

International First Aid Competition

Theory Test No 1 1995

- (1) Give two causes that stop or hinder oxygenated blood from reaching the heart muscles . (4 marks)
- (2) Describe the pulse you would expect to find when a casualty is suffering from a faint .(2 marks)
- (3) What is the recommended distance that should remain between you and a casualty who is in contact with high voltage electricity ? (1 mark)
- (4) Name the six types of wound (6 marks)
- (5) From what is the casualty below with the following symptoms and signs suffering from ? (2 marks)
 - (a) They have the symptoms and signs of compression.
 - (b) History of high blood pressure.
 - (c) No sign of any head injury.
 - (d) Slurred speech.
- (6) Having made your diagnosis for the above casualty what must your treatment include ? (2 marks)
- (7) When a casualty is suffering from a major epileptic attack it is not usually necessary to send them to hospital unless he takes longer than ..?... minutes to recover full consciousness. What is this time limit ? (1 mark)
- (8) Name the two types of fracture. (2 marks)
- (9) If a casualty has fractured their collar-bone which type of sling would be used to support it ? (2)
- (10) There are 3 occasions when a foreign body in the eye of a casualty should not be removed. Describe these (1 mark each).

Total marks available 25 Total, scored =

Question paper set by Mr C.J. Menzies LL.B(Hons), First Aid Trainer, St John, Essex, England.

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1995 Answers to paper 1

- (1) Narrowed blood vessels carrying blood for use by the heart tissue itself. (2)
A blood clot blocking one of these blood vessels (2)
- (2) Slow and weak (2)
- (3) 18 m or 20 yards. (1)
- (4) Clean cut or incised. (1) Torn or lacerated (1)
Puncture (1). Abrasion (1). Gunshot (1). Bruise (1).
- (5) Stroke (2)
- (6) General treatment for unconsciousness.(1)
Remove to hospital immediately. (1)
- (7) 10 minutes. (1)
- (8) Open (1) and Closed (1).
- (9) Elevation (2)
- (10) If the foreign body is : On the coloured part of the eye (1), embedded in the eye (1) or stuck to the eye(1).

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Theory Test No 2 1995

- (1) Burns are classified into three types. What are these ?
(3 marks)
- (2) There are three ways in which poisons can enter the body.
Describe these. (3 marks.)
- (3) Give an example of a 'slightly movable joint'. (2 mark)
- (4) You are called to a casualty who has been bitten by a dog.
There is only a slight wound with a small amount of blood
loss.
 - (a) This wound should be washed. With what ? (2 marks)
 - (b) For how many minutes should it be washed for ? (2
marks)
- (5) From what is a casualty with the following symptoms and
signs suffering ? (2 marks)
 - (a) They feel faint and dizzy
 - (b) They are confused and have a pale face.
 - (c) Cold and clammy skin and a strong and bounding
pulse.
 - (d) Shallow breathing and their legs are trembling.
- (6) The above casualty is conscious. What would your treatment
include ? (2 marks)
- (7) How many triangular bandages are required to treat a
casualty with a fractured lower leg when the casualty is to
be transported by the first aider ? (2 marks)
- (8) If a casualty is suffering from shock how would you
describe their
 - (a) Breathing (2 marks)
 - (b) skin (3 marks)
 - (c) pulse (2 marks)

Total marks available 25. Total marks scored

Paper set by Mr C.J.Menzies LL.B(Hons), First Aid Trainer.
St. John, Essex, England

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1995 Answers to paper 2

- (1) Superficial (1). Partial thickness (1) Full thickness (1)
- (2) Through the mouth (1),the lungs (1),the skin (1).
- (3) The spine.(2)
- (4) Soapy water (1). 5 minutes (1).
- (5) Diabetic emergency (2).
- (6) Immediately give something that is sugary (2)
- (7) 4 (1)
- (8) Breathing = shallow and fast (2)
Skin = Pale (1),Cold (1) and Damp (1)
Pulse = increases but is weak and irregular (2)

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Theory Test No 3 1995

- (1) What is a 'strain' ? (2 marks)
- (2) The treatment for a strain is often described as R.I.C.E. Describe what each of these letters mean. (4 marks).
- (3) A casualty has fractured their elbow. It cannot be bent. How many broad fold triangular bandages should be used to support it ? (2 marks) ?
- (4) A casualty has a minor burn to their hand. What is the **minimum** time it should be placed under cold running water ? (2 marks)
- (5) When a casualty has suffered a **severe** burn there are 3 things that we must not do to the injured area. (3 marks).
- (6) From what is this casualty suffering ? After eating the:
(2 marks)
 - (a) Casualty feels nauseated and has vomited.
 - (b) They have a stomach pain and a headache.
 - (c) They have diarrhoea, a fever and shock.
- (7) What first aid treatment would you give them ? (3 marks).
- (8) You are applying 'direct pressure' to a wound. What is the minimum time you should do this for to give the blood time to clot. (2 marks).
- (9) This 'direct pressure' has not stopped the flow of blood. Before you use 'indirect pressure' how many dressings should you have applied (one on top of the other) to the wound ? (2 marks).
- (10) In resuscitation what does 'A', 'B' and 'C' stand for ? (3 marks).

Total marks available = 25

Total scored =

Paper set by Mr C.J. Menzies.LL.B(Hons),First Aid Trainer.
St.John. Essex. England

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1995 Answers to paper 3

- (1) The over-stretching (and possibly tearing) (1) of a muscle or group of muscles (1).
- (2) R=Rest in the most comfortable position. (1)
I=Ice (1)
C=Compress the injured part with a thick layer of cotton wool. (1)
E= Elevate the limb. (1)
- (3) 3 (1)
- (4) At least (1) 10 minutes (1)
- (5) Do not : Remove from the injured area anything that is sticking to the burn (1).
Apply creams, fats, lotions, ointments. (1)
Break blisters (1).
- (6) Food poisoning (2).
- (7) Get them to rest. (1) Give plenty to drink (1)
Seek medical help (1)
- (8) 5 minutes.
- (9) At least (1) three (1) p39
- (10) Airway (1), Breathing (1), Circulation (1).

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Theory Test No. 4

- (1) With regard to slings only which of the following is the odd one out ? (2 marks)
- (a) Fracture of hand and fingers.
 - (b) Fracture of collar bone
 - (c) A simple fracture of the ribs
 - (d) Fracture of the breastbone.
- (2) From what is this casualty suffering ? (2 marks)
- (a) Crushing pain in centre of chest.
 - (b) Dizziness, ashen skin and lips, breathless.
 - (c) Fast pulse becoming weaker and irregular.
- (3) The above casualty is conscious. What should your first aid treatment include. (6 marks)
- (4) An adult casualty is choking. You slap them between the shoulder blades. What is the maximum number of slaps that you should give at a time ? (1 mark).
- (5) What is the treatment position for a casualty who is bleeding from inside the ear canal ? They are conscious. (2 marks).
- (6) You have arrived at a serious road accident. What are the 4 parts of first aid ('First aid in Action ') that you will need to consider. (4 marks)
- (7) What is the average rate at which a heart beats per minute in an adult at rest ? (1 mark)
- (8) A casualty is suffering from asthma. What should your first aid treatment include ? (6 marks)
- (9) What is the 'Glasgow Coma Scale' used to assess ? (1 mark)

Total marks available + 25

Total scored =

Paper 4 set by Mr C.J. Menzies.LL.B(HONS), ST John. Essex.
England

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1995

Answers to paper 4

- (1) C. The others require an elevation sling. (2)
- (2) Heart attack. (Not Angina. p 34). (2)
- (3) Insist casualty does not move without help (1)
Support and place them in half sitting position.(1)
Support head and shoulders, head knees (1)
Loosen tight clothing (1)
Check rates of breathing and pulse (1)
Check levels of responsiveness every 10 minutes (1)
- (4) 5 (1)
- (5) Half sitting position (1). Head leaning towards injured side (1).
- (6) Assessing the situation (1). Diagnosis (1). Treatment (1)
Disposal (1).
- (7) 72 (1)
- (8) Reassurance (1). Sit them down (1). Lean them forward resting on a support (1). Provide a good supply of air (1). Let them take any medication they have to treat an attack (1). Seek medical aid (1).
- (9) Levels of responsiveness. p 52. (1)