

INTERNATIONAL CADET FIRST AID COMPETITION 2003

Written Test One - Page 1 of 3

Circle the letter of the best answer on the answer sheet provided. Do not write on this booklet.

1. The first step a First Aider takes when approaching an accident scene is to...
 - a. Make the area safe for themselves
 - b. Call out for help
 - c. Take charge
 - d. Count the number of casualties

2. In first aid and CPR a casualty is considered a child when they are...
 - a. From one to eight years old
 - b. From birth to one year old
 - c. From birth to eight years old
 - d. From one to ten years old

3. In first aid when we get a history we are looking for
 - a. All the information about the emergency situation
 - b. Any past medical information about the casualty
 - c. The cultural background of the casualty
 - d. What the casualty was feeling at the time of the accident

4. A person is said to be choking if they...
 - a. Have swallowed a foreign object and begin to cough
 - b. Are having trouble breathing during a meal
 - c. Have been eating and the food goes down the wrong way
 - d. Have a completely blocked airway

5. When a pregnant woman is choking you should...
 - a. Lie her flat on her back
 - b. Perform chest thrusts on the lower half of the breast bone
 - c. Landmark just above the belly
 - d. Landmark as high on the chest as possible to avoid the belly

6. Hypoxia is...
 - a. A restriction of oxygen to the brain
 - b. Reduced oxygen flow to the lungs
 - c. A lack of oxygen in the blood
 - d. Excess oxygen in the blood

7. A pneumothorax is...
 - a. The result of an injury to the neck which impairs breathing
 - b. The result of an injury where air gets into the chest cavity
 - c. An injury to one of the 12 thoracic vertebrae
 - d. An internal injury to the lungs

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8. When checking for circulation you must check for up to...
 - a. 15 seconds
 - b. 8 seconds
 - c. 10 seconds
 - d. 5 seconds

9. With an open wound, the risk of infection is...
 - a. Expected
 - b. Controlled
 - c. Low
 - d. High

10. When controlling bleeding, "RED" stands for...
 - a. Rest, Elevation, Direct Pressure
 - b. React, Evaluate, Direct Pressure
 - c. Rest, Evaluate, Direct Pressure
 - d. React, Elevation, Direct Pressure

11. When someone has a nose bleed they should...
 - a. Put their head back
 - b. Lean forward
 - c. Lie down on a flat surface
 - d. Lie down with feet elevated

12. A transverse fracture occurs when...
 - a. The broken bone causes internal damage
 - b. The bone is broken straight across
 - c. The bone is broken by twisting
 - d. The bone is broken on a steep angle

13. A sprain occurs when...
 - a. Surfaces of a joint are no longer in proper contact
 - b. A crack or break in a bone is present
 - c. There is an injury to a muscle
 - d. There is an injury to a ligament

14. A concussion is...
 - a. Bleeding from the brain
 - b. Excess pressure on some part of the brain
 - c. Temporary disturbance of brain function
 - d. Always caused when there is a skull fracture

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15. When supporting the head and neck for a suspected spinal injury, ensure that...
- Ears are completely covered
 - Fingers are along the jaw line
 - Head is turned for drainage
 - Tongue is secured using your thumb
16. A sunburn is what type of burn?
- Heat
 - Thermal
 - Electrical
 - Chemical
17. When someone has a third degree burn there is...
- Extreme pain
 - Tenderness in the burned area
 - Severe pain in the surrounding area
 - Little or no pain
18. Normal core body temperature is...
- 37°C
 - 37.5°C
 - 36°C
 - 36.5°C
19. Skin with frostbite looks...
- White and waxy
 - Blue and shiny
 - White and damp
 - Blue and dry
20. A person in Insulin shock...
- Has eaten too much food
 - Will likely improve if they eat sugar
 - Will have sweet smelling breath
 - Will have a weak pulse

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Circle the letter of the best answer on the answer sheet provided. Do not write on this booklet.

1. The first step in Emergency Scene Management is...
 - a. Primary survey
 - b. Casualty Care
 - c. Scene Survey
 - d. Secondary Survey

2. A casualty is considered to be an adult if they are...
 - a. Over the age of eight
 - b. Over the age of eighteen
 - c. Over 5 foot tall
 - d. Over the age of ten

3. Vital signs show
 - a. The basic condition of the casualty
 - b. The vital information about the incident
 - c. The history of the incident
 - d. How the casualty feels

4. If a person has a partially blocked airway you should...
 - a. Begin first aid for a choking casualty
 - b. Pat the casualty forcefully on the back
 - c. Immediately call for medical aid
 - d. Stand by and encourage them to cough

5. When a choking casualty goes unconscious you must first...
 - a. Ensure they fall on their side so you can keep patting their back
 - b. Immediately call for medical aid
 - c. Straddle them and begin abdominal thrusts
 - d. Check the mouth for foreign objects

6. A normal breathing rate for an infant is
 - a. 10-20 breaths per minute
 - b. 20-30 breaths per minute
 - c. 30-50 breaths per minute
 - d. At least 50 breaths per minute

7. A flail chest results when...
 - a. A bee sting causes a breathing emergency
 - b. Several ribs in the same area are broken in more than one place
 - c. A stroke victim is placed at rest on the wrong side
 - d. A casualty cannot catch his/her breath

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8. When checking a pulse on an infant you should use the...
 - a. Carotid pulse
 - b. Radial pulse
 - c. Brachial pulse
 - d. Pedal pulse

9. With a closed wound the risk of infection is...
 - a. High
 - b. Controlled
 - c. Expected
 - d. Low

10. Before bandaging, first you must check...
 - a. Circulation above and below
 - b. Knots aren't too tight
 - c. Casualty's age
 - d. Bleeding limb is kept low

11. When there is an injury to the eye you should...
 - a. Bandage only the affected eye
 - b. Bandage both eyes
 - c. Ensure direct pressure to control bleeding
 - d. Keep eye open when bandaging

12. An oblique fracture occurs when...
 - a. A bone is broken by twisting
 - b. A bone is broken on a steep angle
 - c. A bone is broken straight across
 - d. A bone is broken but not right through

13. A dislocation occurs when...
 - a. There is an injury to a ligament
 - b. A crack or break in a bone is present
 - c. There is an injury to a muscle
 - d. Surfaces of a joint are no longer in proper contact

14. A compression is...
 - a. Always caused when there is a skull fracture
 - b. Bleeding from the brain
 - c. Excess pressure on some part of the brain
 - d. Temporary disturbance of brain function

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15. In the case of an injured collarbone, weight should be transferred...
- To the shoulder
 - To the uninjured side
 - To the upper back
 - To the injured side
16. In a second degree burn...
- Only the top layer of skin is damaged
 - Two layers of skin are damaged
 - The skin and tissue below it are damaged
 - The skin and muscle below it are damaged
17. You know someone has a third degree burn if...
- Skin is pink to red
 - Skin looks raw
 - Skin contains blisters
 - Skin is dry and leathery
18. The body cannot function properly if the core temperature drops more than...
- 2°C
 - 3°C
 - 4°C
 - 5°C
19. Heat cramps occur when...
- A person loses water and salt through sweating
 - Circulation is impaired by too much sweating
 - Body temperature rises too quickly
 - The body stops sweating
20. A person in diabetic coma...
- Took too much insulin
 - Should improve if given insulin
 - Has sweaty, pale skin
 - May go unconscious very quickly

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Written Test Three - Page 1 of 3

Circle the letter of the best answer on the answer sheet provided. Do not write on this booklet.

1. Signs and Symptoms are important when establishing what is wrong with your casualty. Signs are...
 - a. Something that the casualty has to tell you about
 - b. Part of the history of why the accident happened
 - c. Something that you see as a First Aider
 - d. Always obvious to the injured person

2. The term "implied consent" applies when...
 - a. The casualty refuses your help but then goes unconscious
 - b. The casualty refuses your help but is in obvious need of help
 - c. The casualty asks for your help
 - d. The parent of an infant asks for your help

3. Shock is a condition in which...
 - a. The body's tissues don't get enough blood
 - b. Electricity has passed through the body causing a shock
 - c. A person has been startled by an event
 - d. A seizure has occurred

4. When a choking child cannot breathe you...
 - a. Try to find their parent or guardian
 - b. Lie them on the ground and begin abdominal thrusts
 - c. Pat him/her on the back vigorously to dislodge the blockage
 - d. Begin procedures for a completely blocked air way

5. The Heimlich manoeuvre works...
 - a. By compressing the lungs and forcing a cough
 - b. By pushing up on the diaphragm to force a cough
 - c. By Squeezing the ribs to force a cough
 - d. By compressing the lungs to push air up

6. Hypoxia may be caused by...
 - a. A severe shock
 - b. Holding the breath, in children
 - c. Abnormal heart and lung function
 - d. Heavy breathing after running

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7. You know someone has suffered a flail chest if...
 - a. They are leaning back and breathing deeply
 - b. They exhibit unbalanced chest movement
 - c. Touching the chest causes them to hiccup
 - d. Padding the area increases pain and discomfort

8. When performing Artificial Respiration on an infant you must breathe into the casualty...
 - a. Once every 5 seconds
 - b. Once every 4 seconds
 - c. Once every 3 seconds
 - d. Once every 2 seconds

9. Blood from a Venous bleed is...
 - a. Blue
 - b. Frothy
 - c. Bright Red
 - d. Dark Red

10. In the case of an amputation, the amputated part should be...
 - a. Wrapped in a clean moist dressing
 - b. Wrapped in a clean dry dressing
 - c. Put into a bag of ice
 - d. Put into a bag of cold water

11. Cold compresses should be used...
 - a. On an open injury
 - b. As soon as possible after the injury
 - c. On an unconscious casualty
 - d. When circulation is impaired

12. A complicated fracture occurs when...
 - a. A bone is broken but not all the way through
 - b. A broken bone causes internal damage
 - c. A bone is broken by twisting
 - d. A bone is broken straight across

13. A fracture occurs when...
 - a. There is an injury to a ligament
 - b. Surfaces of a joint are no longer in proper contact
 - c. There is an injury to a muscle
 - d. A crack or break in a bone is present

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14. The spinal column is separated into 5 sections, their names, starting at the top, in order are...
- Coccyx, Sacral, Lumbar, Thoracic, Cervical
 - Sacral, Coccyx, Lumbar, Cervical, Thoracic
 - Cervical, Thoracic, Lumbar, Sacral, Coccyx
 - Cervical, Lumbar, Thoracic, Sacral, Coccyx
15. When a joint is fractured it must be bandaged
- In the position of function
 - In the position of greatest comfort
 - In the position found
 - In the position easiest to bandage
16. In a First Degree burn...
- Skin and tissue is damaged
 - The first layer of skin is damaged
 - Two layers of skin are damaged
 - Muscle below the skin is damaged
17. When treating a burn be sure that you...
- Break blisters before bandaging
 - Remove all clothing in the area of the burn
 - Use clean, dry, cotton dressings
 - Do not touch or breathe on the area
18. Hypothermia occurs when the body's core temperature is reduced by at least...
- 2°C
 - 3°C
 - 4°C
 - 5°C
19. Classic Heatstroke occurs when...
- The body's temperature control mechanisms fail and sweating stops
 - The body's temperature rises rapidly and sweating is profuse
 - Physical exertion in high temperatures results in heavy sweating
 - The body's temperature falls rapidly and sweating stops
20. During a seizure emergency, the first aider should...
- Protect and restrict the casualties movements
 - Not put anything in the mouth of the casualty
 - Place casualty into recovery during seizure to drain fluid from mouth
 - Give casualty a sweet drink after the seizure

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Written Test Four - Page 1 of 3

Circle the letter of the best answer on the answer sheet provided. Do not write on this booklet.

1. Signs and Symptoms are important when establishing what is wrong with your casualty. Symptoms are...
 - a. Something that you see as a First Aider
 - b. Part of the history of why the accident happened
 - c. Something that the casualty has to tell you about
 - d. Always obvious to the injured person

2. In the case of an infant needing first aid you...
 - a. Must get consent when a parent or guardian is present
 - b. May help regardless of consent as the baby is more important
 - c. Must ensure a parent or guardian is present before beginning any first aid
 - d. May never assume implied consent

3. When a person is in shock they may ...
 - a. Feel dizzy and confused
 - b. Be hot and dry
 - c. Have red extremities
 - d. Have a bounding slow pulse

4. When giving the Heimlich manoeuvre you should...
 - a. Begin by land marking on the upper chest
 - b. Begin by having the casualty sit down
 - c. Continue until the casualty asks you to stop
 - d. Continue until the blockage is released or the person goes unconscious

5. When an infant is choking you landmark...
 - a. With two fingers under the diaphragm
 - b. Just below the nipple line on the breast bone
 - c. One finger width above the Xiphoid Process
 - d. Three finger widths below the Xiphoid Process

6. A normal breathing rate for a child is
 - a. at least 50 breaths per minute
 - b. 10-20 breaths per minute
 - c. 20-30 breaths per minute
 - d. 30-50 breaths per minute

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7. Cyanosis is..
 - a. A bright red flushed face
 - b. A bluish colour in the face
 - c. An infection in the lungs
 - d. An infection in the eye

8. When performing Artificial Respiration on a child...
 - a. Breath into the casualty for 2-2½ seconds
 - b. Breath into the casualty for 1½ -2 seconds
 - c. Breath into the casualty for 1-1½ seconds
 - d. Breath into the casualty for ½ -1 seconds

9. In Arterial bleeding the blood is...
 - a. Frothy
 - b. Blue
 - c. Dark Red
 - d. Bright Red

10. A ring pad may be used on...
 - a. A short imbedded object
 - b. A protruding bone end
 - c. A large imbedded object
 - d. An open wound

11. Cold compresses should be used...
 - a. At the site of an imbedded object
 - b. To control pain and swelling
 - c. When circulation is impaired
 - d. Even if casualty develops hives

12. A greenstick fracture occurs when...
 - a. A bone is broken by twisting
 - b. A bone is not broken right through
 - c. A bone is broken straight across
 - d. A bone is broken on a steep angle

13. When treating bone, joint and muscle injuries we use R.I.C.E.; this stands for...
 - a. Rest Ice Compression Evaluation
 - b. Rest Initiate Compression Evaluation
 - c. React Initiate Console Evaluation
 - d. Rest Ice Compression Elevation

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14. The spinal column is split into...
 - a. 4 regions
 - b. 3 regions
 - c. 5 regions
 - d. 6 regions

15. When bandaging a fracture you must check circulation...
 - a. At the site of the fracture
 - b. Before and after bandaging
 - c. After bandaging
 - d. Before bandaging

16. An open flame would cause...
 - a. A radiation burn
 - b. A heat or thermal burn
 - c. A chemical burn
 - d. An electrical burn

17. In the case of an electrical burn, be sure that...
 - a. You are wearing rubber soled shoes
 - b. You do not touch the source of the electricity
 - c. You move the casualty away from the electricity before treating
 - d. You turn of electricity at the source before treating

18. Severe Hypothermia can be recognized when...
 - a. Shivering has stopped
 - b. Shivering is severe and uncontrollable
 - c. Casualty is irrational and sleepy
 - d. Casualty's speech begins to slur

19. A person hit by lightening,
 - a. May have been thrown, suspect a spinal
 - b. Is unsafe to touch because of electrical charge
 - c. Should be moved immediately out of the storm
 - d. Will not have burns, the charge flows out

20. If an infant is suffering from a fever, they should be
 - a. Immersed in a tub of cool water
 - b. Sponged with lukewarm water
 - c. Administered aspirin
 - d. Should be kept undressed and wet

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ANSWER KEY FOR MARKING

1. A B **C** D

11. A **B** C D

2. **A** B C D

12. A **B** C D

3. **A** B C D

13. A B C **D**

4. A B C **D**

14. A B **C** D

5. A **B** C D

15. A **B** C D

6. A B **C** D

16. A **B** C D

7. A **B** C D

17. A B C **D**

8. A B **C** D

18. **A** B C D

9. A B C **D**

19. **A** B C D

10. **A** B C D

20. A **B** C D

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ANSWER SHEET

CADET NAME: _____ TEAM NAME: _____

1. A B C D

11. A B C D

2. A B C D

12. A B C D

3. A B C D

13. A B C D

4. A B C D

14. A B C D

5. A B C D

15. A B C D

6. A B C D

16. A B C D

7. A B C D

17. A B C D

8. A B C D

18. A B C D

9. A B C D

19. A B C D

10. A B C D

20. A B C D