

International First Aid Competition for Cadets 2007

Individual Written Test

Team Number & Letter

Papers set By Mr. Lucas Ouma- Kenya

Time Allowed: 25 Minutes

Total Marks: 25

1. Which one of the following is true?

- A. At the scene of a car accident, you give first aid without assessing the safety to yourself and the casualty first.
- B. When approaching an emergency scene you should stop and check for any further danger.
- 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 one 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. Which one of the following actions is a priority?**
- A. Tell the casualty to immediately press firmly on the wound, help them to lie down then obtain a first aid kit.
 - B. Place several layers of dressings on the wound.
 - C. Lower the casualty's arm below heart level.
 - D. Place the casualty in the recovery position
6. **A completely amputated part should be?**
- A. Placed in a container with warm water to maintain body temperature.
 - B. Identified with the name of the first aider, and what care was given to the casualty.
 - C. Cleaned well with an antiseptic solution
 - D. Wrapped in a moist, sterile dressing and kept on ice.
7. **Which one of the following statement is false?**
- A. When giving artificial respiration, one should consider age and size of the child.
 - B. A respiration 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 two minutes before calling the emergency services.
8. **Which one of the following statement is true?**
- A. External chest compressions are 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 after 5 minutes if you are alone with an unresponsive baby.
 - D. You should use only one hand to give chest compressions to a baby.

- 9. Which one of the following could lead to heart disease?**
- A. Non-smoking environment.
 - B. Regular exercise.
 - C. Eating food high in fat and calories.
 - D. Maintain recommended body weight.
- 10. Which one 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 complains of chest pains
- 11. Which one of the following conditions requires CPR?**
- A. Breathing, unresponsive casualty.
 - B. A non-breathing casualty .
 - C. Conscious choking casualty with difficulty in breathing.
 - D. Breathless casualty with a pulse.
- 12. How do you manage a suspected case of stroke where the casualty is unresponsive?**
- A. Place them in the recovery position, paralysed side down
 - B. Try to give them a glass of water to drink.
 - C. Do not call for an ambulance
 - D. Place them in the recovery position, paralysed side up
- 13. Which one of the following statements is true with regards to a Secondary Survey?**
- A. Use it to discover any immediate danger.
 - B. Use it to check each part of a casualty's body for signs of injuries before transport.
 - C. Can be done in any sequence.
 - D. Use it only when the casualty is unresponsive

- 14. Which of the following groups of signs indicate shock?**
- A. Blue, cold and dry skin.
 - B. Red, hot and sweaty skin.
 - C. Pale/gray, cold and clammy skin.
 - D. Red, hot and dry skin.
- 15. Which one 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 normal position .
- 16. Which one of the following is a true statement?**
- A. Cold is applied to all injuries.
 - B. A fracture of the thigh is a minor injury.
 - C. Displaced bones at the joint should be put back in place before immobilizing.
 - D. A fracture and a broken bone mean the same thing.
- 17. Which one of the following statements is false?**
- A. An open fracture should not be covered with a dressing.
 - B. Healthy body parts are unsuitable as splints for fractured bones.
 - C. Place blankets around the broken leg to help to immobilize.
 - D. Help the casualty to keep his broken leg still until the ambulance arrives
- 18. Which 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 unnecessary moving of a casualty with suspected head/spinal injuries.
 - D. The mechanism of an injury is not important for the assessment and first aid of 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. A casualty has an embedded object in their arm. You should first ask the casualty to:**
- A. Apply direct pressure over the wound
 - B. Apply pressure on either side of the wound.
 - C. Pull the object out
 - D. Apply a dressing directly over the wound.
- 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. You are alone at the site of an industrial explosion involving four (4) workers. Which worker 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 one of the following is false?**
- A. When a person has been hit by lightning, their heart may stop.
 - B. You should continue resuscitation of a casualty struck by lightning if they are not breathing.
 - C. The person whose heart has stopped due to being struck by lightning is more likely to survive than other casualties.
 - D. During assessment for lightning injuries, a person who is not breathing and has no pulse should always be given the lowest priority.

24. Which one of the following is a dangerous practice that could injure a first aider and the casualty during a lifting 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.
- D. Immobilize the casualty's injuries to prevent the injury from becoming worse.

25. Which one of the following is the correct first aid for a burn?

- A. Place a fluffy dressing over the wound.
- B. Place the burned part under running cool water.
- C. Always remove burned clothing
- D. Never remove rings form a burned hand

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ANSWER SHEET

CADET NAME:

TEAM Letter & Number

Please circle the correct answer, only one answer per question

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| 1. | A | B | C | D | 16. | A | B | C | D |
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| 4. | A | B | C | D | 19. | A | B | C | D |
| 5. | A | B | C | D | 20. | A | B | C | D |
| 6. | A | B | C | D | 21. | A | B | C | D |
| 7. | A | B | C | D | 22. | A | B | C | D |
| 8. | A | B | C | D | 23. | A | B | C | D |
| 9. | A | B | C | D | 24. | A | B | C | D |
| 10. | A | B | C | D | 25. | A | B | C | D |
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| 14. | A | B | C | D | | | | | |
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ANSWER KEY FOR MARKING

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| 15. | A | B | C | D | | | | | |