

International First Aid Competition for Cadets 2008

Individual Written Test

Team Number & Letter

Papers set By Dr. John McKay Merseyside England

Total Marks 25

- 1. What immunisation therapy is recommended that all First Aiders should have to protect them against a communicable disease?**
 - A. Hepatitis B.
 - B. Polio
 - C. Meningitis
 - D. T.B

- 2. How should needles & other sharp objects be disposed of?**
 - A. Placed in a black bag
 - B. Wrapped up and placed in a bin
 - C. Placed in a sharps container
 - D. Placed in a yellow bag

- 3. How far can high voltage electricity arc (or jump)?**
 - A. 22m.
 - B. 16m.
 - C. 20m.
 - D. 24m.

- 4. How do you assess whether a casualty is conscious or unconscious?**
- A. Give the casualty a command “open your eyes”
 - B. Give them a gentle shake and give them a command to “open your eyes”
 - C. Give them a gentle tap on one shoulder
 - D. Check their airway & breathing
- 5. What is the average volume of blood in the human body?**
- A. 2 litres
 - B. 3 litres
 - C. 4 litres
 - D. 5 litres
- 6. How may an adult tooth be protected after it has been knocked out?**
- A. Place it in a cup of milk
 - B. Place into cotton wool and send the casualty to a dentist
 - C. Wash it, and then place it back into the tooth socket
 - D. Tell the casualty to go to a dentist
- 7. What are the aims when managing an airway obstruction?**
- A. Place the casualty into the recovery position
 - B. Call for an ambulance
 - C. To remove the obstruction
 - D. Commence CPR
- 8. What is a febrile convulsion?**
- A. A seizure that only occurs in adults
 - B. A seizure that is due to hypothermia
 - C. A seizure that is due to diabetes
 - D. A seizure due to raised body temperature
- 9. What are the first things to do when a person feels faint?**
- A. Advise them to place their head between their legs
 - B. Advise them to lie down and raise their legs or raise them for them.
 - C. Place them into the recovery position
 - D. Offer them a glass of water

10. If someone is impaled on a railing what must you do?

- A. Remove them as quickly as possible
- B. You must not try to lift them off
- C. Ask them to try and get off with your help
- D. Ask other people to help you to get them off

11. What is the treatment for burns to the airway?

- A. Ask the casualty to take deep breaths
- B. Advise the casualty to see their doctor
- C. Place the casualty in the semi-sitting position and monitor the airway carefully
- D. Be prepared to commence CPR

12. What does RICE stand for?

- A. Rest, Immobilise, Cold compress, Elevation
- B. Rest, Ice, Cover, Elevation
- C. Rest, Ice, Compression, Elevation
- D. Rest, Immobilise, Compression, Elevation

13. What is a pneumothorax?

- A. Air in the stomach
- B. A condition where the casualty is unable to breathe
- C. A tube placed into the casualty's throat to help the casualty to breathe
- D. Air between the pleural membranes

14. What is the pulse rate during a faint?

- A. Fast
- B. Very Slow
- C. Irregular
- D. Fast & Bounding

15. What is concussion?

- A. A shaking of the brain
- B. A bleeding in the brain
- C. A medical name for a faint
- D. A blood clot on the brain

16. What may heatstroke be due to?

- A. A loss of salt and water to the body
- B. Excessive sweating
- C. Poor ventilation, prolonged exposure to heat
- D. Bad dieting on a hot day

17. What is a tubular sling used for?

- A. A closed fracture of the ribs
- B. A fractured elbow
- C. A penetrating wound of the chest
- D. A fractured clavicle

18. How do you treat a fracture of the femur if the ambulance is not expected to arrive quickly.

- A. Support the leg with blankets
- B. Place a broad fold bandage around the feet.
- C. Splint the fracture using the appropriate splints and number of bandages
- D. Apply strong traction and hold on to the leg until the ambulance arrives

19. What is a bruise?

- A. Bleeding into the skin or tissue
- B. A burst varicose Vein
- C. Bleeding into a muscle
- D. Bleeding around the site of a fracture

20. What is the first thing you should do if someone is having an asthma attack?

- A. Ask them to breathe into a paper bag
- B. Lay the casualty down
- C. Ask the casualty to sit on a chair and encourage them to breath in and out
- D. Encourage the casualty to use their inhaler

21. What is an open fracture?

- A. Where the bone is broken half way down then split along the bone
- B. Where the bone is protruding through the skin, or there is a wound leading down to the site of the fracture
- C. Where the bone has entered the lungs
- D. Where the bone is broken in more the one place

- 22. If a casualty has stopped breathing due to drowning, what should you do?**
- A. Give 30 compressions followed by 2 breaths
 - B. Go immediately for help
 - C. Give 5 initial breaths followed by 30 compressions and 2 breaths
 - D. Give rescue breaths till the casualty starts to breath
- 23. How should clinical waste be disposed?**
- A. Placed in a black bag
 - B. Carefully wrapped up and placed into the bin
 - C. Placed into a polythene bag and put into a bin
 - D. Place into a yellow bag marked ' Clinical Waste'
- 24. What is an incised wound?**
- A. A cut caused by a ragged instrument
 - B. A cut caused by a sharp instrument
 - C. A cut caused by a blunt instrument
 - D. A cut caused by a dog bite
- 25. If a casualty is carrying a nitroglycerin spray, what do they suffer from?**
- A. Asthma
 - B. Can go into anaphylactic shock
 - C. Angina
 - D. May suffer from high blood pressure

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2008**

ANSWER KEY FOR MARKING

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| 2. A B <input checked="" type="radio"/> C D | 17. A B C <input checked="" type="radio"/> D |
| 3. A <input checked="" type="radio"/> B C | 18. A B <input checked="" type="radio"/> C D |
| 4. A <input checked="" type="radio"/> B C D | 19. <input checked="" type="radio"/> A B C D |
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| 15. <input checked="" type="radio"/> A B C D | |

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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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