

**INTERNATIONAL CADET FIRST AID COMPETITION 1996
INDIVIDUAL TEST NO. 1.**

TEAM:

Papers set by NHQ Staff, Kenya

			MARKS		REMARKS
			POS.	OBT.	
1	Question	What are the signs and symptoms of asphyxia ?			
	Answer	a Breathing is difficult	1		
		b The rate and the depth of the casualty's breathing increases	1		
		c Breathing is noisy - the casualty snores and gurgles	1		
		d Breathing may cease altogether	1		
		e Lips and finger nails may turn blue instead of their normal pink	1		
		f The casualty may become confused	1		
		g The casualty may become unconscious	1		
		h The casualty may start frothing at the mouth	1		
		(Reference pages 13 / 14)			
2	Question	How would you treat a foreign body in the ear ?			
	Answer	a The First Aider should re-assure the casualty	1		
		b The First Aider should NOT try to remove the foreign body	1		
		c If the foreign body appears to be an insect then turn the casualty's head so that the First Aider can pour tepid (warm) water into the ear; flood the ear with water	1		
		d The First Aider should always seek medical aid and arrange for the casualty to be taken to hospital	1		
		(Reference page 88)			
3	Question	What steps does a First Aider use in assessing the situation at the scene of an accident ?			
	Answer	a The First Aider must appear to be calm and confident	1		
		b The First Aider must take charge of the situation	1		
		c The First Aider must ensure his/her safety and that of the casualty	1		
		d The First Aider should make use of by-standers to help in dealing with the accident and the casualty	1		
		(Reference page 7)			
4	Question	i What is the treatment for varicose veins ? ii What are the signs and symptoms of cardiac arrest ? iii How (in brief) would you treat cardiac arrest ?			
	Answer	VARICOSE VEINS			
		a Expose the wound immediately	1		
		b Get the casualty to lie on his / her back	1		
		c Raise the casualty's leg as high as possible and support	1		
		d Apply direct pressure to the wound	1		
		e Loosen and remove tight clothing (e.g. stockings)	1		
		f Place a stout dressing over the wound & bandage firmly	1		
		g Check the circulation	1		
		h Treat for shock	1		
		i Remove to hospital	1		
		(Reference page 49)			
		Total	25		

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INDIVIDUAL TEST NO. 2.

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			MARKS		REMARKS
			POS.	OBT.	
1	Question	What are the symptoms and signs of internal bleeding ?			
	Answer	a These will vary depending on how much blood is lost and how quickly it is lost	2		
		b There is likely to be a history of a serious accident	1		
		c Or there could be a history of a medical condition which could cause internal bleeding (e.g. an ulcer)	1		
		d There will be pain and tenderness around the affected area	1		
		e The symptoms and signs of shock will be present	2		
		f The pulse rate will rise despite the First Aider treating the patient for shock	1		
		g Blood may come out of one of the body openings (Reference page 39)	2		
2	Question	How would you treat a foreign body in the nose?			
	Answer	a I would not try to remove the object	2		
		b I would keep the patient quiet	1		
		c I would advise the patient to breath through his/her mouth	2		
		d I would seek medical aid and remove the patient to hospital (Reference page 88)	1		
3	Question	When does a First Aider's responsibility end with regards to a casualty			
	Answer	a When a doctor, or nurse or other responsible person takes over the care of the casualty	1		
		b When the First Aider has given a report on the casualty to such a person mentioned above	1		
		c After a First Aider has checked to see whether any further help can be given to him / her (Reference page 7)	1		
4	Question	Apply a scalp bandage			
	Answer	a Fold the hem of the base of the triangular bandage	1		
		b Place the edge across the forehead	1		
		c Take the two ends round the head and back to the front	1		
		d Tie them with a reef knot	1		
		e Steady the head and gently draw the point of the bandage down to take up the slack	1		
		f Fix that loose point with a safety pin into the bandage on top of the head (Reference page 43)	1		
Total			25		

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INDIVIDUAL TEST NO. 3.

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			MARKS		REMARKS
			POS.	OBT.	
1	Question	How would you deal with a casualty who has suffered from an electric shock in a kitchen where/when you cannot break the electric circuit			
	Answer	a Stand on dry insulating material such as wood, or a rubber mat or a newspaper	2		
		b Then using a wooden stick or brush or chair or some other wooden item push the casualty from the source of the electricity	2		
		c Without touching the casualty loop a dry rope or a pair of tights around the legs of the casualty and pull the casualty away from the source of the electricity	2		
		(Reference page 26)			
2	Question	What are the symptoms and signs of a foreign body in the eye ?			
	Answer	a The casualty's eye is painful and itches	1		
		b The casualty's vision may be impaired	1		
		c The affected eye may be watering	1		
		d The affected eye will probably be red	1		
		(Reference page 86)			
3	Question	What are the duties of a First Aider at the scene of an accident ?			
	Answer	a To assess the situation	1		
		b To decide what is wrong with the casualty (diagnosis)	1		
		c To give the appropriate treatment immediately	1		
		d To arrange for the casualty to be taken to a doctor or to a hospital or to his / her home as appropriate (disposal)	1		
		(Reference page 7)			
4	Question	i Demonstrate the radial pulse ii What is a pressure point ? iii Point out two such pressure points (and show how you would apply pressure at each)			
	Answer	RADIAL PULSE			
		a Lightly press the finger tips (if the thumb is used MINUS one mark)	1		
		b into the hollow at the front of the wrist about 1 cm from the thumb side of the lower end of the forearm	1		
		c counts the number of beats for 60 seconds (one minute)	1		
		d note the rhythm and the strength	2		
		e Tell the examiner the number, rhythm and strength	2		
		(Reference page 30)			
		PRESSURE POINTS			
		a They are the places in the body where one can press an important artery against a bone and so restrict the flow of blood	2		
		DEMONSTRATE PRESSURE POINTS			
		i Arm - brachial	1		
		ii Leg - femoral	1		
		(Reference page 39)			
		Total	25		

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INDIVIDUAL TEST NO. 4.

TEAM:

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			MARKS		REMARKS
			POS.	OBT.	
1	Question	What are the symptoms and signs of compression of the brain ?			
	Answer	a The levels of response falls	2		
		b Breathing becomes noisy	1		
		c Body temperature might rise	1		
		d Face is flushed but dry	1		
		e Pulse is slow, full and bounding (unusually strong)	1		
		f There may be weakness or paralysis on one side of the body	1		
		(Reference pages 55 / 56)			
2	Question	What is the treatment for a strain ?			
	Answer	R Rest in the most comfortable position	1		
		I Ice-bag or cold compress	1		
		C Compress the injured part with a thick layer of cotton wool and a bandage	1		
		E Elevate the limb	1		
		(Reference page 83)			
3	Question	What qualities do the general public expect in a First Aider ?			
	Answer	a To be highly trained	1		
		b To be regularly examined	1		
		c To keep up to date with both knowledge of First Aid and in the practice of First Aid	1		
		(Reference page 7)			
4	Question	Apply an elevation sling			
	Answer	a Ask the patient to sit with the forearm across the chest	2		
		b finger tips touching the shoulder	1		
		c place a triangular bandage over the forearm and hand	1		
		d with the point reaching well beyond the elbow and the upper end on the injured shoulder	1		
		e support the forearm and ease the base of the bandage underneath the hand, arm and elbow	1		
		f take hold of the lower end of the bandage and bring it round the patient's back and over the front of the injured shoulder	1		
		g gently adjust the height of the sling if necessary and tie the two ends together with a reef knot	1		
		h the knot should be in front of the hollow on the uninjured shoulder - just above the collar bone	1		
		i tuck the point of the bandage between the forearm and the front of the sling	1		
		j turn the fold back against the arm and secure with a safety pin	1		
		(Reference pages 70 / 71)			
Total			25		