

ST JOHN AMBULANCE

INTERNATIONAL FIRST AID COMPETITION FOR CADETS

1994

INDIVIDUAL TEST - TEAM MEMBER NUMBER 1

TEAM : _____

QUESTIONS

MARKS
POSS AWD

1. In order to arrive at a diagnosis, a First Aider relies on history, signs and symptoms. What is meant by each of these? <i>History - explanation of what happened, given by casualty - or by person present at accident</i> <i>Sign - condition which can be observed on the casualty</i> <i>Symptom - sensation, feeling - felt by the casualty</i>	1 1 1 1 1	
2. What is the general first aid treatment for burns and scalds? <i>Place injured part in cold water</i> <i>Remove constrictive clothing, jewellery</i> <i>Cover burn with a dressing</i> <i>Treat casualty for shock</i> <i>Arrange for medical attention</i>	2 2 2 2 2	
3. 3.1 What is a dislocation? <i>Displacement of bones at a joint</i> 3.2 Name two places in the body where dislocations usually occur. <i>Shoulder, elbow, thumb, fingers, lower jaw (any two)</i>	2 2	
4. 4.1 What is the general name for blood vessels which carry blood away from the heart? <i>Arteries</i> 4.2 What is the scapula? <i>The shoulder blade</i> 4.3 Which is the longest bone in the body? <i>The femur (thigh bone)</i>	2 2 1	
TOTAL	25	

Paper set by : Assistant Chief Commissioner (Training) Miss Bridget Levy
Priory for South Africa

Monitored by : Surgeon in Chief Dr J Snyman MBChB, M Pharm Med.

ST JOHN AMBULANCE

INTERNATIONAL FIRST AID COMPETITION FOR CADETS

1994

INDIVIDUAL TEST - TEAM MEMBER NUMBER 2

TEAM : _____

QUESTIONS

MARKS
POSS AWD

1. What are the signs and symptoms of an acute heart attack ? <i>Severe pain in chest, neck, shoulder, arm</i> <i>Casualty short of breath</i> <i>Pale face, blue-grey around lips</i> <i>Sweating</i> <i>Nausea</i> <i>Weak pulse</i>	1 1 1 1 1 1	
2. What is the general first aid treatment for an acute heart attack ? <i>Place casualty at rest/do not move unnecessarily</i> <i>Semi-sitting position</i> <i>Loosen tight clothing at neck, chest, waist</i> <i>Monitor casualty's breathing</i> <i>Arrange for urgent medical attention</i>	2 2 2 2 2	
3. What is the purpose of a dressing ? <i>Prevent infection in a wound</i> <i>Control bleeding</i> <i>Protect wound from further injury</i>	1 1 1	
4. 4.1 Name two major organs in the chest cavity. <i>Heart, lungs, gullet (oesophagus) [any two]</i> 4.2 What is the average breathing rate for an adult ? <i>15 - 18 breaths per minute</i> 4.3 What is the epiglottis ? <i>Flap which closes the top of the windpipe</i> <i>when food/fluid is swallowed</i>	2 2 1 1	
TOTAL	25	

Paper set by : Assistant Chief Commissioner (Training) Miss Bridget Levy
Priory for South Africa

Monitored by : Surgeon in Chief Dr J Snyman MBChB, M Pharm Med.

ST JOHN AMBULANCE

INTERNATIONAL FIRST AID COMPETITION FOR CADETS

1994

INDIVIDUAL TEST - TEAM MEMBER NUMBER 3

TEAM : _____

QUESTIONS

MARKS
POSS AWD

1. What are the general signs and symptoms of fractures ? <i>Pain at site of injury</i> <i>Loss of function/inability to use limb</i> <i>Swelling</i> <i>Deformity/irregularity</i> <i>Tenderness (on gentle pressure)</i>	1 1 1 1 1	
2. What is the treatment for a bleeding nose ? <i>Seat casualty, head slightly forward</i> <i>Pinch nostrils closed for 10 minutes</i> <i>Instruct casualty to breathe through his mouth</i> <i>Loosen tight clothing at neck, chest, waist</i> <i>Warn casualty not to blow his nose</i>	2 2 2 2 2	
3. A person indicates that he might faint. How can this be prevented ? <i>Seat him with his head lowered</i> <i>or lay him down with his feet slightly raised</i> <i>Loosen tight clothing at neck, chest, waist</i> <i>Urge him to breathe deeply</i>	2 2 2 2	
4. 4.1 What is the average pulse rate for an adult at rest ? <i>72 beats per minute</i>	1	
4.2 Name the pulse found at the front of the neck. <i>Carotid</i>	1	
TOTAL	25	

Paper set by : Assistant Chief Commissioner (Training) Miss Bridget Levy
Priority for South Africa

Monitored by : Surgeon in Chief Dr J Snyman MBChB, M Pharm Med.

ST JOHN AMBULANCE

INTERNATIONAL FIRST AID COMPETITION FOR CADETS

1994

INDIVIDUAL TEST - TEAM MEMBER NUMBER 4

TEAM : _____

QUESTIONS

MARKS
POSS AWD

1. What are the signs and symptoms of heat stroke ? <i>Raised body temperature</i> <i>Rapid and full pulse</i> <i>Hot, flushed face</i> <i>Breathing may be noisy</i> <i>Headache, dizziness</i> <i>Casualty may be confused or become unconscious</i>	1 1 1 1 1 1	
2. What is the first aid treatment for heat stroke ? <i>Sponge casualty with cold water</i> <i>Wrap in wet sheets</i> <i>Direct cool air onto casualty</i> <i>Place in recovery position when temperature reduced</i> <i>Arrange for medical attention</i>	2 2 2 2 2	
3. What is a bruise ? <i>Bleeding,</i> <i>beneath the unbroken skin</i>	1 1	
4. 4.1 What type of joint is found at the shoulder ? <i>Ball and socket</i> 4.2 How many vertebrae do we have in our spinal column ? <i>33</i> 4.3 How many pairs of ribs do we have ? <i>12</i> 4.4 Name three functions of the skeleton. <i>Gives the body shape</i> <i>Provides for the attachment of muscles</i> <i>Protects internal organs</i>	2 1 1 1 1 1 1	
TOTAL	25	

Paper set by : Assistant Chief Commissioner (Training) Miss Bridget Levy
Priory for South Africa

Monitored by : Surgeon in Chief Dr J Snyman MBChB, M Pharm Med.