

Bronze Medallion (BM) / Award of Merit (AM)

Part A Theory Examination Revision Question (with Answers)

Note: There is only ONE correct answer for each question.

1. Which one of the following does not relate to Water Safety?
 - A. shower yourself before you enter the pool.
 - B. don't swim without the presence of a lifeguard.
 - C. if there is a warning flag hoisted by the beach authority, don't swim.
 - D. children should be under the supervision of an adult while swimming.

2. While rescuing a patient who is submerged underneath an iced surface, which rescue procedure will you consider the last:
 - A. scream loudly for help
 - B. dive directly into the ice to rescue the patient
 - C. avoid stepping directly onto thin ice
 - D. rescue the patient to safety by a rigid long stick.

3. Which one of the following does not related methods to identify the direction of the water current?
 - A. observe the direction of the foam.
 - B. observe the direction of the bow.
 - C. keep an eye on the wind direction and its speed.
 - D. throw a buoy into the water and watch its flow of direction.

4. Which of the following is not a method of contact rescue
 - A. extended tow
 - B. chin tow
 - C. cross chest tow
 - D. tow with clothing

5. Which of the following does not belonging to Defensive Techniques
 - A. reverse
 - B. arm block
 - C. single leg block
 - D. arm pull

6. Which group of the following belongs to Escape Techniques?
 - A. arm pull, push away break, reverse, joint pressure break.
 - B. joint pressure break, reverse, arm pull, push away break.
 - C. arm pull, push away break, elbow break, joint pressure break.
 - D. joint pressure break, arm pull, elbow break, reverse.

7. "Sculling" can be most effective when
 - A. legs are scrambled by sea weeds.
 - B. searching for a drowning casualty.
 - C. towing a struggling casualty.
 - D. applying the "Reverse" method.

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8. Which one of the following is the cause of submerging?
 - A. struggling.
 - B. over-weight.
 - C. swallowing water while panicking.
 - D. unconsciousness.

 9. When crossing a rapid stream, we should
 - A. choose the narrowest gap and rush across it.
 - B. get across the current with a short rope.
 - C. get across the current with a long pole.
 - D. choose the widest gap to cross it.

 10. Which group of the following techniques belongs to Entry Methods?
 - A. slid in, straddle jump, duck dive.
 - B. compact jump, shallow dive, surface dive - head first.
 - C. Slide in, shallow dive, compact jump.
 - D. surface dive - feet first, shallow dive, duck dive.

 11. Which of the following are not the reason that EAR should be applied?
 - A. patient's mouth and nose are bleeding.
 - B. rescuer's mouth and nose are bleeding.
 - C. Patient has taken some corrosive liquid.
 - D. patient has an ugly appearance.

 12. In treating an unconscious patient, we should
 - A. place him in a recovery position.
 - B. apply EAR
 - C. calming and reassuring him.
 - D. raise his legs to allow more blood supply to his brain.

 13. Mouth to nose EAR can be applied to a patient
 - A. with large volume of bleeding from his mouth.
 - B. with a very big mouth.
 - C. after vomiting.
 - D. in water.

 14. Which one of the following is not suitable while handling a hypothermia patient:
 - A. give alcoholic drink to the patient.
 - B. cover the patient with blanket to keep him warm
 - C. put the patient into hot water.
 - D. undress the patient's wet clothing.

 15. How to ascertain the position of a patient who is submerged at the bottom of the sea?
 - A. locate the ripples on the water surface.
 - B. look for the spot where bubbles are accenting.
 - C. look for the spot where clothes are floating.
 - D. according to the wind speed.

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16. What is the benefit of placing an unconscious patient in the Recovery Position?
- A. to place the patient in a safety position.
 - B. to put the patient in a comfortable position.
 - C. to extend the patient's air way and to let the vomiting objects flowing out smoothly.
 - D. to make the patient recover quickly.
17. Which one of the following is a wrong approach to treat a patient?
- A. calming and reassuring the patients' safety.
 - B. dive to the back of the patient.
 - C. maintain a stand off position.
 - D. give him a buoyant aid.
18. When tangled by sea weed, we should first
- A. keep calm.
 - B. kick them off forcefully.
 - C. dive into the water and release the entanglement.
 - D. pull the sea weed off quickly.
19. The safety height for Straddle Jump is
- A. within 1 metre above the water surface.
 - B. within 1.5 metres above the water surface.
 - C. within 2 metres above the water surface.
 - D. within 2.5 metres above the water surface.
20. Under normal circumstances, treating a bone fracture doesn't require
- A. calming the patient.
 - B. support and immobilize the fractured area.
 - C. support with pads.
 - D. implying topical analgesics.
21. How to prove that the casualty has ceased breathing?
- A. check casualty's nose and mouth to see if there is air exhaling.
 - B. see if the chest stops rising and falling.
 - C. ascertain if there is any pulse.
 - D. assess whether pupils are dilated.
22. The early symptom of heat stroke is
- A. pale and clammy face.
 - B. moist and cold skin.
 - C. high body temperature.
 - D. fast but weak pulse.
23. The exchange of Oxygen and Carbon Dioxide takes place in
- A. capillaries.
 - B. alveoli.
 - C. bronchi.
 - D. thorax.

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24. The residual volume of the lungs for an average adult is approximately
- A. 800c.c.
 - B. 6,000c.c.
 - C. 4,500c.c.
 - D. 1,500c.c.
25. Normal breathing rate per minute of an adult is
- A. 15-18 times.
 - B. 20-24 times.
 - C. 24-40 times.
 - D. 12-15 times.
26. The rate of ECC applied to infant is
- A. 55-77 lbs. At 60 times per minute.
 - B. pressed with only one palm at 80-90 times / minute.
 - C. pressed with two fingers at 100 times / minute.
 - D. pressed with only one finger at 120 times / minute.
27. The composition of exhaled air is
- A. Nitrogen 4%, Oxygen 79%, Carbon dioxide 17%
 - B. Nitrogen 79%, Oxygen 17%, Carbon dioxide 4%
 - C. Nitrogen 17%, Oxygen 4%, Carbon dioxide 79%
 - D. Nitrogen 79%, Oxygen 4%, Carbon dioxide 17%
28. What is the reason for noisy breathing made by the casualty at the early stage of his resuming respiration?
- A. the airway is completely block.
 - B. the airway is not completely clear.
 - C. the Oesophagus is not completely clear.
 - D. the airway is completely extended.
29. While applying EAR the first thing to do is to
- A. take off the casualty's wet clothing.
 - B. press the casualty's chest to get rid of the water in it.
 - C. pad the casualty's shoulders.
 - D. extend the casualty's airway.
30. The symptom of a casualty suffering from shock is
- A. pupils dilated.
 - B. a pink face.
 - C. wet and cold skin.
 - D. hot skin.
31. The face of a casualty suffocated by carbon monoxide is
- A. pale.
 - B. bluish.
 - C. pink.
 - D. cyanosis.

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32. When the casualty is found without breathing and heart beat, we should apply
- A. treatment of the heart.
 - B. cardio pulmonary resuscitation.
 - C. external cardiac compression.
 - D. artificial respiration.
33. The arteries
- A. contain oxygenated blood.
 - B. carry blood away from the heart.
 - C. carry blood to the lungs.
 - D. carry blood to the heart.
34. While treating a shock, don't
- A. extend the casualty's airway
 - B. give him fluid drinks
 - C. lift both of his legs
 - D. place him in recovery position
35. When applying ECC to an adult, we press with the
- A. whole palm.
 - B. fingers.
 - C. heel of the palm.
 - D. middle of the palm.
36. The factor(s) affecting blood pressure is/are
- A. expansion of capillaries and veins.
 - B. contraction of arteries.
 - C. force created by the contraction of the heart.
 - D. all or any of the above.
37. Which of the following cases will endanger life and should be given priority treatment?
- A. asphyxia
 - B. bleeding
 - C. shock
 - D. fracture
38. What is the main function of the heart?
- A. circulation of the air in the body.
 - B. a smooth respiration.
 - C. circulation of blood.
 - D. exchange of air.
39. After rescuing an unconscious casualty from water, you should
- A. apply artificial respiration.
 - B. check for bleeding.
 - C. undo tight clothing.
 - D. check for breathing.

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40. The colour of the blood in the pulmonary vein is
- A. crimson.
 - B. dark red.
 - C. bright red.
 - D. pink.
41. The main cause for shock is
- A. insufficient blood content.
 - B. increased blood pressure.
 - C. loss of blood or plasma in the circulatory system.
 - D. fractures or dislocation of joint.
42. The position of the diaphragm is
- A. below the abdomen.
 - B. at the base of the thoracic cavity.
 - C. in front of the lung.
 - D. in the middle of the abdomen.
43. To stop profuse bleeding, we can
- A. apply cold fluid on the wound.
 - B. take medicine to stop bleeding.
 - C. apply pressure to stop bleeding.
 - D. wait for doctor's operation.
44. The rates for two operators applying CPR are
- A. 30 ECC to 2 EAR
 - B. 15 ECC to 1 EAR
 - C. 1 ECC to 5 EAR
 - D. 2 ECC to 15 EAR
45. The abbreviation for Cardio-pulmonary Resuscitation is
- A. EAR
 - B. ECC
 - C. RECC
 - D. CPR
46. Which one of the following part is to protect the lungs?
- A. clavicle.
 - B. sternum.
 - C. ribs.
 - D. spine.
47. A casualty is found on a wet floor, with an electric wire beside him. We should
- A. remove the electric wire with a dry bamboo or stick.
 - B. locate electricity source and cut off the current.
 - C. remove the electric wire with an iron rod.
 - D. tow the casualty away.

48. The position of the heart in a human body is
- behind the sternum and between the lungs.
 - behind the sternum and between the lungs but tends to the left.
 - between the lungs and the diaphragm but tends to the left.
 - between the sternum and lungs but tends to the left.
49. While applying EAR the purpose of giving the initial inflations to the casualty is to
- clear his airway.
 - increase his body temperature.
 - resume his heart beat.
 - inflate his lungs.
50. The function of white blood cells is to
- kill bacteria.
 - transport oxygen.
 - prevent bleeding.
 - absorb carbon dioxide.

---The End---

Answer:

1.	A	6.	C	11.	D	16.	C	21.	B	26.	C	31.	C	36.	D	41.	A	46.	C
2.	B	7.	A	12.	A	17.	B	22.	B	27.	B	32.	B	37.	B	42.	B	47.	B
3.	C	8.	C	13.	D	18.	A	23.	B	28.	D	33.	B	38.	C	43.	C	48.	B
4.	D	9.	D	14.	A	19.	A	24.	D	29.	D	34.	D	39.	D	44.	A	49.	D
5.	D	10.	C	15.	B	20.	D	25.	A	30.	C	35.	C	40.	C	45.	D	50.	A