GUÍA DE ESTUDIOS - CAPITÁN DE ALTURA					
Q. Number	**Question**	**A**	**B**	**C**	**D**
	MEDICAL FIRST AID				
1	A companion of yours on a ship falls down a flight of stairs and thinks he may have broken his leg. What's the best thing you should do?	Apply a tourniquet to his upper leg.	Apply a splint.	Seek help.	Pull on the foot to set the bone.
2	Which of these describes basic life support?	Establishing an airway, breathing and keeping blood moving through chest compressions.	Treating a wound or a burn correctly.	Surgery in a hospital with machines to bypass pump blood.	Dialysis for kidney problems.
3	A shipmate touches some live electrical wires and collapses unconscious. What's the first thing you should do?	Find and isolate the source of the electricity.	Put rubber soled shoes on your feet.	Immediately check for signs of breathing and a pulse.	Dampen the victim with a wet towel.
4	What is a resuscitator?	A plastic tube that fits over the casualty's throat to keep an airway open.	An oxygen tank, with a demand valve and mask.	An electrical device with 2 paddles that can be used to restart the heart.	An insulated and heated bag that is used to wrap around a casualty suffering from hypothermia.
5	Which of the following conditions would indicate that a casualty was dead?	Eyes are glazed and sunken.	Casualty is not moving.	Casualty is pale.	The skin is wet and clammy.
6	An unconscious seaman is lying on his back and is not breathing. What's the first thing you should do?	Throw cold water on his face.	Slap his face gently with the palm of your hand.	Waft smelling salts under his nose.	Tilt his head back as far as it will go.
7	A crew member has fallen from a height of about 5 meters and though conscious cannot feel any pain in his limbs. What should you do?	Tie the patient to any pieces of wood that can be used as splints.	Put the patient into the recovery position in case he vomits.	Do not move the patient as he may have neck or spine injuries.	Carry the patient to the ship's hospital.
8	The cardiovascular system refers to what parts of the body?	The lungs.	The brain and nervous system.	The heart and blood circulation systems.	The bones and muscles.
9	If the heart of a casualty has stopped, approximately how long will it take before the casualty is likely to suffer brain damage?	Beyond 10 seconds.	Beyond 1 minute.	Beyond 6 minutes.	Beyond 20 minutes.

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		MEDICAL FIRST AID			
10	Which of these is the most effective method of artificial respiration?	Silvester method.	Mouth to mouth method.	Mouth to nose method.	Heath Robinson method.
11	Where should the hands of the first aider be placed when doing heart compressions?	In the middle where the collar bone (Clavicle) joins the breast bone (Sternum).	Over the left nipple on the chest.	At the end of the breastbone.	About 4 cm nearer the head then the lower end of the breastbone (sternum).
12	If an injured person's pulse cannot be felt at the wrist, where on the body should the pulse be taken?	The side of the neck.	The chest near the heart.	The ankle.	The top of the leg.
13	What is the name of the type of stretcher often found on board?	The SOLAS stretcher.	The canvas pole stretcher.	The Hart Imco stretcher.	The Neil Robertson stretcher.
14	Which of these is a Thermal Protective Aid?	A portable electric heater.	A large plastic bag big enough to put a man inside.	Special clothes that prevent a survivor from losing heat.	A chemical compound which, when mixed, produces light and heat.
15	In the absence of a Doctor, how long should artificial respiration and heart compression be continued?	When the casualty has had fixed and dilated pupils for 15 minutes you should stop CPR.	Until the heart starts beating or the rescuer is unable to continue because of fatigue.	When the casualty turns pale and starts to go cold CPR can be stopped	When the casualty shows no response to the CPR after 20 minutes, it is useless to continue.
16	Which of these is best when you suspect that a casualty has fractured a bone?	Raise the affected portion of the body above the level of the casualty's head.	Massage the affected area to prevent stiffness.	Rinse the area with cold water.	Immobilise the affected area.
17	Which of these is considered the best way to control severe bleeding?	Application of a tourniquet.	Direct pressure over the wound.	Direct pressure on a pressure point.	Raise the bleeding part above the level of the head.

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	MEDICAL FIRST AID				
18	What damage could occur if first aider's hands are placed at the tip of the sternum during heart compressions?	The liver might be torn leading to severe internal bleeding.	The ribs might be cracked.	The patient may vomit as his stomach is squeezed.	The lungs might be punctured leading to severe loss of breath.
19	Which of these would be the best action if you suspected a casualty was choking?	Get the casualty to lie down flat on his back.	Press suddenly and sharply into the casualty's abdomen with a quick hard thrust.	Sit the casualty down and place his head between his knees.	Tap the casualty on the back between his shoulder blades
20	What is meant by the term compound fracture?	A bone that is broken in more then one place.	A broken bone that is causing bleeding.	A broken bone with the ends of the bone protruding from the skin.	A bone that has broken leaving jagged edges.
21	When internal injury is suspected, which of the following should NOT be done?	Get the patient to lie down.	Slightly elevate the legs.	Give the patient a drink of water.	Keep the patient warm.
22	Which of these drugs might be given to reduce severe pain?	Morphine.	Penicillin.	Caffeine.	Betadine
23	A casualty has been injured by crushing his hand in an item of machinery. Which of the following should never be done?	Give the patient some water provided there is no injury to the abdomen.	Apply direct pressure to the wound.	Give the patient a shot of alcohol to help ease the pain.	Have the casualty lie down.
24	What is meant by an open fracture?	One that occurs at the end of a bone.	One where an end of one of the bones pierces the skin.	One where the bone has broken into more then one piece.	One where more then one bone is involved.
25	If you are doing heart compression, approximately how many compressions per minute is about right?	About 100 compressions per minute.	About 60 compressions per minute.	About 40 compressions per minute.	About 10 compressions per minute.
26	The unconscious or recovery position should be used for a casualty who is breathing but unconscious. Why?	To prevent the casualty drowning in his own vomit.	To ease the pain of broken bones.	To correct for any spinal injury.	To minimize nose bleeding.

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	MEDICAL FIRST AID				
27	Approximately how much blood is contained in the human body?	About 1.5 litres.	About 20 litres.	About 10 litres.	About 5 litres.
28	Abdominal Thrust is the name of a technique used to attempt to force air out of a choking casualty's lungs. How is this technique performed?	Lay the casualty on a hard surface, press firmly and rapidly on the middle of the lower half of the breast bone.	Stand close behind the casualty, clench your fist and place it in the centre of upper abdomen. Grasp your fist with your other hand and pull inwards.	Use the Abdominal Thrust tool found in the first aid box.	Bend the casualty forward and apply hard blows to the centre of the back.
29	What is the Recovery Position?	The patient is seated in an up-right position and with the arms and legs arranged in order to keep this position stable.	The patient is placed in a "face-to-the-floor" position with arms and legs arranged in order to stabilize this position.	The patient is seated in a position with the head kept as low as possible.	The patient is placed flat on a bed.
30	Exposure to cold conditions may cause	hyperthermia.	heat stroke.	a heart attack.	hypothermia.
31	When using a compress bandage, what shows that the bandage might be too tight?	Blue colour of the skin above the bandage.	Swelling above the bandage.	Swelling above the bandage and strong pulsating pain.	Increase in heartbeat and dizzy feeling.
32	What blood alcohol level is permissible under U.S. legislation before it is defined as intoxication?	0.01%.	0.07%.	0.04%.	0.1%.
33	The ABC rule is important for first aiders to know. What does ABC stands for?	Airway - Breathing - Communication.	Attitude - Blood - Communication.	Alcohol Blood Content.	Airway - Breathing - Circulation.

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	MEDICAL FIRST AID				
34	An insect has become lodged in the ear. How should it be removed?	Gently flood the casualty's ear with warm water so that the insect floats out.	By using a rubber vacuum pump to suck the insect out.	Use a Q-tip and carefully try to get the insect out.	By using an ear bud and carefully try to get the insect out.
35	What is the rhythm of resuscitation should two first aiders use when working as a team?	3 compressions after every 1 inflation.	7 inflations before every 5 compressions.	5 compressions after every 1 inflation.	10 compressions within every 3 inflations.
36	After checking for open airway, giving the first 2 inflations and checking the pulse to make sure that the heart is beating, what rate of inflations should be given until natural breathing is restored?	Doesn't matter how many times.	12-16 times per minute.	10-12 times per minute.	25-27 times per minute.
37	When performing chest compressions, where on the casualty's body do you place your hands?	Place the heel of your hand on top of the heart position. Cover the hand with the heel of the other hand.	Place the heel of your two hands on the top of the breastbone.	Place the heel of one hand two finger breadths above the bottom of the breastbone. Cover the hand with the heel of the other hand.	The position of your hands is not important.
38	Unconscious casualties who are breathing and whose hearts are beating should be placed in the Recovery Position. Why is this position so important?	This position ensures the heart keeps beating.	This position makes it easy to minimise any kind of bleeding.	This position ensures that an open airway is maintained.	This position prevents the patient from falling asleep.
39	Sun rays and light reflected from a bright surface (e.g. snow) can cause damage to skin and eyes. What is this type of burn called?	Radiation burn.	Electrical burn.	Dry burn.	Cold burn.
40	What is hypothermia?	When the body temperature falls to 39 degree C.	When heavy coughing occurs.	When the body temperature falls below 23 degree C.	When the body temperature falls below 35 degree C.
41	What is the skin colour of a patient in shock?	Light blue.	Dark blue.	Pale or grey.	Green or purple.

GUÍA DE ESTUDIOS - CAPITÁN DE ALTURA					
Q. Number	**Question**	**A**	**B**	**C**	**D**
	MEDICAL FIRST AID				
42	If a person is in shock, which of these is the correct thing to do?	Apply hot-water bottles to keep the patient warm.	Be kind to the patient and give him something to eat or drink at the first opportunity.	Try and reassure the patient and stay with the person at all times.	Move the patient to a place of safety.
43	How can you prevent a patient from fainting?	Tell the patient to sit down with his head up and tilted back breathing normally.	Tell the person to sit down and lean forward with the head between the knees taking deep breaths.	If standing in a crowd, flex the leg muscles and toes to aid circulation.	Try to keep the person in a standing position.
44	What are the symptoms of someone about to faint?	The person has a red face and small pupils.	The person starts to talk a lot and seems hyperactive.	The person's pulse is very fast and he/she is getting cold.	The person may be very pale and pulse is slow and weak.
45	What is the first sign and symptom of a heart attack?	Sudden crushing, vice-like pain in the centre of the chest.	Skin may be red and loss of movements in the right arm may occur.	Frothing at the mouth.	Strong and painful pulse.
46	The treatment for muscle strain may be remembered as RICE. What is RICE?	Reflate - Inject - Cooperation - Elevation.	Rest - Inject - Care - Evaluation.	Rest - Ice - Compression - Elevation.	Reflate - Ice - Compression - Estimation.
47	A heavy fall or a severe blow to the upper part of the abdomen can upset the regularity of breathing. What are the symptoms?	The casualty starts sweating profusely and develops fever.	The casualty feels very hungry.	The casualty is speaking in a loud manner.	The casually has difficulty in breathing and may be unable to speak.
48	How can asthma attacks be triggered?	By nervous tension, allergy or no obvious cause.	By not keeping to a proper diet.	By loud music.	By too much fresh air activity.

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	MEDICAL FIRST AID				
49	How would you ease the pain for someone who gets his finger tip stuck in a hatch cover?	Put the hand in cold water for approximately 20 minutes and then puncture the nail with a preheated needle.	Put the hand in a bucket of warm water for approximately 5 minutes and then puncture the nail with a needle.	Put the finger in your mouth and suck for half an hour.	Put the finger in warm alcohol until the pain reduces.
50	What is the rhythm when performing mouth-to-mouth ventilation in combination with chest compressions by one first aider only?	15 compressions followed by 2 full ventilations.	10 compressions followed by 3 full ventilations.	20 compressions followed by 5 full ventilations.	5 compressions followed by 5 full ventilations.
51	What kind of first aid should be given to a person with frostbite?	Heat the affected areas with hot-water bottles.	Rub the affected area with alcohol.	Apply hand or body heat to the affected parts skin-to-skin. (e.g. frozen hand in person's opposite armpit).	Give the person a cigarette.
52	What would you do if you see a man fall into a cargo hold?	Raise the alarm.	Get the first aid kit.	Go to the man and try to assist as much as possible.	Get a stretcher and rope.
53	What types of drugs are permissible to take without permission?	Over the counter drugs providing instructions are followed.	Antibiotics.	Sleeping pills.	No drugs (even aspirin) should be taken without permission from the captain or authorised officer.
54	When acting as a watcher or lookout at a cargo hold and men below show signs of distress, what must you do?	Try to rescue them yourself.	Lower additional breathing equipment.	Raise the alarm immediately.	Don a B.A. set and enter the space.
55	Above what concentration does H2S begin to deaden the sense of smell?	50ppm	100ppm	500ppm	700ppm
56	What is the accuracy of the normal personal gas monitor?	1	+/- 50%	+/- 5%	+/-15%

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	MEDICAL FIRST AID				
57	If you have rescued a shipmate who has inhaled H2S, and they are breathing, what should you do?	Give the victim artifical resucstation	Leave the victim alone.	Administer oxygen immediately.	None of the above
58	When entry to an enclosed space is proposed, which do you think is the single most important action of those listed, from the point of view of safety?	That the Master is informed.	That the company head office is consulted before a decision is made.	That a competent person considers all the facts and decides how safe the space is.	That the back-up team has been well-trained.
59	Which of these levels of H2S can be lethal?	100ppm	300ppm	700ppm	All the above
60	At what concentration of H2S should breathing apparatus be worn?	5ppm	15ppm	20ppm	100ppm
61	Where is H2S not normally found in nature?	Oil wells	Stagnant water	Open fields	Marshland
62	What is the smell associated with hydrogen sulphide?	Vinegar	Sweet perfume	Garlic	Bad eggs
63	Before entering an enclosed space for maintenance, the portable gas detector being used to check the atmosphere gives an unstable reading. What should you do?	Assume the reading is good enough and proceed with the entry.	Put the instrument back into the store and try again with another detector.	Replace the sensor, re-calibrate the instrument, and take the readings again.	None of the above
64	Where on board ship are you not likely to be in danger from H2S?	Near vents and air ducts	In and near sewage holding tanks	Working in locker rooms	Working in the galley
65	To what degree are gas detector tubes accurate?	+/- 5%	+/- 20%	+/- 30%	Totally accurate
66	If you see or suspect an injury to a person and think it may be caused by H2S what should you do first?	Enter the space to assess the situation more fully.	Raise the alarm.	Increase the ventilation to the area.	Check the instructions on the Permit to Work.

GUÍA DE ESTUDIO CAPITÁN DE ALTURA	
MEDICAL FIRST AID	
ANSWERS	
1	C
2	A
3	A
4	B
5	A
6	D
7	C
8	C
9	C
10	B
11	D
12	A
13	D
14	B
15	B
16	D
17	B
18	A
19	B
20	A
21	C
22	A
23	C
24	B
25	B
26	A
27	D
28	B
29	B
30	D

GUÍA DE ESTUDIO CAPITÁN DE ALTURA	
MEDICAL FIRST AID	
ANSWERS	
31	C
32	C
33	D
34	A
35	C
36	B
37	C
38	C
39	A
40	D
41	C
42	C
43	B
44	D
45	A
46	C
47	D
48	A
49	A
50	A
51	C
52	A
53	D
54	C
55	B
56	D
57	C
58	C
59	D
60	C

GUÍA DE ESTUDIO CAPITÁN DE ALTURA	
MEDICAL FIRST AID	
ANSWERS	
61	**C**
62	**D**
63	**C**
64	**D**
65	**C**
66	**B**

GUÍA DE ESTUDIO CAPITÁN DE ALTURA
MEDICAL FIRST AID
ANSWERS