

## 2004 WRITTEN EXAM REVIEW

This review is designed to get you into your manual and reviewing some important facts that you will need for this year's written exam. Have fun! This year's emphasis is Neurological (the nervous system, head, neck and back injuries and their treatment). Page references are provided to help focus your studying.

### **Anatomy/ Signs & Symptoms (40 questions)**

anatomy 2-1  
anatomical position 2-2  
types of bones 2-3  
skull 2-4  
vertebrae 2-5  
lower extremities 2-6  
respiratory system 2-10  
mechanics of breathing 2-11,12  
respiration rates 2-12  
pulse 2-16  
nervous system 2-17  
pain 2-20  
AVPU scale 4-5  
skin condition 4-7, 10  
breathing rates 4-13  
pulse rates 4-14  
abdomen evaluation 4-16  
PMS 4-25  
hypoxia 5-2  
partial airway obstruction 6-5  
pulse but no respiration 6-19  
closed chest injuries 7-1  
flail chest 7-2  
types of shock 8-1  
signs & symptoms of shock 8-2  
signs of internal bleeding 8-5  
internal head injuries 9-1  
external head injuries 9-1  
jaw fractures 9-2  
signs and symptoms of head injuries,  
especially in children 9-6,7  
severity of brain injuries 9-8  
spinal injuries 10-1  
deep wounds 11-1  
dislocations 13-4  
angina 15-1  
frostbite 16-11  
child's bones 18A-2

### **Treatment (40 questions)**

infection risk 3-2  
wearing gloves 3-5  
"to skin" evaluation 4-2  
Priority Assessment 4-8  
suspected neck injury 4-15  
START 4-21  
training in the use of oxygen 5-1  
methods to establish an airway 6-4  
airway obstruction-special  
considerations 6-7  
finger sweep 6-8  
gastric distention 6-10  
landmarking for CPR 6-22,23  
CPR rates 6-23  
continue CPR 6-31  
open chest injury 7-4  
external bleeding 8-4  
contusions on the head 9-1  
concussion 9-3  
transporting with a head injury 9-8  
C-spine procedures 10-2  
head to hip stabilization 10-2  
application of cervical collar 10-4  
cervical collar 10-5  
backboard alignment 10-7  
tie down procedures 10-8,9  
transportation of spinal injuries 10-12  
helmet removal 10-13  
points - dealing with spinal injuries 10-15  
amputation 11-3,4  
nose bleed 11-5  
laceration of the neck 11-6  
sterile dressings 12-1  
triangular bandage 12-8  
covering bandage 12-17  
dislocations 13-4  
splints 14-1  
ski boots 14-13  
anaphylaxis 15-3  
Aspirin (ASA) administration 15-9  
burns 16-17

**Administration (4 questions)**

National President AD-17  
zone officers AD 45  
patrol leader AD 45  
dress code AD 51

**Injury Prevention & Safety (3 questions)**

goal of the system OP 1-1  
role of the patrol OP 1-2  
promoting safety OP 1-2

**Public Relations (2 questions)**

image OP 2-1  
guideline OP 2-1,2

**Patrol Procedures (6 questions)**

patrol responsibilities OP 3-1  
on-snow training OP 3-1  
sweep OP 3-2,3  
loading a toboggan OP 3-6  
clearing the site OP 3-7  
toboggan packs OP 5-3

**Communication (3 questions)**

hand signals OP 4-1  
whistle signals OP 4-3  
acknowledge a signal OP 4-2,3

**Avalanche Safety & Rescue (2 questions)**

testing and stabilization of avalanche slopes OP 13-1  
avalanche rescue OP 13-13