

## International Cadet First Aid Competition 2004

Team: \_\_\_\_\_

Individual Test No: **1**

Time Allowed: 10 minutes

Paper Set by Mrs. E. Cargill RGN

Question	Answer	Marks Possible	Marks Obtained	Judges Comments
The skeleton is made up of about 200 separate bones. What is the purpose of the skeleton therefore?	<ul style="list-style-type: none"> <li>• Supports the weight of the body</li> <li>• Gives us our shape</li> <li>• Protects important organs</li> <li>• Allows us to move by providing attachment for muscles</li> </ul>	3  3  3		
What is a "joint"?	Joining point of two or more bones allowing for movement	1		
There are 4 main types of joints - name and describe each one and give an example of each type	<ul style="list-style-type: none"> <li>• Hinge Joints - only moves in one direction e.g. elbow/knee</li> <li>• Ball and Socket Joints - move in a circular movement e.g. shoulder/hip</li> <li>• Slightly moveable joint - only allow slight movement e.g. spine/vertebrae</li> <li>• Fixed Joint - where edges of bones fuse together and do not move e.g. pelvis/skull</li> </ul>	3  3  3		
	Total	25		

## International Cadet First Aid Competition 2004

Team: \_\_\_\_\_

Individual Test No: **2**

Time Allowed: 10 minutes

Paper Set by Mrs. E. Cargill RGN

Question	Answer	Marks Possible	Marks Obtained	Judges Comments
What are the most common causes of choking?	<ul style="list-style-type: none"> <li>• Food</li> <li>• Talking while eating</li> <li>• Young children putting small toys in their mouths</li> </ul>	2 1 1		
What are your aims of treatment of choking?	<ul style="list-style-type: none"> <li>• Remove obstruction</li> <li>• Keep the airway open</li> </ul>	5		
How would you recognize a casualty who is choking?	<ul style="list-style-type: none"> <li>• Difficulty breathing</li> <li>• Difficulty speaking</li> <li>• Face goes red then blue</li> <li>• They point at or hold their throat</li> <li>• Will or Attempt to cough something out</li> </ul>	2 2 2 2 2		
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?	Open casualty's airway by: <ul style="list-style-type: none"> <li>• Putting 2 fingers under point of chin</li> <li>• Put other hand on forehead</li> <li>• And at same time lift jaw and tilt head back slightly</li> </ul>	2 2 2		
	Total	25		

## International Cadet First Aid Competition 2004

Team: \_\_\_\_\_

Individual Test No: **3**

Time Allowed: 10 minutes

Paper Set by Mrs. E. Cargill RGN

Question	Answer	Marks Possible	Marks Obtained	Judges Comments
List 3 possible causes of bleeding from the mouth	Could include: <ul style="list-style-type: none"> <li>• Bitting lip/tongue/cheek</li> <li>• Tooth knocked out by accident</li> </ul>	3  3		
What are your aims of treatment of bleeding from the mouth?	<ul style="list-style-type: none"> <li>• Stop bleeding</li> <li>• keep casualty's airway open</li> </ul>	2 3		
How can you help someone whose mouth is bleeding?	<ul style="list-style-type: none"> <li>• Sit casualty down</li> <li>• Lean head forward to injured side</li> <li>• Put gauze pad over wound and get casualty to squeeze between finger and thumb</li> <li>• replace pad if bleeding continues</li> <li>• tell casualty not to swallow blood</li> <li>• get casualty to hospital or dentist as necessary</li> <li>• sever bleeding can cause problems with breathing, ABC and AR if necessary</li> </ul>	2 2 2  2 2 2 2		
	Total	25		

## International Cadet First Aid Competition 2004

Team: \_\_\_\_\_

Individual Test No: **4**

Time Allowed: 10 minutes

Paper Set by Mrs. E. Cargill RGN

Question	Answer	Marks Possible	Marks Obtained	Judges Comments
In what ways can you as a first aider protect yourself?	<p>The following points are to be made to obtain marks:</p> <ul style="list-style-type: none"> <li>• Wash hands thoroughly before and after giving first aid</li> <li>• always wash off any splashed blood with soap and water as soon as possible</li> <li>• cover sores and wounds you have with a waterproof dressing</li> <li>• use disposable gloves</li> <li>• be careful not to prick yourself with needles or broken glass</li> <li>• wearing gloves, mop up any body fluids from floor or other surfaces</li> <li>• dispose of used dressing in clinical waste bags or in a safe manner</li> <li>• talk to your doctor about immunization</li> </ul>	3  2  2  2  2  2		
How can you help a casualty to feel safe?	<ul style="list-style-type: none"> <li>• Appear in control of yourself and the incident</li> <li>• act calmly</li> <li>• be gentle</li> <li>• do not leave the casualty alone</li> </ul>	2  2  2		
	Total	25		

