you should:-**
- a) Wash any dirt from the casualty's face
 - b) Stop if the casualty is sick
 - c) Use a face mask, if available
 - d) If casualty has drowned, empty water from the lungs first
- 8. Which of the following is due to a medical condition and not an accident?**
- a) Concussion
 - b) Stroke
 - c) Fractured Skull
 - d) Compression
- 9. In first aid, we refer to the history, signs and symptoms. Which one of the following is the history?**
- a) Asking the casualty what happened
 - b) Looking around at the scene
 - c) Asking the bystander what happened
 - d) All of the above
- 10. If a casualty was bleeding internally into the stomach, which of the following best describes the blood?**
- a) Bright red and frothy when coughed up
 - b) Fresh, bright red blood
 - c) Vomited blood, red or dark reddish brown, resembling coffee grounds
 - d) Red and smoky, mixed with urine
- 11. Why is an unconscious casualty placed in the recovery position?**
- a) To stop the casualty from moving
 - b) To maintain an open airway
 - c) To stop the casualty from vomiting
 - d) To give the first aider something to do

- 12. When you take a casualty's pulse, you are checking:-**
- a) To see if the casualty is conscious
 - b) The rate, rhythm and strength
 - c) The number of breaths per minute
 - d) The rate and depth
- 13. Before commencing C.P.R. you should ensure that there is:-**
- a) No breathing or signs of life (pulse)
 - b) No breathing
 - c) Someone to help you
 - d) No signs of bleeding
- 14. You have a conscious casualty with severe bleeding from the arm. What should you do?**
- a) Apply direct pressure
 - b) Ask the casualty to lie down
 - c) Immediately telephone for an ambulance
 - d) Ask the casualty to apply direct pressure to the wound
- 15. You have a conscious casualty with a fracture of the lower left leg. The ambulance will be ten minutes. What can you do for the casualty while you wait?**
- a) Apply padding around the injured leg
 - b) Raise both legs to treat for shock
 - c) Apply four bandages around the legs
 - d) All of the above
- 16. When checking a casualty's level of response we use a system called The Glasgow Coma Scale. What does The Glasgow Coma Scale look for?**
- a) Speech, Step and Balance Response
 - b) Eye, Verbal and Pain Response
 - c) Eye, Verbal and Motor Response
 - d) Pain, Breaths and Pulse Response.
- 17. The normal body temperature for an adult is:-**
- a) 35 degrees centigrade
 - b) 37 degrees centigrade
 - c) 39 degrees centigrade
 - d) 40 degrees centigrade

- 18. Diabetes is caused by:-**
- a) An insulin imbalance
 - b) Eating too much sugar
 - c) Drinking too much Coca Cola
 - d) All of the above
- 19. You are called to a conscious casualty who has slipped, knocking the base of their skull on a table. From examination you suspect a fractured skull. What other injury may the casualty have sustained?**
- a) Compression
 - b) Headache
 - c) Fractured spine
 - d) All of the above
- 20. When disposing of rubber gloves, you should:-**
- a) Place them in a rubbish bin
 - b) Give them to the ambulance service
 - c) Just throw them away
 - d) Take them off without touching the outer surface, one inside the other
- 21. A casualty has amputated a finger in an accident. What will be your first action?**
- a) Wrap the amputated finger in a clean, moist dressing
 - b) Place the finger in ice
 - c) Treat the bleeding from the stump
 - d) Get medical aid
- 22. You are asked to treat a casualty with a dog bite. What should you do?**
- a) Advise them to seek medical help
 - b) Allow moderate bleeding to cleanse wound
 - c) Wash the wound with soapy water
 - d) All of the above
- 23. Before applying an adhesive dressing you should:-**
- a) Select the largest one
 - b) Ask the casualty if they are allergic to adhesive dressings
 - c) Only use waterproof dressings
 - d) All of the above

24. You are asked to treat a small child who has an embedded object in the ear. You should:-

- a) Advise the parent to take the child to hospital
- b) Try to wash the object out
- c) See if you can pull the object out
- d) Ask the child to turn its head to the injured side to see if the object will fall out

25. Hypoxia is:-

- a) When the casualty is not breathing
- b) Another word for fainting
- c) When insufficient oxygen reaches the body tissues from the blood
- d) An obstruction of the airway

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Team Member No. 2

1. What is the “Golden Hour”?

- a) An hour of the day named after Doctor Bruce Golder
- b) The hour after the casualty reaches hospital
- c) The first hour following life-threatening injuries to a casualty
- d) The last hour of school on Friday

2. The purpose of a bandage is to:-

- a) Support the injured area
- b) To control bleeding
- c) To prevent further injury
- d) All of the above

3. Angina is due to:-

- a) Smoking
- b) Narrowing of the arteries in the heart
- c) Taking part in a marathon
- d) Being overweight

4. Fainting is due to an insufficient supply to the brain of:-

- a) Carbon Dioxide
- b) White blood cells
- c) Blood platelets
- d) Blood flow

5. When treating a casualty for shock, you should NOT allow them to:-

- a) Lie down
- b) Loosen tight clothing around neck and waist
- c) Keep warm
- d) Have a cup of tea

6. You are treating a conscious casualty who has overdosed on pain killing tablets. You should:-

- a) Place the casualty in the recovery position
- b) Keep the casualty awake
- c) Give the casualty water to drink
- d) Make the casualty vomit

- 7. When treating a casualty, it is important to wear gloves because:-**
- a) It stops you getting blood on your hands
 - b) It saves time because you don't have to wash your hands
 - c) It helps to stop the transmission of communicable diseases
 - d) It helps to control bleeding
- 8. With concussion, what has happened to the brain?**
- a) Bleeding has occurred within the brain
 - b) The brain has been shaken
 - c) A blood clot has occurred within the brain
 - d) There is pressure on the brain
- 9. In first aid, we refer to 'signs and symptoms'. Which one of the following is a sign?**
- a) Pain
 - b) Dizziness
 - c) Blurred vision
 - d) Bleeding
- 10. With internal bleeding, which of the following will show blood externally?**
- a) The liver
 - b) The brain
 - c) The lungs
 - d) A closed fracture
- 11. An adult is choking. What is your first action?**
- a) Give the casualty four (4) slaps between the shoulder blades
 - b) Ask the casualty to cough
 - c) Apply four (4) abdominal thrusts to the casualty
 - d) Give the casualty something to drink
- 12. There are two types of muscle in the body. What are they called?**
- a) Impulse and regular
 - b) Voluntary and involuntary
 - c) Contracting and non-contracting
 - d) Stiff and soft

- 13. When applying external chest compressions on an adult, you should push the chest down:-**
- a) 3.8 - 5 cms (1 ½ - 2 inches)
 - b) 2.5 - 4 cms (1 – 1 ½ inches)
 - c) One third of the chest depth
 - d) 6 – 7.5 cms (2 ½ - 3 inches)
- 14. You are treating a conscious casualty with severe external bleeding. You have applied two sterile dressings but the wound is still bleeding. What should you do now?**
- a) Apply indirect pressure
 - b) Remove the dressings and start again
 - c) Tell the casualty it will stop bleeding soon
 - d) Apply a third dressing
- 15. A dislocation is:-**
- a) Where a bone has been pulled out of position
 - b) A locked joint
 - c) Another name for a fracture
 - d) All of the above
- 16. When treating a bruise, you should apply ice for no longer than:-**
- a) 5 minutes
 - b) 10 minutes
 - c) 15 minutes
 - d) 2 minutes
- 17. Heat exhaustion is:-**
- a) When the body temperature rises above 40 degrees centigrade
 - b) A loss of salt water from the body
 - c) When the casualty has not eaten
 - d) When the casualty has not had enough fluid to drink on a hot day
- 18. A strain is:-**
- a) A wrenching or tearing of a muscle
 - b) A twisted ankle
 - c) A wrenching or tearing of ligaments
 - d) A bruising to a muscle

- 19. You are attending an unconscious casualty who has a bleeding nose and also blood mixed with yellow, clear fluid coming from their ear. What do you suspect is wrong with them?**
- a) Fractured spine
 - b) Compression
 - c) Fractured skull
 - d) All of the above
- 20. When treating a nose bleed, you should:-**
- a) Place ice on the casualty's nose
 - b) Ask the casualty to pinch their nose and put their head back
 - c) Lean the casualty forward and hold a bowl under their nose until it stops bleeding
 - d) Ask the casualty to pinch their nose and lean their head forward
- 21. Emergency scene management:-**
- a) Will change depending on the situation
 - b) Is only carried out in serious situations
 - c) Must always follow the same steps
 - d) Is carried out by the police
- 22. A diabetic casualty comes to you for help. The casualty is confused about what they need. You should:-**
- a) Give insulin
 - b) Give water
 - c) Give nothing by mouth
 - d) Give something sweet (e.g. Coca Cola, Mars bar etc.)
- 23. When measuring a baby's pulse, we check it in:-**
- a) The neck (carotid pulse)
 - b) The upper arm (brachial pulse)
 - c) The wrist (radial pulse)
 - d) The foot (paedal pulse)
- 24. Croup is a breathing disorder which affects:-**
- a) Very young children
 - b) Teenagers
 - c) Adults
 - d) Elderly people

25. What does the abbreviation E.S.M. stand for?

- a) Emergency Medical System
- b) Emergency Scene Monitoring
- c) Emergency Scene Management
- d) Emergency Scene Medic

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Team Member No. 3

1. **What is the first thing you do at the scene of an accident?**
 - a) Check the airway
 - b) Check the circulation
 - c) Assess the scene for danger
 - d) Check the breathing

2. **When tying a bandage, you should always use a reef knot because:-**
 - a) It does not slip
 - b) It is easy to tie
 - c) It is not easy to undo
 - d) All of the above

3. **Your treatment for a casualty with an angina attack would be:-**
 - a) Give the casualty an aspirin
 - b) Allow the casualty to take their own medication
 - c) Give the casualty sips of water
 - d) Advise the casualty to go home

4. **What treatment would you give a casualty who has fainted?**
 - a) Sit them down and place their head between their legs
 - b) Give them sips of water
 - c) Fan them
 - d) Raise their legs

5. **What is meant by a complicated fracture?**
 - a) A bone is broken and protrudes through the skin
 - b) A bone is broken and there is no other injury
 - c) A bone is broken and there is a wound
 - d) A bone is broken and pierces an internal organ

6. **In gas poisoning, gas is taken into the body by:-**
 - a) Inhalation
 - b) Absorption
 - c) Entry through the mouth
 - d) Injection

- 7. While treating a casualty, when should you wear rubber gloves?**
- a) If the casualty is bleeding
 - b) If a casualty has fractured bones
 - c) On all casualties
 - d) If a casualty has burns
- 8. A casualty suffers a blow to the head and has concussion but has not been unconscious. You should:-**
- a) Advise them to go home but see their doctor
 - b) Advise them to get medical help immediately
 - c) Give them an aspirin if they have a headache
 - d) Advise them to rest at home
- 9. You find a 'medic alert' bracelet on a casualty. What kind of information does this provide?**
- a) The casualty's name
 - b) The casualty's address
 - c) What is wrong with the casualty now
 - d) The casualty's previous medical history and on-going medical conditions
- 10. The signs and symptoms of internal bleeding are similar to which other condition?**
- a) Diabetes
 - b) Anaphylactic shock
 - c) Shock
 - d) Concussion
- 11. You are babysitting for your brother who is ten months old. He starts choking. You should:-**
- a) Start rescue breathing
 - b) Give back slaps, followed by chest thrusts
 - c) Grab the baby by the feet and shake him
 - d) Apply abdominal thrusts
- 12. What is the purpose of ligaments?**
- a) To hold bones together
 - b) To lubricate the joints
 - c) To cushion the bone ends
 - d) To provide the strongest muscles in the body

- 13. You have discovered a trauma casualty who is not breathing and you are on your own. You should:-**
- a) Go for help straight away
 - b) Resuscitate for a minute before going for help
 - c) Commence resuscitation until help arrives
 - d) Place the casualty in the recovery position and then go for help
- 14. With an unconscious casualty, you should check the breathing for:-**
- a) Up to five (5) seconds
 - b) Up to fifteen (15) seconds
 - c) Up to seven (7) seconds
 - d) Up to ten (10) seconds
- 15. The signs and symptoms of a superficial burn are:-**
- a) Pain, redness, swelling and tenderness
 - b) Pain, blisters, redness, fluid loss and swelling
 - c) Pain, layers of skin and nerves are damaged and charring has occurred
 - d) All of the above
- 16. Your casualty does not respond when you gently shake them and ask what has happened. You should:-**
- a) Give the casualty two rescue breaths
 - b) Place the casualty into the recovery position
 - c) Open the airway
 - d) Check for a pulse
- 17. You are first at school when your teacher has an epileptic seizure. You should first:-**
- a) Protect the casualty from injury
 - b) Place the casualty in the recovery position
 - c) Place a blanket over the casualty
 - d) Try and restrain the casualty
- 18. If you apply a bandage to a casualty's arm, you should check the circulation every:-**
- a) Few minutes
 - b) Five (5) minutes
 - c) Twenty (20) minutes
 - d) Fifteen (15) minutes

19. When applying external chest compressions, how many compressions should you aim to apply in one (1) minute?

- a) Eighty (80)
- b) Ninety (90)
- c) One hundred (100)
- d) One hundred and twenty (120)

20. When we breathe, the exchange of gases in the blood takes place in the:-

- a) Windpipe (trachea)
- b) Bronchioles
- c) Bronchi
- d) Alveoli (air-sacs)

21. A sprain is:-

- a) Wrenching or tearing of a muscle
- b) A twisted ankle
- c) Wrenching or tearing of a ligament
- d) Bruising of a muscle

22. Your casualty is displaying signs of anaphylactic shock. You should:-

- a) Call for an ambulance
- b) Allow the casualty to take their medication
- c) Sit the casualty up to ease their breathing
- d) All of the above

23. Brain damage may occur if a casualty is not breathing for more than:-

- a) One (1) minute
- b) More than four (4) minutes
- c) Six (6) minutes
- d) Ten (10) minutes

24. The shoulder has a:-

- a) Ball and socket joint
- b) Hinge joint
- c) Flexible joint
- d) A slightly moveable joint

25. What is the 'Chain of Survival'?

- a) Early CPR, early access, early defibrillation, early advanced care
- b) Early access, early defibrillation, early CPR, early advanced care
- c) Early access, early CPR, early defibrillation, early advanced care
- d) Early defibrillation, early access, early CPR, early advanced care

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Team Name _____

Team Member No. 4

1. **Being the first to reach an incident and having ensured the area is safe, what should you do next?**
 - a) Send a bystander for help
 - b) Check the breathing
 - c) Check the response of the casualty
 - d) Check the airway

2. **A dressing should be:-**
 - a) Sterile
 - b) Airtight
 - c) Something that will stick to a wound
 - d) All of the above

3. **You are treating a conscious casualty who you suspect has had a heart attack. You should:-**
 - a) Place the casualty into the recovery position
 - b) Sit the casualty against a wall and bend their knees
 - c) Advise the casualty to visit their doctor
 - d) Give the casualty a cup of tea

4. **The treatment for shock in a conscious casualty is:-**
 - a) Lay the casualty down and raise their legs
 - b) Cover with a blanket
 - c) Plenty of reassurance
 - d) All of the above

5. **A fracture can be caused by:-**
 - a) Tying a bandage too tight
 - b) A cut
 - c) A direct blow to the abdomen
 - d) Direct force

6. **When stung by a bee, the sting enters the body by:-**
 - a) Injection
 - b) Inhalation
 - c) Absorbed through the skin
 - d) By the mouth

7. An incised wound is caused by:-

- a) A blunt instrument
- b) A needle
- c) A sharp knife
- d) A bullet

8. An unconscious casualty has a history of a blow to the head. Their face is flushed, their pulse is full and bounding. What do you suspect the diagnosis to be?

- a) Fractured skull
- b) Compression
- c) Concussion
- d) A stroke

9. The radial pulse is found in:-

- a) The neck
- b) The back of the heel
- c) The upper arm
- d) The wrist

10. If a casualty is coughing up bright red frothy blood, what organ would you suspect the blood is coming from?

- a) The stomach
- b) The liver
- c) The lungs
- d) The kidneys

11. How much blood does the average adult have in their circulation?

- a) Five (5) litres
- b) Six (6) litres
- c) Seven (7) litres
- d) Eight (8) litres

12. When a casualty is hyperventilating, they are:-

- a) Breathing very slowly
- b) Breathing too fast or over breathing
- c) Not breathing at all
- d) Breathing normally

- 13. Your casualty is not breathing. You have attempted two (2) breaths but the chest does not rise. What do you do next?**
- a) Re-adjust the head and try another two (2) breaths
 - b) Give up, because the casualty is dead
 - c) Leave the casualty and get help
 - d) Carry on with resuscitation procedures regardless
- 14. Your casualty has a piece of dirt in their eye. You should:-**
- a) Ask the casualty to rub their eye
 - b) Bandage both eyes and send the casualty to hospital
 - c) Tell the casualty to blink until the dirt comes out
 - d) Use a clean, moist corner of a tissue to remove the dirt
- 15. Which of the following should NOT be applied to a burn?**
- a) 'Burn' ointment
 - b) Water
 - c) A clean, dry dressing
 - d) A plastic bag
- 16. Your baby sister suddenly has a seizure and her body temperature is above forty (40) degrees centigrade. What should you do?**
- a) Place her in the recovery position
 - b) Place something in her mouth to stop her biting her tongue
 - c) Remove clothing and bathe with tepid water
 - d) Give her a junior aspirin
- 17. You are called to an unconscious casualty who has fallen from a ladder onto their back. What should you do?**
- a) Place a blanket over the casualty
 - b) Maintain an open airway
 - c) Move the casualty to a safe place
 - d) Commence rescue breathing
- 18. Following an accident, the casualty has a penetrating wound to the chest. Your first aim will be to:-**
- a) Seal the wound
 - b) Treat the casualty for shock
 - c) Sit the casualty up to help with breathing
 - d) Leave the casualty while you phone for an ambulance

19. When carrying out combined rescue breathing and external chest compressions (C.P.R.) how many breaths to compressions should we do?

- a) Two (2) breaths to ten (10) compressions
- b) Ten (10) breaths to fifteen (15) compressions
- c) Two (2) breaths to fifteen (15) compressions
- d) Fifteen (15) breaths to two (2) compressions

20. The average pulse rate for an adult at rest is:-

- a) Fifty (50) to seventy (70) beats per minute
- b) Ninety (90) to one hundred and ten (110) beats per minute
- c) Seventy (70) to ninety (90) beats per minute
- d) Sixty (60) to eighty (80) beats per minute

21. When treating a soft tissue injury, we use the abbreviation R.I.C.E. What does this abbreviation stand for?

- a) Rest, Ice, Compression, Elastoplast
- b) Raise, Ice, Compression, Elevation
- c) Rest, Ice, Compression, Elevation
- d) Rest, Ice, Compensate, Elevation

22. A full-face motor cyclist's helmet should only be removed if:-

- a) You suspect a spinal injury
- b) You need to check the pupils
- c) Should never be removed
- d) You cannot maintain an open airway

23. When the body loses heat, it is called hypothermia. Which of the following are especially at risk of this?

- a) Teenagers
- b) The elderly
- c) Firemen
- d) Middle-aged people

24. When carrying out external chest compressions on a child, you press the chest down:-

- a) Two (2) to Four (4) cms (1 – 1 ½ inches)
- b) One quarter of the depth of the chest
- c) Half of the depth of the chest
- d) Four (4) to Five (5) cms (1 ½ - 2 inches)

25. Your casualty has an embedded object in their arm. They are conscious. To apply pressure, do you:-

- a) Ask the casualty to put their hand over the wound
- b) Apply direct pressure yourself over the wound
- c) Ask the casualty to put pressure around the wound
- d) Apply pressure yourself to each side of the wound