

St. John Ambulance International Cadet Competition 2005 Individual Written Test

Papers set By Mr. Lucas Ouma, Kenya

Time Allowed 15 Minutes

Total Marks 25

Circle the letter which best answers the following.

1. Which of the following is **true**?
 - A. At the site of a car accident, you give First Aid without assessing the safety to yourself and the casualty.
 - B. When approaching an emergency scene, the first thing you should do is take charge and try to get someone to help.
 - C. Before you touch an injured person, ask if you can help.
 - D. If you think a casualty's neck has been hurt, ask the casualty to lie on his side.

2. Which of the following is a sign?
 - A. A casualty tells you he feels hot.
 - B. A man tells you that he has cut his finger.
 - C. A casualty's skin is cold and clammy to the touch.
 - D. You see an empty container of sleeping pills near an unconscious person.

3. In an overcrowded room, a person tells you he feels faint and sick what should you do?
 - A. Tilt his head back and press a cold towel on his forehead.
 - B. Obtain medical help immediately.
 - C. Let him lie on his side.
 - D. Open the windows and door.

4. Which statement indicates there is **no** breathing emergency?
- A. No chest movement when you watch for breathing.
 - B. A great effort needed to breathe, making the casualty very tired.
 - C. The chest expands and relaxes with ease.
 - D. Rapid irregular chest movements.
5. A cook cuts his forearm with a sharp knife and is bleeding heavily. The following action is a priority:
- A. Tell the casualty to press firmly on the wound, raise his arm and lie him down. Then go for a First Aid kit
 - B. Place several layers of dressings on the wound.
 - C. Lower the casualty's arm below heart level.
 - D. Shout for help.
6. A completely amputated part should be;
- A. Placed in a container with warm water to maintain body temperature.
 - B. Identify with the name of the First Aider and the care given to the Casualty.
 - C. Rush the patient to a hospital.
 - D. Wrapped in a sterile dressing and kept on ice.
7. Which of the following statement is **false**?
- A. When giving artificial respiration, one should consider age and size of the child.
 - B. A breathing rate of 20-30 breaths per minute is normal for a child.
 - C. The pulse and breathing rates of children and adults are the same.
 - D. When you are alone with a non-breathing child, continue artificial respiration for one minute before calling the emergency services.
8. Which of the following statement is **true**?
- A. Artificial respiration is an essential part of Cardiopulmonary Resuscitation (CPR).
 - B. The first step to restore breathing is to blow in to the nose. .
 - C. Call for medical help if you are alone with an unresponsive baby.
 - D. You should use only one hand to give chest compressions to a baby.
9. Which of the following could lead to heart disease?
- A. Non-smoking environment.
 - B. Exercises.
 - C. Eating food high in fat and calories.
 - D. Maintain recommended body weight

10. Which of the following is **not** a sign or a symptom of Angina?
- A. A tingling sensation in the hands and feet
 - B. Breathing difficulty.
 - C. Frightened and anxious casualty.
 - D. The casualty's insistence that it is a stomach upset.
11. Which of the following condition requires CPR?
- A. Breathing unresponsive casualty.
 - B. A non breathing casualty without a pulse
 - C. Choking casualty with difficulty in breathing.
 - D. Breathless casualty with a pulse.
12. How do you manage a suspected case of stroke who is conscious and has difficulty in speaking?
- A. Tell him to speak clearly.
 - B. Give him a glass of water to drink.
 - C. Position him on his back.
 - D. Instruct someone to call for an ambulance.
13. Which of the following statement is **false** with regard to a Secondary Survey?
- A. To discover any immediate danger.
 - B. To check each part of casualty's body for signs of injuries before transport.
 - C. Can be done in any sequence.
 - D. Cannot find details of injuries and illnesses.
14. Which of the following groups of signs indicate shock?
- A. Blue, cold and dry skin.
 - B. Red, hot and sweaty skin.
 - C. Pale/grey, cold and clammy skin.
 - D. Red, hot and dry skin.
15. Which of the following is a **false** statement?
- A. A joint is where two or more bones meet.
 - B. A sprain is overstretched or damaged ligaments.
 - C. Tissues surrounding bones of a joint prevent its movement.
 - D. Dislocation is a situation where bones at the joint are pushed out of their position.
16. Which of the following is a **true** statement?
- A. Cold is applied to all injuries.
 - B. A fracture of thigh is a minor injury.
 - C. Displaced bones at the joint should be put back in place before immobilizing.
 - D. If a fracture is close to a joint, you should immobilize the joint in the position found.

17. Which of the following statement is **false**?
- A. An open fracture should not be covered with a dressing
 - B. Healthy body parts are unsuitable as splint for fractured bones.
 - C. Place blankets around the broken leg to help to immobilize.
 - D. Help the casualty to keep his broken leg still if the ambulance is arriving soon.
18. One of the following statements is **false**.
- A. Warn an unconscious person with suspected back injuries to remain calm.
 - B. The casualty's life may be affected as a result of damage to the spinal cord and nerves
 - C. Avoid necessary moving of a casualty with suspected head and spinal injuries.
 - D. The mechanism of injury is not important for the assessment and First Aid for a head/spinal injury
19. To control severe bleeding from a scalp wound you need to do the following;
- A. Maintain gentle pressure on the wound while you bandage.
 - B. Cover the wound with small adhesive dressing and secure loosely in position.
 - C. Look for hidden dirt inside the wound and pick it out with your fingers.
 - D. Apply small soft dressings and secure with Elastoplast.
20. One of the following statements is **false**, on how you should prepare a pregnant woman for emergency childbirth
- A. Keep the mother as calm and relaxed as possible.
 - B. Find a large number of assistants to help speed up the birth
 - C. Help mother to be as comfortable as possible.
 - D. Place clean materials under and over the mother.
21. By which of the following signs and symptoms would you recognize a penetrating chest wound?
- A. Frothy blood appears around the mouth.
 - B. Breathing is very quiet.
 - C. Clear fluid is seen coming from the mouth.
 - D. The Casualty's skin is warm and the pulse is strong.
22. If you are alone at the site of an industrial explosion involving four (4) workers, whom would you treat **first**?
- A. Worker who is burned.
 - B. Worker who is bleeding profusely.
 - C. Worker who is walking around screaming.
 - D. Worker who is in shock.

23. Which of the following is **false**?
- A. When a person has been hit by lightning, his heart may stop beating.
 - B. You should continue resuscitation' of a casualty struck by lighting even if the casualty appears lifeless.
 - C. The person whose heart has stopped due to being struck by lighting is more likely to survive than other casualties.
 - D. During assessment for lightning injuries, a person who is not breathing and has a pulse of 110 should always be given the lowest priority.
24. One of the following is a dangerous practice that would injure First Aiders and the casualty during a rescue procedure;
- A. Keeping legs straight as one bends from the waist to lift the casualty with the arms.
 - B. Use the power of the legs to lift a casualty.
 - C. Rescuers should be able to perform the procedure safely before lifting a casualty.
 - D. Immobilize the casualty's injuries to prevent them from becoming worse.
25. Which of the following is the **correct** treatment for a burn?
- A. Place a fluffy dressing over the wound
 - B. Place the burnt part under running cold water for 10 minutes.
 - C. Always remove burnt clothing
 - D. Never remove rings form a burnt hand