



International First Aid Competition for Cadets 2006

Individual Written Test

Team Number & Letter

Papers set By Noeleen Cleary, Order of Malta Ireland

Time Allowed 25 Minutes

Total Marks 25

1. In which of these situations would you not put a patient into the recovery position?
 - A. When they are unconscious and breathing.
 - B. When they are conscious and have had a heart attack
 - C. When they are unconscious and have a chest injury
 - D. When they are unconscious and have head injury.

2. Which of these is a symptom?
 - A. Bruising
 - B. Pale face
 - C. Nausea
 - D. Rapid pulse.

3. The normal range of body temperature is:
 - A. 38 degrees c. - 39 degrees c.
 - B. 34 " - 35 "
 - C. 40 " - 41 "
 - D. 36 " - 37 "

4. Which of these statements is true?
 - A. Hypoglycaemia is caused by too much insulin in the blood.
 - B. An unconscious patient may be given a drink of water.
 - C. A cold compress is placed on the forehead to treat shock.
 - D. You would find a ball and socket joint at the elbow.

5. Before treating a wound, which of these would you do first?
- A. Phone a doctor
 - B. Look for a dressing
 - C. Put on protective gloves
 - D. Check pulse
6. If you are dining out with someone and a piece of food lodges in their throat. They stand up and start to cough. Would you:
- A. Give them a sharp slap on the back
 - B. Do the abdominal thrust.
 - C. Let them cough.
 - D. Encourage them to speak.
7. Which of these statements is false?
- A. A fracture is a broken or cracked bone.
 - B. The head and shoulder is tilted back when treating a nose bleed.
 - C. A strain can be caused by incorrect lifting.
 - D. You should always be aware of your personal safety at an accident.
8. When shopping in a supermarket, a lady near you faints and falls to the floor. You should:-
- A. Put a pillow or cushion under her head.
 - B. Try to give her a drink of water.
 - C. Call for help.
 - D. Raise her legs.
9. A strain occurs when:-
- A. Ligaments are overstretched
 - B. Tendons are torn
 - C. Muscles are overstretched
 - D. Cartilage is torn.
10. Which statement is true?
- A. Cold compress is placed on a bruise to assist in the reduction of swelling.
 - B. If a casualty takes a corrosive poison, you should induce vomiting.
 - C. On average adults breaths in and out 72 times per minute.
 - D. A full thickness burn occurs when the outer layer of skin is burnt.

11. You should recognise arterial bleeding because it would be:-
- A. Dark red and flows
 - B. Bright red and spurts
 - C. Bright red and oozes.
 - D. Dark red and oozes.
12. In the event of coming across a scene which involves high voltage electricity, which is the safe distance to stay away from the scene?
- A. 10 meters
 - B. 14 meters
 - C. 18 meters
 - D. 22 meters
13. Which of these statements is false?
- An elevation sling is used in:-
- A. Treatment of a broken collar bone.
 - B. Treatment of a bleeding hand.
 - C. Treatment of a broken hand.
 - D. Treatment of a broken jaw.
14. You enter a room and find a person lying on the floor. Which of these should you do first?
- A. To call for a ambulance
 - B. To check for a response
 - C. To commence CPR
 - D. To check their pulse.
15. Which one of these should you not do when treating a burnt hand?
- A. Place the burn under cold water for 10 minutes
 - B. Cover the burn in a non sticky non fluffy dressing
 - C. Apply a burn cream
 - D. Remove any rings or jewellery from the hands.

16. With regard to the application of a bandage which statement is false?
- A. Apply a bandage firmly enough to control bleeding and keep the dressing in place.
 - B. Leave the fingers and toes on an injured exposed if possible.
 - C. Always tie the knots on the injured side
 - D. Ensure knots do not hurt the casualty.
17. How much oxygen is contained in exhaled air? Is it:-
- A. 20%
 - B. 30%
 - C. 25%
 - D. 16%
18. Which of these is not a sign or symptom of a heart attack.
- A. Breathlessness and discomfort like severe indigestion.
 - B. Feeling a sense of impending doom.
 - C. A slow bounding pulse
 - D. Profuse sweating.
19. When dealing with a wound which of these statements is true?
- A. Dressing should always extend well beyond the wounds edge.
 - B. If bleeding seeps through a dressing, remove it and apply a new one
 - C. Always place a dressing directly on wound.
 - D. Avoid touching the wound or any part of the dressing.
20. Which statement is true?
- A. The lungs are situated in the chest cavity.
 - B. The interchange of gases takes place in the kidneys.
 - C. Ice packs should be placed directly on the skin.
 - D. A full thickness burn occurs when the outer layer of the skin is burned.
21. To make a diagnosis, what are the requirements:-
- A. History, signs, injury
 - B. Diagnosis, signs, symptoms
 - C. Symptoms history, response
 - D. History, signs, symptoms

22. When dealing with resuscitation, which of these is not part of the “Chain of survival”?
- A. Early access
 - B. Early CPR
 - C. Early defibrillation
 - D. Early release from hospital
23. The term R I C E is used in the treatment of:-
- A. Bites and stings
 - B. Special types of burns
 - C. Soft tissue injury
 - D. Fractures
24. Which of the following statements is false.
- A. Hypothermia is caused by prolonged exposure to cold outdoors.
 - B. Hypothermia may develop over several days in poorly-heated houses.
 - C. Hypothermia may develop when the body temperature falls below 35 Degrees C.
 - D. Hot water bottles should be used in the treatment of hypothermia.
25. Which of these statements is not true, when dealing with a dislocated shoulder:-
- A. If possible replace the dislocation.
 - B. Patient is reluctant to move because of the pain
 - C. Pain is increases in movement.
 - D. Head may be inclined to injured side.