

**2019 Missouri Regional Mine Rescue Contest  
Rolla, MO  
Written Test – First Aid**

Name \_\_\_\_\_ Company \_\_\_\_\_

Team Name \_\_\_\_\_ Contest Position No. \_\_\_\_\_

Team Member No. \_\_\_\_\_

**Directions: Use answer sheet & fill in completely.**

Q#1) Which of the following is not a disease of most concern to Emergency Medical Responders:

- A) Tuberculosis;
- B) Hepatitis;
- C) Small Pox;
- D) Meningitis.

Q#2) A properly functioning heart will beat an average \_\_\_\_\_ times per day.

- A) 75,000;
- B) 100,000;
- C) 85,000;
- D) 105,000.

Q#3) \_\_\_\_\_ is an important component when coordinating a lift:

- A) The patients stability;
- B) The size of the stretcher;
- C) A clear leader;
- D) Eye contact.

Q#4) A surgical opening in the skin is a:

- A) Laceration;
- B) Piercing;
- C) Stoma;
- D) All the above.

Q#5) Respiratory rates for a new born can be as high as \_\_\_\_\_ breaths per minute:

- A) 70;
- B) 80;
- C) 50;
- D) None of the above.

- Q#6) A key question to ask any suspected stroke patient is:
- A) Do you know what day it is;
  - B) Do you know where you are;
  - C) What time did the symptoms first appear;
  - D) Has this happened previously?
- Q#7) How many deaths are reported annually from venomous snake bites:
- A) 20-30;
  - B) 30-40;
  - C) 40 or more;
  - D) Fewer than 20.
- Q#8) An acronym that is widely used in EMS to help providers remember the characteristics of pupils is?
- A) PEARL;
  - B) PERL;
  - C) PERRL;
  - D) None of the above.
- Q#9) A patient with a moderate stage of Generalized Hypothermia will show the all of the following signs except:
- A) Drowsy;
  - B) Decreased level of responsiveness;
  - C) Slurred speech;
  - D) Not shivering.
- Q#10) How many steps are there to control external bleeding of an extremity:
- A) 3;
  - B) 5;
  - C) 2;
  - D) 4.
- Q#11) Before approaching a patient you must ensure.
- A) Where to put the triage Area;
  - B) You have all the needed gear;
  - C) Your partner is ready to go;
  - D) Scene safety.
- Q#12) The point closer to the torso is:
- A) Inferior;
  - B) Proximal;
  - C) Superior;
  - D) Medial.

Q#13) Some of the common signs or symptoms of stroke are:

- A) Syncope (fainting);
- B) Confusion;
- C) High blood pressure (hypertension);
- D) All of the above.

Q#14) All of the following can cause Hypoglycemia except:

- A) Eating too much;
- B) Taking too much insulin;
- C) Overexertion;
- D) Not eating enough.

Q#15) A patient who is abusing \_\_\_\_\_ may have a reduced pulse and breathing rates and lowered skin temperature.

- A) Depressants;
- B) Hallucinogens;
- C) Stimulants;
- D) Narcotics.

Q#16) A patient is laying in the \_\_\_\_\_ position if they are lying face down.

- A) Supine;
- B) Recovery;
- C) Prone;
- D) Lateral recumbent.

Q#17) The primary goal of scene size up is:

- A) Determining the number of patients;
- B) Determining the mechanism of injury;
- C) Determining the safety;
- D) Determining the type of equipment needed.

Q#18) Which of the following is not a part of the SAMPLE acronym.

- A) Allergies;
- B) Mechanism of injury;
- C) Past pertinent medical history;
- D) Last oral intake.

- Q#19) \_\_\_\_\_ bleeding occurs when vessels that return blood to the heart have been damaged:
- A) Venous;
  - B) Arterial;
  - C) Capillary bleeding;
  - D) All of the above.
- Q#20) Impaled objects should be:
- A) Removed carefully;
  - B) Only removed if practical;
  - C) Left In place;
  - D) None of the above.
- Q#21) When using the Rule of Palm to determine the amount of surface area burned on a patient a palm is approximately \_\_\_\_ percent the body surface area?
- A) 3;
  - B) 4;
  - C) 2;
  - D) 1.
- Q#22) This type of shock is caused by a wide spread infection of the blood:
- A) Hemorrhagic;
  - B) Anaphylactic;
  - C) Cardiogenic;
  - D) Septic.
- Q#23) When testing Capillary Refill after releasing pressure the blood should flow back into the tissues in less than \_\_\_\_ seconds:
- A) 1;
  - B) 2;
  - C) 3;
  - D) 4.
- Q#24) Blood in the pleural space is called:
- A) Pneumothorax;
  - B) Flail Chest;
  - C) Hemothorax;
  - D) Crepitus.
- Q#25) Which of the following is a Sign or Symptom of shock:
- A) Flushed, hot, dry skin;
  - B) Normal breathing;
  - C) Decreased pulse rate.
  - D) Changes in mental status.

Q#26) The person responsible for all aspects of an emergency response is:

- A) Triage leader;
- B) Site Commander;
- C) Incident Commander;
- D) All of the above.

Q#27) The gallbladder is located in which abdominal quadrant:

- A) Left Upper Quadrant;
- B) Right Upper Quadrant;
- C) Left Lower Quadrant;
- D) Right Lower Quadrant.

Q#28) During CPR you must do all except:

- A) Perform rapid, deep compressions;
- B) Maintain C-spine;
- C) Ensure and maintain an open airway;
- D) Breathe for (ventilate) the patient.

Q#29) The first responders to arrive at a scene will assume the role of:

- A) Treatment;
- B) Transport;
- C) Triage;
- D) All of the above.

Q#30) Always take BSI precautions when assessing and caring for patients. The very least protection is:

- A) Face mask;
- B) Eye Protection;
- C) Disposable synthetic gloves
- D) All of the above.

**2019 Missouri Regional Mine Rescue Contest  
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Written Test Answers – First aid Competition**

- A#1) C) Chapter 3; Page 39.
- A#2) B) Chapter 14; Page 276
- A#3) D) Chapter 6; Page 99
- A#4) C) Chapter 9; Page 151
- A#5) D) Chapter 15; Page 293.
- A#6) C) Chapter 16; Page 313
- A#7) D) Chapter 17; Page 344
- A#8) C) Chapter 12; Page 235
- A#9) C) Chapter 17; Page 338
- A#10) A) Chapter 18; Page 359.
- A#11) D) Chapter 3; Page 43
- A#12) B) Chapter 4; Page 47
- A#13) D) Chapter 16; Page 311-312.
- A#14) A) Chapter 16; Page 314
- A#15) D) Chapter 16 Page 323
- A#16) C) Chapter 4; Page 57
- A#17) C) Chapter 13; Page 246
- A#18) B) Chapter 12; Page 218.
- A#19) A) Chapter 18; Page 358
- A#20) C) Chapter 18; Page 374
- A#21) D) Chapter 18; Page 380
- A#22) D) Chapter 19; Page 394
- A#23) B) Chapter 20; Page 410
- A#24) C) Chapter 22; Page 456
- A#25) D) Chapter 19 Page 396
- A#26) C) Chapter 27; Page 564
- A#27) B) Chapter 4; Page 60
- A#28) B) Chapter 11; Page 191
- A#29) C) Chapter 27; Page 566
- A#30) C) Chapter 13; Page 247