

BLUE RIDGE MOUNTAIN RESCUE GROUP

BASIC CLASS:
Quiz #1

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- ✓ 1. Heat cramps are caused by a lack of salt in the blood and muscle. Therefore the treatment of choice is to give salt dissolved in water, (E.G. GATORADE), ^{SMALL AMOUNTS OF}
- a. True
b. False
2. In general, the ^{MOST RELIABLE} best indicator of dehydration is:
a. thirst.
b. dark urine.
c. delirium.
d. flushed skin.
3. The outdoorsperson's rule in a hot environment is:
a. Conserve water; you may need it later.
b. Ration your sweat, not your water.
c. Water the flowers.
4. In a hot environment, it is best to remove as many clothes as possible to cool off.
a. True
b. False
5. Which is not a source of body heat loss?
a. radiation
b. wind chill
c. basal metabolism
d. respiration
6. Since water has a higher heat capacity than air, wetness is not a problem to be worried about in a cold environment.
a. True
b. False
7. If you may reasonably expect to get wet on a winter hike, your best choice of clothing material would be:
a. wool.
b. down.
c. cotton.
d. ripstop nylon

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- ✓ 8. Which would provide warmer feet in the winter?
a. Your boots if they fit well with a thin pair of socks and a thick pair.
b. Your boots with two pair of socks, even though the fit is quite snug.
9. If you expect dry wind on a winter hike, your best choice of outerwear would be:
^(WATERPROOF)
a. a garment such as a urethane-coated nylon cagoule or parka.
^{CLOTH}
b. a garment of breathable fabric such as 60/40 or Gortex.
c. a knit wool sweater.
10. A person in Stage II ^{SUBACUTE} hypothermia (uncontrollable shivering) should be immediately changed into dry clothing, and placed in a sleeping bag to rewarm himself.
a. True
b. False
11. In the winter, dehydration is seldom a problem because the body uses less water in a cold environment.
a. True
b. False
12. Which of the following is not recommended in a cold emergency?
a. Wear a hat.
b. Don't sit directly on the snow or on the ground.
c. Nibble candy often.
d. Eat snow to replace body water losses.
13. A good treatment for deep frostbite is to rub the affected area with a warm hand to increase the blood flow.
a. True
b. False
- ✓ 14. Since re-freezing of a frostbitten part is extremely damaging, frostbitten parts should not be rewarmed if there is a good chance of further freezing.
a. True
b. False

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15. Heatstroke is a true medical emergency; heat exhaustion is not.
a. True
b. False
16. Heatstroke is characterized by:
a. hot, dry skin.
b. cool, clammy skin, and a rapid pulse.
- ✓ 17. Many experienced outdoors persons use the following method to cross a stream: Take off boots, then take off socks, and replace boots without socks. Use a walking staff placed upstream as a third point of support, cross the stream facing upstream, moving only one point (foot or staff) at a time. Is this a good way to cross a stream?
a. Yes
b. No
18. Fatigue refers to the buildup of waste products; exhaustion refers to the depletion of body energy stores.
a. True
b. False
19. Dizziness, weakness, tunnel vision, and dark urine indicate:
a. heatstroke.
b. heat exhaustion.
c. dehydration.
d. diabetic coma.
20. Which of the following is not a correct statement of a winter danger?
a. Alcohol: predisposes the body to hypothermia.
b. Tobacco: predisposes the body to frostbite.
c. ~~Aspirin: predisposes the body to hypothermia.~~
d. Carbon Monoxide: predisposes the body to frostbite. *Aspirin*
- ✓ 21. Hypothermia, and a condition known as "trench foot", which looks like frostbite, may both occur at temperatures well above freezing.
a. True
b. False
22. Which of the following is not an important principle in dressing for cold weather?
a. dress in thin layers instead of a single thick layer.

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- (22) b. ventilate well and dress cold to avoid overheating.
c. avoid cotton.
d. in general, always wear a waterproof outer shell.
- ✓ 23. Modern goose down sleeping bags do not require additional insulation under them at night.
a. True
b. False
24. Salt tablets ^{IF TAKEN} should not be taken without plenty of water.
a. True
b. False
- ✓ 25. A person with frozen feet may walk on them with little additional damage.
a. True
b. False
26. A person with severe chronic hypothermia is in grave danger of going into ventricular fibrillation, or other arrhythmias. Therefore, one must be extremely careful not to bump or jostle such a patient.
a. True
b. False
27. Which of the following is not a good place to place hot packs when rewarming a hypothermia victim?
a. neck
b. groin
c. armpits
d. ~~thighs~~ *CAVE*
28. When a hypothermia patient is rapidly rewarmed:
a. "afterdrop", paradoxical cooling of the body core below its previous temperature, may develop.
b. blood from the periphery, which is cold, anoxic, and has toxic metabolic products, may return to the core and cause cardiac arrest or ventricular fibrillation.
c. excessive vasodilation (increase in the volume of blood vessels) in the periphery may cause a relative hypovolemia and result in shock.
d. all of the above