

**ST JOHN AMBULANCE  
INTERNATIONAL FIRST AID COMPETITION  
FOR CADETS**

**INDIVIDUAL TESTS**

**PAPERS SET BY:**

**St John Ambulance  
HONG KONG**

**1998**

## International First Aid Competition 1998

Team Letter \_\_\_\_\_

No. 1

	Max. Marks	Marks Gained
1. What are the signs and symptoms of Skull Fracture?		
- A wound or bruise on the head	1	
- A soft, boggy area or depression in the level of response	1	
- Impairment of consciousness	1	
- A progressive deterioration in the level of response	1	
- A flow of clear fluid or watery blood from the nose or ear	1	
- Blood in the white of the eye	1	
- Distortion or lack of symmetry of the head or face	1	
2. What do the letters ABC stand for in assessing casualty?		
- Airway	3	
- Breathing	3	
- Circulation	3	
3. What should be included in a casualty report?		
- The casualty's name and address	1	
- History of the accident or illness	1	
- A brief description of any injuries	1	
- Any unusual behaviour	1	
- Any treatment given, and when	1	
- The following observations, recorded every 10 minutes	1	
4. What controls breathing?		
- Breathing is controlled by the respiratory centre in the brain	3	
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Total . . . . .		25

## International First Aid Competition 1998

Team Letter \_\_\_\_\_

No. 2

	<u>Max.</u>	<u>Marks</u>
	<u>Marks</u>	<u>Gained</u>
5. What are the causes of Hypoxia (Low blood oxygen)?		
- Insufficient oxygen in inspired air	2	
- Airway obstruction	2	
- Conditions affecting the chest wall	2	
- Impaired lung function	2	
- Damage to the brain or nerves that control respiration	2	
- Impaired oxygen uptake by the tissues	2	
6. How the body responds to blood loss for 1/2 litre?		
- Little or no effect	4	
7. What are the common causes of Anaphylactic Shock?		
- The injection of a particular drug	3	
- The sting of a particular insect	3	
- The ingestion of a particular food	3	
Total .....	25	

## International First Aid Competition 1998

Team Letter \_\_\_\_\_

No. 3

	Max. Marks	Marks Gained
8. What are the aims when you give a treatment to a External Bleeding?		
- To control the bleeding	2	
- To prevent shock	2	
- To minimize the risk of infection	2	
- To arrange urgent removal to hospital	2	
9. Why should first aider always use Reef Knots when tying bandages?		
- Lie flat	1	
- Move comfortable for the casualty	2	
- Will not slip	2	
- Easy to untie	2	
10. What are the signs and symptoms of Fainting?		
- A brief loss of consciousness	2	
- A slow pulse	2	
- Pallor	2	
11. Name the different pressure points:		
- The brachial pressure point	2	
- The femoral pressure point	2	
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Total . . . . .		25

## International First Aid Competition 1998

Team Letter \_\_\_\_\_

No. 4

	Max Marks	Marks Gained
12. What are the signs and symptoms of Heat Stroke?		
- Headache, dizziness and discomfort	2	
- Restlessness and confusion	2	
- Hot, flushed and dry skin	2	
- A rapid deterioration in the level of response	2	
- A full, bounding pulse	2	
- Body temperature above 40 °C	1	
13. What should not be done for knee injuries?		
- Attempt to force the knee straight	2	
- Give the casualty anything to eat or drink	2	
- Let the casualty walk	2	
14. What are the signs and symptoms of Alcohol Poisoning in later stage?		
- A dry, bloated appearance to the face	2	
- Shallow breathing	2	
- Dilated pupils that react poorly to light	2	
- A weak, rapid pulse	2	
Total .....	25	



INTERNATIONAL FIRST AID COMPETITION  
SCOUTINERS MARKING SHEET

DATE: .....

TEAM LETTER	TEAM NAME	IND. NO. 1	IND. NO. 2	IND. NO. 3	IND. NO. 4	IND. TOTAL

TEAM TEST TOTAL	TOTAL MARKS	PLACE

SECTION WINNERS: 1. ....  
INDIVIDUAL WINNER: .....  
2. ....  
TEAM: ..... NOT .....  
3. ....  
DIVISION: .....

THE ST. JOHN AMBULANCE BRIGADE  
INTERNATIONAL FIRST AID COMPETITION

COMPETITION RULES

1. The competition will be held in South Australia, Canada, Essex, Hong Kong, Ireland, New Zealand, Merseyside, South Africa, and Kenya and any other invited countries.
2. Any team of four cadets who have a current First Aid Certificate may enter providing the team have not won any other recognised competition at either Area, County, Regional, or National levels.
3. The competition is relevant to First Aid only.
4. The competition will comprise of a team test, and an individual theoretical for each team member.
5. The winning team will be the team in the overall competition that attains the highest aggregate marks.
6. If there is a draw, the team with the highest marks in the team test wins, or again in the event of a draw, the highest marks obtained by the team leader will decide the winner.
7. Each country will in turn set the papers, the judges setting the papers will also state the requirements for props and kits etc.
8. No cadet over the age of 16 years will be allowed to enter

**FIRST AID COMPETITIONS**  
**STANDARD KIT LIST REQUIREMENTS**

**PLEASE NOTE THAT THE KIT CONTENTS MUST BE IN  
AN ACCEPTABLE CONTAINER**

2 EYE PADS  
6 MEDIUM STERILE DRESSINGS  
2 LARGE STERILE DRESSINGS  
2 EXTRA LARGE STERILE DRESSINGS  
SAFETY PINS  
SELECTION OF ADHESIVE DRESSINGS  
6 TRIANGULAR BANDAGES  
DISPOSABLE GLOVES