

INTERNATIONAL FIRST AID COMPETITION

INDIVIDUAL TESTS  
PAPERS SET  
BY

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INTERNATIONAL COMPETITION - 1997

TEAM LETTER \_\_\_\_\_  
NO.1.

1. When taking the pulse, what 3 things should you note?		
*Rate	1	
*Rhythm	1	
*Strength	1	
The candidate should now take the judge's pulse accurately.	2	
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2. Name the different types of burns.		
*Dry	1	
*Scald	1	
*Cold	1	
*Chemical	1	
*Radiation	1	
*Electrical	1	
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3. First Aid has 4 parts. What are they?		
*Assess the situation	1	
*Decide what is wrong - diagnosis	1	
*Give immediate & appropriate treatment	1	
*Dispose of casualty to doctor, home or hospital as appropriate	1	
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4. What is the treatment of asthma?		
*Reassure & calm the patient	2	
*Sit them down & lean forward on support	2	
*Provide a good supply of air	2	
*Let patient take any medication they have for asthma attacks	2	
*Seek medical aid.	2	
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TOTAL	25	
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TEAM LETTER \_\_\_\_\_

NO.2.

1. Name the different types of wounds.		
*Clean cut - incised	1	
*Torn - lacerated	1	
*Puncture	1	
*Abrasion	1	
*Gunshot	1	
*Bruise	1	
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2. What are the causes of shock?		
*Bleeding	2	
*Loss of plasma from major burns	2	
*Repeated vomiting & diarrhoea	2	
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3. Name the different types of fracture.		
*Closed	1	
*Open	1	
*Complicated	1	
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4. How may poisons enter the body?		
*By mouth - eating or drinking	2	
*Through the lungs - poisonous gases or fumes	2	
*Through the skin - bites/injection/soaking	3	
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5. What is an elevation sling used for?		
*To support the hand & forearm in shoulder injuries	1	
*Complicated chest injuries	1	
*If the hand is bleeding	1	
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TOTAL	25	
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TEAM LETTER \_\_\_\_\_

NO.3.

1. What are the general signs & symptoms of fractures? *The snap of the bone may be heard or felt *Pain at or near the site *Person cannot move the part normally *Tenderness on gentle pressure *Swelling & later bruising *Deformity *Signs & symptoms of shock	1 1 1 1 1 1 1	
2. What are the causes of a stroke? *Blood clot blocking a blood vessel to the brain *Internal bleeding into the brain	2 3	
3. What are the signs & symptoms of a foreign body in the eye? *The eye is painful & itches *Vision may be impaired *Watering of the affected eye *The eye is red	1 1 1 1	
4. What are the common causes of hypothermia? *Being immersed in cold water *Not having proper shelter *Being in a cold house for a long time.	1 1 1	
5. Name the different types of joint. Give examples.  *Ball & socket - hip/shoulder *Slightly movable - spine/foot *Hinge - elbow/knee	2 2 2	
TOTAL	25	

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TEAM LETTER \_\_\_\_\_

NO.4.

1. What do the letters RICE stand for in the treatment of a sprain? *Rest *Ice *Compression *Elevation	1 1 1 1	
2. What are the causes of fainting? *Sudden pain *Sudden fright or other emotion *Lack of food *Standing for a long time	1 1 1 1	
3. What are the signs & symptoms of chemical burns? *The skin may be stinging *The skin may be stained or red *Blistering or peeling may occur	1 1 1	
4. What are the signs & symptoms of internal bleeding? *History of a serious incident *History of a medical condition that may cause bleeding *Pain & tenderness of area *Signs & symptoms of shock *Bleeding from one of the body openings	1 1 1 1 1	
5. What are the signs & symptoms of a low blood sugar in a diabetic who takes insulin? *The diabetic may feel faint & dizzy *Confused & aggressive *The face may be pale *Skin is cold & clammy *The pulse is strong & bounding *Breathing is shallow *Arms & legs start to tremble *Levels of response may fall rapidly *The person may carry a card or bracelet	1 1 1 1 1 1 1 1 1	
TOTAL	25	