

NAME: \_\_\_\_\_

## MOFAR General Knowledge Pre-Test

NOTE: All answers in *Mountaineering First Aid*, 5<sup>th</sup> edition unless otherwise specified

1. Short definitions:
  - a) first aid: \_\_\_\_\_
  - b) accident: \_\_\_\_\_
  - c) injury: \_\_\_\_\_
  - d) margin of safety: \_\_\_\_\_
  
2. List the American Red Cross's (ARC) **emergency action steps** in order:
  - 2.1 \_\_\_\_\_
  - 2.2 \_\_\_\_\_
  - 2.3 \_\_\_\_\_
  
3. List M.O.F.A.'s **seven steps for first aid response**, in order:
  - 3.1 \_\_\_\_\_
  - 3.2 \_\_\_\_\_
  - 3.3 \_\_\_\_\_
  - 3.4 \_\_\_\_\_
  - 3.5 \_\_\_\_\_
  - 3.6 \_\_\_\_\_
  - 3.7 \_\_\_\_\_
  
4. List the **first aid goals** for burn care, in order:
  - 4.1 \_\_\_\_\_
  - 4.2 \_\_\_\_\_
  - 4.3 \_\_\_\_\_
  
5. How would you treat a victim with a small twig imbedded in the white of the eye?
  
6. When checking a conscious victim, you use the mnemonic "**SAMPLE**" to get information. **SAMPLE** stands for?
  - 6.1 **S** \_\_\_\_\_
  - 6.2 **A** \_\_\_\_\_
  - 6.3 **M** \_\_\_\_\_
  - 6.4 **P** \_\_\_\_\_
  - 6.5 **L** \_\_\_\_\_
  - 6.6 **E** \_\_\_\_\_
  
7. Describe the basic treatment for an insect bite or a sting.
  
8. What is the basic rule of immobilizing (splinting) an extremity injury?
  
9. What is **R.I.C.E.S.**?  
R \_\_\_\_\_ I \_\_\_\_\_ C \_\_\_\_\_ E \_\_\_\_\_ S \_\_\_\_\_

10. What types of injuries are R.I.C.E.S. intended to treat?

11. What is the main purpose of the log roll?

12. Move an injured victim only if (ARC):

12.1 \_\_\_\_\_

12.2 \_\_\_\_\_

12.3 \_\_\_\_\_

13. When splinting an arm injury, describe the relative position of the hand in relation to the elbow for both upper arm and forearm injuries.

upper arm \_\_\_\_\_ forearm \_\_\_\_\_

14. List the ARC six-step sequence to control bleeding:

14.1 \_\_\_\_\_ 14.4 \_\_\_\_\_

14.2 \_\_\_\_\_ 14.5 \_\_\_\_\_

14.3 \_\_\_\_\_ 14.6 \_\_\_\_\_

15. List four ways the body gains or conserves heat.

15.1 \_\_\_\_\_ 15.3 \_\_\_\_\_

15.2 \_\_\_\_\_ 15.4 \_\_\_\_\_

16. List some signals (signs and symptoms) of shock.

17. When would you suspect a head and / or spinal injury?

18. What are four of the twelve signs & symptoms of a head and spinal injury?

18.1 \_\_\_\_\_ 18.3 \_\_\_\_\_

18.2 \_\_\_\_\_ 18.4 \_\_\_\_\_

19. Pulse, respiration, skin color and level of consciousness are four:

\_\_\_\_\_ (two word phrase).

20. Contaminated drinking water **and** direct person-to-person contact both transmit Giardia.

True False

21. Bites by brown recluse spiders cause the greatest problems of any spiders in the United States.

True False

22. When hiking uphill, blisters are found on the heel.

True False

23. John has a temperature of 94.6° F. He has moderate to severe hypothermia.

True False