

NAME: _____

M.O.F.A. GENERAL KNOWLEDGE PRE-TEST

NOTE: All answers in the MOFA book or syllabus unless otherwise specified

1. SHORT DEFINITIONS:

- A) FIRST AID: _____
- B) ACCIDENT: _____
- C) INJURY: _____
- D) MARGIN OF SAFETY: _____

2. LIST THE FOUR MOST COMMON CONTRIBUTING CAUSES OF INJURIES ACCORDING TO THE AMERICAN ALPINE CLUB'S ACCIDENTS IN NORTH AMERICAN MOUNTAINEERING:

- 2.1 _____ 2.3 _____
- 2.2 _____ 2.4 _____

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: (from syllabus)

- 6.1 **S** _____ 6.4 **P** _____
- 6.2 **A** _____ 6.5 **L** _____
- 6.3 **M** _____ 6.6 **E** _____

7. DESCRIBE THE BASIC TREATMENT FOR AN INSECT BITE OR A STING.

8. WHY SHOULD YOU CHECK FOR A PULSE BELOW AN INJURY OF THE EXTREMITY?

9. WHAT IS **R.I.C.E.S.**?

R _____ I _____ C _____ E _____ S _____

10. WHAT TYPES OF INJURIES IS R.I.C.E.S. INTENDED TO TREAT?

11. WHAT IS THE MAIN PURPOSE OF THE LOG ROLL?

12. WHO DIRECTS OR IS IN CHARGE OF A LOG ROLL?

13. LIST FIVE DIFFERENT METHODS OR WAYS TO MOVE A PATIENT.

13.1 _____ 13.4 _____

13.2 _____ 13.5 _____

13.3 _____

14. LIST THE SIX STEP SEQUENCE USED TO CONTROL SEVERE BLEEDING:

14.1 _____ 14.4 _____

14.2 _____ 14.5 _____

14.3 _____ 14.6 _____

15. LIST TWO WAYS THE BODY GAINS / CONSERVES HEAT & TWO WAYS IT LOSES HEAT.

15.1 _____ 15.3 _____

15.2 _____ 15.4 _____

16. LIST THREE EARLY AND THREE LATE SIGNS AND/OR SYMPTOMS OF SHOCK.

16.1 _____ 16.4 _____

16.2 _____ 16.5 _____

16.3 _____ 16.6 _____

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 words).

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 MAY HAVE MODERATE TO SEVERE HYPOTHERMIA.

TRUE FALSE