

**St John Ambulance  
International First Aid Competition  
For Cadets**

**Team Test**

**Papers Set By  
St John Ambulance  
Hong Kong  
1999.**

**Canadian Revisions Incorporated 07/10/99**

## International First Aid Competition

### Team Practical Test

Full Marks : 500

Time Allowed : 15 minutes

#### A. Information card to competing members :

Your team was camping at Country Park No. 9 and suddenly you heard some noise of screaming for help nearby. You all rushed forward to investigate. It was 2:00 pm in the afternoon and the weather was fine, with temperature around 15 °C.

#### B. The Scene

Three youngsters were camping also inside the same Country Park. After lunch, Casualty 1 climbed up a tree about 5 meters high for fun, but suddenly slipped and fell down on the ground, with skull fracture and laceration of right palm. Casualty 2 was resting under the tree, holding a cup of hot tea. As Casualty 1 fell down on him, the hot tea caused scald wound over the right lower leg and ankle of Casualty 2. The third youngster was lying inside the camp and when he heard the noise, he went out immediately to investigate.

#### C. Injuries of the Casualties

- Casualty 1** : Fell from height with fracture of base of skull and laceration of right palm with severe bleeding.  
**Simulation** : Casualty was lying on the back, with bruising and swelling over the left forehead (sized about 2 X 2 cm); Leaking of cerebral spinal fluid from left ear; face pale, sweating, feeling giddy and responds only to simple questions; unable to supply detail information on the cause of accident. Laceration wound on right palm (wound about 4 cm long and 3 mm deep) extending across the centre of the palm towards the first fingerweb, with heavy bleeding but no embedded foreign body or nerve/tendon injury. Pulse 110/min, Respiration 25/min.
- Casualty 2** : Hot tea scald on the outer aspects of right lower leg and ankle; wound red, swollen and painful with mild blistering.  
**Simulation** : Casualty sitting on the ground with both hands on his right knee (knee bent); fully conscious and not in shock; crying for help and in pain. Pulse 90/min, Respiration 18/min.

#### **Identification of Props**

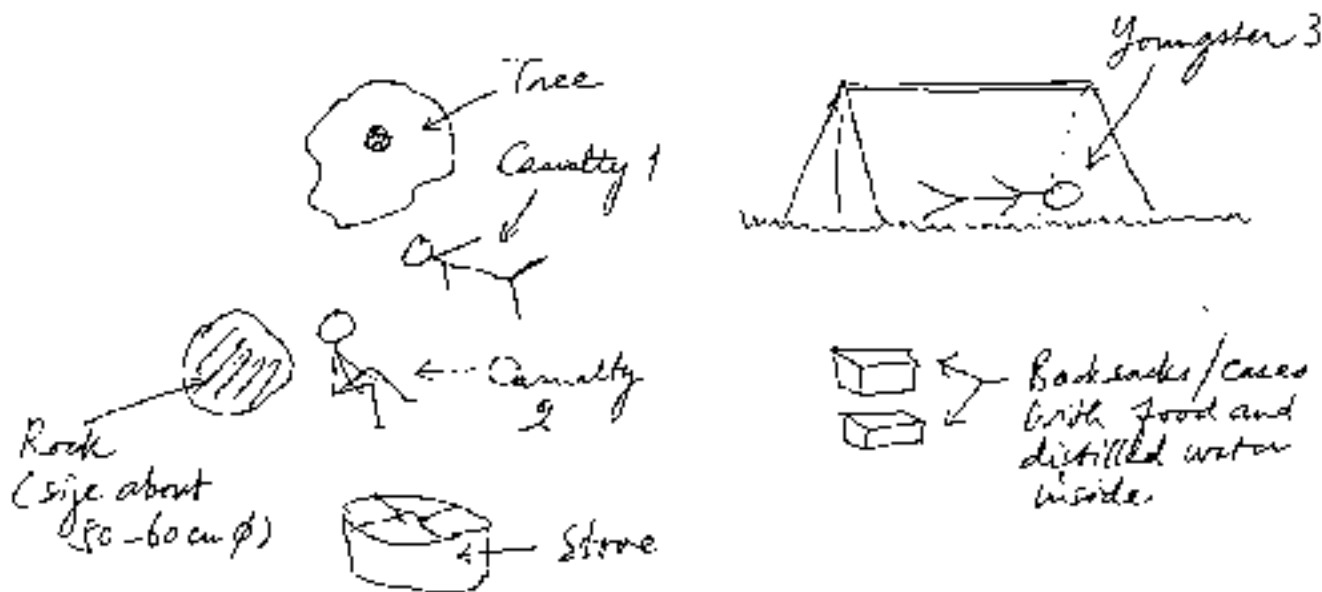
- Tup tent or tent made with 2 chairs, brown bundle and blanket set up in square
- Landline phone visible to use (no cell phones)
- Rucksack with bottled water inside
- Stove to be a potential hazard in campsite
- A prop to identify a tree to relate to the place where casualty fell

Youngster 3 : Resting inside the **TENT**, not injured. Came out from the **TENT** to investigate when he heard the noise. He then squatted next to the 2 casualties, comforting them, and asking the first-aiders to help them.

**D. Scene Setting :**

(1) Casualties - male or female, aged 16 to 25 preferably; dressed in casual or sporty style, Casualty 2 should wear trousers, socks and sport shoes.

(2) The scene :



## International First Aid Competition 1998

### Team Practical Test

### Mark Sheet

Team No. \_\_\_\_\_

	<u>Full Marks</u>	Marks Gained
<b>A. Leadership and Cooperation :</b>		
<b>(a) At the scene</b>		
1. Identify yourself as first-aiders -----	5	
2. Control at scene		
(i) Identify hidden dangers (e.g. stove fire, slippery ground) -----	8	
(ii) Identify number of casualties & search for injured persons -----	8	
(iii) Comfort the bystanders to allow smooth running of first aid duties -----	8	
3. Delegation of work to team members -----	7	
4. Communication with team members -----	7	
5. Cooperation among team members -----	7	
<b>(b) Call for medical assistance :</b>		
1. Identify calling telephone number (Nix. 961) -----	5	
2. Location of accident (Country Park No. 9 beside tel. no. 961)-----	5	
3. Type of accident (falling from height & fracture & scald) -----	5	
4. Condition of casualties -----	5	
5. Ask for repeat -----	5	
6. Let opposite party hang up first -----	5	
Subtotal : -----	50	

Team No. \_\_\_\_\_

	<u>Full Marks</u>	<u>Marks Gained</u>
<b>B. Casualty 1 - Fracture of base of skull and Laceration of right palm</b>		
<b>(a) History :</b>		
1. Identify yourself as first-aider	-----	5
2. What happened & where did it hurt	-----	10
<b>(b) Examination :</b>		
1. Level of responsiveness	-----	5
2. Tell casualty not to move	-----	5
3. Look for site of injury	-----	5
4. Put on latex gloves	-----	5
5. Check cervical & lumbar spine	-----	5
6. Check sensation of trunk & limbs	-----	5
7. Check wound carefully	-----	5
<u>Fracture base of skull :</u>		
(i) Bruising on forehead (no fracture & no external bleeding)	-----	5
(ii) Leaking of cerebrospinal fluid from left ear	-----	10
(iii) Signs of shock	-----	5
(iv) Check pupils	-----	10
<u>Laceration of right palm with severe bleeding</u>		
(i) Laceration of right palm with severe bleeding (no foreign body)	-----	5
(ii) Check sensation of injured limb	-----	5
(iii) Check movement of injured limb	-----	5
(iv) Check circulation injured limb	-----	5
8. Check pulse & respiration	-----	20
Subtotal :	-----	115

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Team No. \_\_\_\_\_

	Full Marks	Marks Gained
<b>B. (c) Management :</b>		
1. Comfort the casualty	-----	10
2. Loosen tight clothing	-----	5
3. Injury management :		
Fracture of base of skull :		
(i) Support the head		
(ii) Don't move the casualty (no recovery position)		
(iii) Cover left ear with light dressing and secure		
(iv) Support lacerated palm in SJA tubular sling	-----	15
		5
Laceration of right palm & bleeding		
(i) Place sterile dressing/pad and apply direct pressure	-----	10
(ii) Help casualty to clench fist	-----	5
(iii) Elevate injured limb	-----	5
(iv) Secure dressing with bandage	-----	5
(v) Support in elevation sling	-----	5
(vi) Check level of tightness of bandage	-----	5
4. Cover with blanket	-----	10
5. Check pulse & respiration & level of responsiveness every 10 minutes	-----	10
<b>(d) Examination of other parts of body</b>		
1. Head - skull & neck	-----	5
Eyes & ears	-----	5
Nose & mouth	-----	5
Face & jaw	-----	5
2. Chest & abdomen	-----	5
3. Back & Waist	-----	5
4. Pelvis & Hip	-----	5
5. Arms & elbows	-----	5
6. Forearms & hands	-----	5
7. Thighs & knees	-----	5
8. Legs & feet	-----	5
Subtotal :	-----	145

(e) Transport :

Unnecessary mobilisation of Casualty ----- Deduct 10 marks

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Team No.      —      —

	<u>Full Marks</u>	<u>Marks Gained</u>
<b>C. Casualty 2 - Hot tea scald on right lower leg and right ankle</b>		
<b>(a) History :</b>		
1. Identify yourself as first-aider	-----	5
2. Ask what happened and where did it hurt	-----	10
<b>(b) Examination :</b>		
1. Level of responsiveness	-----	5
2. Check injured area	-----	5
3. Put on latex gloves	-----	5
4. Careful examination of injured area		
(i) Redness and Swelling	-----	5
(ii) Blistering	-----	5
(iii) Tenderness & pain	-----	5
(iv) Medium depth burn	-----	5
5. Check pulse	-----	5
6. Check respiration	-----	5
<b>(c) Management :</b>		
1. Comfort the casualty	-----	5
2. Loosen tight clothing	-----	5
3. Remove shoes and socks ( <b>neither is stuck to the wound</b> )	-----	5
4. Flush injured area with clean, cold water for 10 minutes	-----	5
5. Cover wound with clean dressing	-----	5
6. Secure dressing	-----	5
7. Elevate injured limb	-----	5
8. Cover with blanket	-----	5
9. Check pulse, respirations & level of responsiveness every 10 minutes	-----	5
Subtotal :	-----	105

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Team No. \_\_\_\_

	<u>Full Marks</u>	<u>Marks Gained</u>
C. (c) Examination of other parts of body		
(i) Head - skull & neck	5	
Eyes & ears	5	
Nose & mouth	5	
Face & jaw	5	
(ii) Chest & abdomen	5	
(iii) Back & waist	5	
(iv) Pelvis & hip	5	
(v) Arms & elbows	5	
(vi) Thighs & knees	5	
(vii) Legs & feet	5	
(viii) Forearms & hands	5	
Subtotal :	<u>55</u>	

(e) Transport :

Wait for medical aid at same spot &  
avoid unnecessary **MOVEMENT** or transport

Deduct 10 marks

(f) Inappropriate treatment :

(i) Remove loose skin	-----	Deduct 5 marks
(ii) Puncture blisters	-----	Deduct 5 marks
(iii) Apply lotions, ointments or fat to the injury	-----	Deduct 5 marks
(iv) Use adhesive dressings	-----	Deduct 5 marks

- End -

Judge : Name : \_\_\_\_\_

Signature : \_\_\_\_\_

Comments : \_\_\_\_\_