

**INTERNATIONAL FIRST AID COMPETITION
FOR CADETS
1999**

INDIVIDUAL TEST PAPERS

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INTERNATIONAL COMPETITION 1999

INDIVIDUAL N.O.2.

TEAM CODE _____

Q.1. Give three methods of protecting yourself from blood contact.		
A. Use disposable surgical gloves or plastic bags.	2	
Cover any cuts or scratches on your own skin first.	2	
If possible have injured person apply pressure to wound themselves.	2	
Don't treat	2	
Q.2. List 4 key points for the treatment of wounds.		
A. Use sterile dressing.	2	
Cover wound.	2	
Elevate.	2	
Seek medical attention.	2	
Q.3. List 5 key points for treatment of bleeding inside the ear.		
A. Allow the ear to drain.	1	
Cover ear lightly with dressing.	1	
Monitor vital signs.	1	
Treat for shock.	1	
Call ambulance.	1	
Q.4. List 3 key points for treatment of a fractured collar bone.		
A. Check ABC. (Distal circulation check may be used)	2	
Immobilize associated limb.	2	
Seek medical assistance.	2	
Total.	25	

INTERNATIONAL COMPETITION 1999

INDIVIDUAL N.O.3.

TEAM CODE _____

Q.1. List 4 key points for treatment of a fractured jaw.

- A. Check ABC.
Control bleeding.
Allow saliva to drain.
Call ambulance.
Support Jaw

Q.2. What information is required when calling the ambulance.

- A. Your name.
Why ambulance is required.
Address where to send ambulance:
Number of people involved.
Any other services required.

Q.3. Name any five indications of poisoning.

- A. Poison containers.
Abnormal breathing/pulse
Burns, stains, smells.
Stomach pain, vomit, diarrhoea.
Convulsions.
Altered LOC.

Q.4. List the key points for the management of an asthma attack.

- A. Reassure.
Sit patient leaning forward.
Provide patients own medication.
Check ABC.

	1	
	1	
	1	
	1	
	1	
	2	
	2	
	2	
	1	
	5	
	2	
	2	
	2	
	2	
Total.	25	

INTERNATIONAL COMPETITION 1999

INDIVIDUAL N.O.4,

TEAM CODE_____

Q.1. State the general management of poison incident. Three things.		
A. Safety.	2	
Remove cause.	2	
Call ambulance.	2	
Contact the Poison Control	2	
Q.2. List the key points for the management of a stroke.		
A. Maintain airway.	2	
Reassure.	2	
Seek Medical Assistance	2	
Q.3. List the key points in the management of food poisoning.		
A. Rest.	2	
Seek medical help.	2	
Q.4. List the key points of management of a serious incident.		
A. Assess the situation safely.(Scene Management)	2	
Diagnosis. (Assessment)	1	
Treatment.	1	
Disposal.	1	
Q.5 Describe briefly the treatment for a strain.		
A. Rest.	1	
Ice.	1	
Compression.	1	
Elevate.	1	
Total	25	



ST JOHN AMBULANCE 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, 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 test 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 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.



ST JOHN AMBULANCE FIRST AID COMPETITIONS

STANDARD KIT LIST REQUIREMENTS

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