| GUÍA DE ESTUDIOS - TITULACIÓN MAQUINISTA NAVAL | | | | | |
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| **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. |
| 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. |

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| 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. |
| 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. |

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| 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. |
| 27 | Approximately how much blood is contained in the human body? | About 1.5 litres. | About 20 litres. | About 10 litres. | About 5 litres. |

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| 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. |
| 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. |

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| 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. |
| 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. |

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| 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. |
| 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. |

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| 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% |
| 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. |

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| 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 |
| 31 | C |
| 32 | C |
| 33 | D |
| 34 | A |

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| ANSWERS | |
| 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 |
| 61 | C |
| 62 | D |
| 63 | C |
| 64 | D |
| 65 | C |
| 66 | B |