

Стом-21ИИ

Federal State Budgetary Educational Institution of Higher Education

«North-Ossetia State Medical Academy»

of the Ministry of Healthcare of the Russian Federation

**Department of Traumatology and orthopedics**

**Approved by**

**The protocol of the meeting of the**

**Central Coordination Training**

**And Methodological Council**

**№ 5 in 23.05.23**

**ASSESSMENT TESTS**

**«LIFE SAFETY»**

the main professional educational program of higher education - specialty program in the  
specialty 31.05.03 Dentistry, approved in May 24, 2023

For the first year students who study in English

Considered and approved at the meeting of the department

22.05.2023 (protocol №10)

**Head of the department**



D.M.S. professor

(S.S. Sabaev)

**Vladikavkaz**

**ФЕДЕРАЛЬНОЕ ГОСУДАРСТВЕННОЕ БЮДЖЕТНОЕ ОБРАЗОВАТЕЛЬНОЕ  
УЧРЕЖДЕНИЕ ВЫСШЕГО ОБРАЗОВАНИЯ «СЕВЕРО-ОСЕТИНСКАЯ  
ГОСУДАРСТВЕННАЯ МЕДИЦИНСКАЯ АКАДЕМИЯ» МИНИСТЕРСТВА  
ЗДРАВООХРАНЕНИЯ РОССИЙСКОЙ ФЕДЕРАЦИИ**

**РЕЦЕНЗИЯ  
на оценочные материалы**

по дисциплине **Безопасность жизнедеятельности**

для **студентов**

**1 курса**

по специальности **31.05.03 Стоматология, программа, частично реализуемая на иностранном языке**

Оценочные материалы составлены на кафедре травматологии и ортопедии на основании рабочей программы дисциплины Безопасность жизнедеятельности и соответствуют требованиям ФГОС ВО по специальности (направлению подготовки) 31.05.03 Стоматология, программа, частично реализуемая на иностранном языке.

Оценочные материалы утверждены на заседании Центрального координационного учебно-методического совета.

Оценочные материалы по дисциплине «Безопасность жизнедеятельности» включают в себя вопросы по модулям, вопросы для оценки практических навыков, ситуационные задачи, банк тестовых заданий, билеты к зачету.

Вопросы для оценки знаний по модулям позволяют адекватно оценить уровень подготовки студентов по дисциплине.

Вопросы для оценки практических навыков позволяют адекватно оценить уровень практической подготовки студентов по дисциплине.

Вопросы в билетах разнообразны и отражают весь объем практических навыков по «Безопасности жизнедеятельности»

Банк тестовых заданий включает в себя следующие элементы тестовые задания и шаблоны ответов к тестовым заданиям. Все задания соответствуют рабочей программе дисциплины «Безопасность жизнедеятельности» и охватывают все ее разделы. Сложность заданий варьируется. Количество заданий по каждому разделу дисциплины достаточно для проведения контроля знаний и исключает многократное повторение одного и того же вопроса в различных вариантах. Банк содержит ответы ко всем тестовым заданиям.

Банк ситуационных задач содержит в себе следующие элементы ситуационные задачи и шаблоны ответов к ситуационным задачам. Все задания соответствуют рабочей программе дисциплины «Безопасность жизнедеятельности» и охватывают все ее разделы. Сложность заданий варьируется. Количество задач достаточно для проведения контроля знаний и исключает многократное повторение одной и той же задачи в различных вариантах. Банк содержит ответы ко всем ситуационным задачам.

Количество билетов к зачету составляет 30, что достаточно для проведения зачета и исключает неоднократное использование одного и того же билета во время зачета в одной академической группе в один день. Билеты к зачету выполнены на бланках единого образца по стандартной форме, на бумаге одного цвета и качества. Билет к зачету включает в себя 3 вопроса и ситуационную задачу. Формулировки вопросов совпадают с формулировками перечня вопросов, выносимых на зачет. Содержание вопросов одного билета относится к различным разделам рабочей программы дисциплины, позволяющее

более полно охватить материал дисциплины. Сложность вопросов в билетах к зачету распределена равномерно.

В целом, оценочные материалы по дисциплине Безопасность жизнедеятельности способствуют качественной оценке уровня владения обучающимися универсальными, общепрофессиональными и профессиональными компетенциями.

Рецензируемые Оценочные материалы по дисциплине Безопасность жизнедеятельности могут быть рекомендованы к использованию для текущей и промежуточной аттестации на Стоматологическом факультете 31.05.03 Стоматология, программа, частично реализуемая на иностранном языке студентов 1 курса.

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## The passport of the assessment tests discipline

### «LIFE SAFETY»

№№ p/p	Name of the controlled section(topic)discipline/ module	Competency index	Name of the estimates
1	2	3	4
<i>Type of control-intermediate</i>			
<i>1</i>	<i>Life safety</i>	<b>UC-8</b> <b>GCC-7</b> <b>PC-4</b>	<ul style="list-style-type: none"> <li>• <i>Questions for modules</i></li> <li>• <i>Collections of problems/practical tasks</i></li> <li>• <i>Collection of tests</i></li> <li>• <i>Test questions</i></li> </ul>

### *QUESTIONS FOR MODULES*

1. Life safety: definition, goals and objectives of the discipline.
2. Risk factor. Classification of hazardous and harmful environmental factors.
3. The principles of normalization and harmful factors. Quality standards in industrial economic activity (maximum permissible concentration, maximum permissible level).
4. Classification of emergency situations by the scale and nature of the impact of negative factors.
5. Definition and classification of wars and armed conflicts.
6. The striking factors of modern weapons.
7. Security of the individual and society.
8. Measures to ensure the personal safety of citizens.
9. Information security of the individual, society and state.
10. Basic concepts, definitions, classification of emergency situations.
11. Medical and health consequences of emergencies.
12. Phases of development and damaging factors of emergency situations.
13. Methods of forecasting and assessment of the situation in emergency situations.
14. Basic principles and legal framework for the protection of the population.
15. Civil defense system and its main activities.
16. Bases of organization and measures of protection of the population in peace and war time.
17. Basics of the organization of protection from the main types of dangerous and harmful effects of natural origin.
18. Bases of the organization of protection against the main types of dangerous and harmful effects of technogenic origin.
19. Basics of the organization of protection from the main types of dangerous and harmful effects of anthropogenic origin.
20. Methods of control and determination of dangerous and negative factors.
21. The impact of habitat on the safety of life
22. Special treatment: the procedure for partial and complete special treatment.
23. A slingshot wound to the nose, to the chin. Indications. Execution method
24. Bandage "bridle". Indications. Execution method
25. Transfusion. Legal basis of blood transfusion. Blood transfusion rules
26. The algorithm for applying a rubber tourniquet.
27. Transport immobilization by improvised means
28. Transport immobilization by service means

29. Temporary stop of bleeding in case of damage to the vessels of the neck
30. Temporary stopping of nasal bleeding
31. Ways to temporarily stop bleeding.
32. Methods of final stop of bleeding.
33. Algorithm for stopping bleeding in case of femoral artery damage
34. The algorithm of first aid in road accidents.
35. First aid for spinal injury.
36. First aid for head and neck injuries.
37. Principles of cardiopulmonary resuscitation. Indications. Procedure.
38. The concept of first aid to victims in emergency situations. First aid measures.
39. First aid for injuries.
40. Bleeding, its types.
41. First aid for long-term compression syndrome. (Crash syndrome).
42. First aid for burns.
43. First aid for electrical injuries.
44. First aid for traumatic shock.

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**Collections of problems/practical tasks**

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31.05.03 Dentistry**

**Situational tasks**

**№ 1**

The victim is motionless, does not respond to the call. No visible breathing. Pulse on the radial and carotid arteries is not determined. What should be done?

**№ 2**

The victim is motionless, does not respond to the call. There is no visible breathing or pulse on the radial artery. Carotid pulse is barely detectable. The right Shin is torn off at the level of the upper third. No apparent bleeding. The clothes are heavily soaked with blood. The terrain is hilly, the air temperature is +30 ° C. What should be done?

**№ 3**

The wounded is unconscious. Motor excitation. Breathing is difficult, accompanied by the retraction of the supraclavicular dimples. Cyanosis of the lips. Clothes show signs of vomit. In the right frontotemporal region, abrasion and limited soft tissue swelling. Pulse is rare. The action takes place in the city, the rain. What should be done?

**№ 4**

Face covered in blood. The lower jaw is deformed and displaced posteriorly. Consciousness is absent. Inhale convulsive. Pulse is frequent. The area is wooded and marshy. Temperature is +15°. What should be done?

**№ 5**

Conscious and injured. Restless. Complaints about the lack of air. Breathing is frequent, shallow. Cyanosis of face. Pulse is frequent. In the left scapula moderately bleeding wound 3 \* 2 cm. Pronounced subcutaneous emphysema of the trunk, head and upper extremities. Field. The air temperature is -5oC. What should be done?

**№ 6**

Face covered in blood. She is confused, moaning. In the left zygomatic region 5\*8 see, the Eyes damaged. Profuse discharge of scarlet blood from the wound. The terrain is hilly. Air temperature +12 ° C. What should be done?

**№ 7**

In the minds. Exhausted. On the front side of the neck on the right transverse wound 8\*2 cm with gushing bleeding. The area is wooded. The air temperature is 28oC. What should be done?

**№ 8**

The victim complains of pain in the right scapula, where the clothes are broken through with shrapnel and moderately soaked with blood. Pulse is somewhat rapid. Wooded-marshy area. Air temperature +8°C. What should be done?

**№ 9**

Complaints of moderate pain in the abdominal wound. Clothing below belt torn and soaked in blood. In the umbilical area on the right wound 3×3 cm with moderate bleeding. Field. Temperature is +15°. What should be done?

**№ 10**

The wounded man put a bandage on the thigh wound. The bandage and clothes were soaked with blood. Air temperature +40°C. What should be done?

**№ 11**

During the attack, he was blown up by a land mine. She is confused, moaning. The right lower limb hangs on the skin flap at the level of the upper third of the Shin. The wound of the stump is bleeding moderately. On the anterolateral surface of the neck on the left wound 6×3 cm with heavy bleeding. The left foot is broken, not bleeding. City. The air temperature is 30°C. What should be done?

**№ 12**

Three hours ago, a slab crushed both lower limbs to the middle third of the thighs. In the minds. Groans from pain. He's trying to free himself from the rubble. Field. The air temperature is 20°C. What should be done?

**№ 13**

Deflected by the blast. Consciousness is absent. Bleeding from the ears, nose and mouth. Traces of vomit on the clothes. Respiration and pulse are somewhat rapid. Forest. Air temperature +6°C. What should be done?

**№ 14**

Fell from a moving vehicle upside down. Braked. When cry opened his eyes. Arms and legs dangle lifelessly like “lashes”. The breath is not broken. Pulse is rapid. Lying on the side of the road. The air temperature +14 ° C. What should be done?

**№ 15**

Complaints of sharp pain in the lumbar spine, where there is a wound 4 cm×4 cm with slight bleeding. There are no active movements in the lower limbs. Working settlement. The air temperature +14 ° C. What should be done?

**№ 16**

Wounded in the stomach. Moans. On the anterior abdominal wall there is an extensive wound with dropped intestinal loops. Pulse is weak. Field. Air temperature +7°C. What should be done?

**№ 17**

Retrieved from under an overturned truck. Complaints of severe pain in the abdomen and in the pelvis. Legs slightly turned outward. The skin is pale, forehead sweat. Tachycardia. Weak filling pulse. Air temperature +5°C. What should be done?

**№ 18**

The victim complains of pain in the right Shin which holds hands. The tibia is unusually offset at an angle outwards. When you try to straighten the leg the pain increases sharply. Next to the smooth, overgrown with reeds. Air temperature is -18 °C. What should be done?

**№ 19**

In the fall of the power line was struck by electric current. Consciousness is absent. The chest is immobile. The carotid pulse is frequent, weak. The fingers of the right hand are covered with a black scab. Woodland. Air temperature +10°C. What should be done?

**№ 20**

Struck motionless, the challenge does not respond. No visible breathing. Pulse on the radial and carotid arteries is not determined. Algorithm of your actions.

**№ 21**

Struck motionless, the challenge does not respond. There is no visible respiration or pulse on the radial artery. Carotid pulse is barely detectable. The right Shin is torn off at the level of the upper third. No apparent bleeding. The clothes are heavily soaked with blood. The terrain is hilly. Air temperature +30 °C. What is the algorithm of your actions?

**№ 22**

Unconscious. Motor excitation. Breathing is difficult, accompanied by the retraction of the supraclavicular dimples. Cyanosis of the lips. Clothes show signs of vomit. In the right frontotemporal region, abrasion and limited soft tissue swelling. Pulse is rare. It's raining. Algorithm of your actions

**№ 23**

Face covered in blood. The lower jaw is deformed and displaced posteriorly. Consciousness is absent. Inhale convulsive. Pulse is frequent. The area is wooded and marshy. Air temperature +15 °C. the Algorithm of your actions.

**№ 24**

Face covered in blood. The lower jaw is deformed and displaced posteriorly. Consciousness is absent. Inhale convulsive. Pulse is frequent. The area is wooded and marshy. Air temperature +15 °C. the Algorithm of your actions.

**№ 25**

Unconscious. Restless. Complaints about the lack of air. Breathing is frequent, shallow. Cyanosis of face. Pulse is frequent. In the left scapula moderately bleeding wound 3×2 cm. Pronounced subcutaneous emphysema of the trunk, neck, head and upper extremities. Steppe. Air temperature -5 °C. the Algorithm of your actions.

Supplement / explanation (Subcutaneous emphysema \*- accumulation of air under the skin. When palpation is determined by the characteristic crunching.)

**№ 26**

The affected person complains of pain in the left half of the chest and lack of air. A few minutes ago, he was shot in the chest by a bomb. The situation is forced, half-sitting. Breathing is shallow, rapid. Lips are cyanotic. In the left subclavian region wound 2×3 cm, sucking air on the inhale. The struck is on a railway embankment. Winter. Air temperature -12 °C. the Algorithm of your actions..

**№ 27**

Face covered in blood. She is confused, moaning. In the left zygomatic region laceration 5×8 see, the Eyes damaged. Profuse discharge of scarlet blood from the wound. Terrain is mountainous. Air temperature +12 °C. the Algorithm of your actions.



**№ 28**

Unconscious. Exhausted. On the anterolateral surface of the neck on the right transverse wound 8×2 cm with gushing bleeding. The area is wooded. Winter. Air temperature -28 °C. the Algorithm of your actions.

**№ 29**

Complaints of pain in the right scapula, where there is a section of torn clothing that is moderately soaked in blood. Pulse is somewhat rapid. Taiga and marshland. Air temperature +8 °C. the Algorithm of your actions.

**№ 30**

Complaints of moderate pain in the abdominal wound. Clothing below belt torn and soaked in blood. In the umbilical area on the right wound 3×3 cm with moderate bleeding. Steppe. Air temperature +15 °C. the Algorithm of your actions.

**№ 31**

The affected person put an aseptic bandage on the thigh wound. The bandage and clothes were soaked with blood. Mountain-desert area. Air temperature +40 °C. the Algorithm of your actions.

**№ 32**

Hit a mine. She is confused, moaning. The right lower limb hangs on the skin flap at the level of the upper third of the Shin. The wound of the stump is bleeding moderately. On the anterolateral surface of the neck on the left wound 6×3 cm with heavy bleeding. The left foot is broken, not bleeding. Human settlement. Air temperature +3 °C. the Algorithm of your actions.

**№ 33**

3 hours ago crushed by the log of both lower limbs at the level of the middle third of the thighs. In the minds. Groans from pain. Trying to free himself from the logs. Mountainous area. Air temperature +20 °C. the Algorithm of your actions.

**№ 34**

Six hours ago, he crushed his left leg over the side of an overturned car to the level of the lower third of the thigh. Consciousness is confused. Pale. Pulse is rapid, thready. A crane arrived to lift the car. Air temperature -3 °C. the Algorithm of your actions.

**№ 35**

When the explosion (terrorist act) is dropped by the blast wave. Consciousness is absent. Bleeding from the ears, nose and mouth. Traces of vomit on the clothes. Respiration and pulse are somewhat rapid. The platform of the railway station. Air temperature +6 °C. the Algorithm of your actions.

**№ 36**

Fell off a moving truck upside down. Braked. When cry opened his eyes. Arms and legs hanging lifelessly like a whip. The breath is not broken. Pulse is rapid. Lying on the side of the road. Air temperature +14 °C. the Algorithm of your actions.

**№ 37**

He complains of sharp pains in the lumbar spine, where there is a wound of 4×4 cm with minor bleeding. There are no active movements in the lower limbs. Working settlement. Air temperature +14 °C. the Algorithm of your actions

**№ 38**

Deflected by the blast. In the fall hit his body on the curb sidewalk. Complains of pain in the right side, dramatically increasing when you inhale. Algorithm of your actions

**№ 39**

The victim K., 25 years old in the right scapula moderately bleeding wound 8×3 cm with uneven edges. No signs of respiratory distress. Pulse is somewhat rapid. Algorithm of your actions.

**№ 40**

35 years old. Wounded in the stomach, moaning. On the anterior abdominal wall there is an extensive wound with dropped intestinal loops. Pulse is weak. Steppe. Air temperature +7 °C. the Algorithm of your actions.

**№ 41**

Retrieved from an overturned truck. Complains of severe pain in the abdomen and in the pelvis. Feet turning slightly outwards ("frogs"). The skin is pale, forehead sweat. The pulse is dramatically speeded up, weak. Autumn. Air temperature +5 °C. the Algorithm of your actions.

**№ 42**

Complains of pain in the right tibia, which holds hands. The tibia at the level of the upper third is unusually displaced at an angle to the outside. When you try to straighten the leg the pain increases sharply. Next to the smooth, overgrown with reeds. Air temperature +18 °C. the Algorithm of your actions.

**№ 43**

He was injured in the area of the right elbow joint. Movements in the joint are impossible because of the sharp increase in pain at the slightest attempt to implement them. Mountain-desert area. Air temperature +18 °C. the Algorithm of your actions.

**№ 44**

Removed from a burning vehicle. Excited. Clothing in many places burned, smoldering. Naked skin on the back and upper limbs areas whitish-gray, hyperemic areas (reddened) and covered with bubbles. The terrain is hilly. Air temperature +17 °C. the Algorithm of your actions.

**№ 45**

When crossing the river on the ice fell to the waist in wormwood, from which he was able to get out on their own. Got to the tourist base. On the way there were severe pains in both feet, and then their numbness and stiffness in the ankle joints. The wet clothes were icy. Camp site area. Air temperature -15 °C. the Algorithm of your actions.

**№ 46**

During rescue operations touched a hand for the cable of the broken wire of power transmission, was struck by electric current. Consciousness is absent. The chest is immobile. The carotid pulse is frequent, weak. The fingers of the right hand are covered with a black scab. Rain. Air temperature +10 °C. the Algorithm of your actions.

**№ 47**

Worker, while working on a construction site got hit in the chest before your eyes. He feels pain at the injury site, increasing with feeling, swelling (swelling), hematoma (subcutaneous hemorrhage), but visually there is no lag of the damaged part of the chest while breathing, there is no shortness of breath, the victim lies on the ground, on his back. Hemoptysis, subcutaneous emphysema and flotation is not.

**№ 48**

During strength training, the young man was hit in the chest with a punching bag weighing about 50 kg. there is no Visible damage to the chest, but the condition of the victim is quite severe: there is pallor of the skin, frequent shallow breathing (shortness of breath), anxiety, complaints of suffocation, visually there is no lag of the damaged part of the chest when breathing, the victim lies on the floor, on his back. Hemoptysis, subcutaneous emphysema and flotation is not.

**№ 49**

When working in the garage the man was under a car on him from a great height down the engine. The head, face, neck and upper chest — cyanotic crimson with a distinct lower border, small point foci of hemorrhage in the head and neck, shortness of breath, complaints of deterioration of vision, hearing, voice (speech becomes whispering), visually there is no lag of any part of the chest when breathing, the man lies on the floor, on his back.

Hemoptysis, subcutaneous emphysema and flotation is not.

**№ 50**

During the brawl at a football match, the young man was hit with a stick on the side of his chest. There is pain in the place of injury, which increases when feeling the place of damage, movements, and deep breathing, as well as the lag of the damaged part of the difficult cell when breathing; shortness of breath; swelling, hematoma, the young man is half-sitting, can not change position due to sharp pain. In addition, there is an increase in pain at the injury site with a counter load on the intact parts of the chest. Hemoptysis, subcutaneous emphysema and flotation is not.

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**Collection of tests**

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31.05.03 Dentistry**

For the first year students who study in English

**Entrance test**

1. During the first aid, the victim suddenly turned pale, stopped reacting to his surroundings. Indicate where you will begin to provide first aid:

- a) check for signs of breathing;
- b) open the airways;
- c) call an assistant;
- d) start chest compression;
- e) examine the victim;
- f) take 2 breaths of artificial lung ventilation;
- g) check for signs of consciousness (shake the victim and ask: "What's wrong with you?").

2. To temporarily stop arterial bleeding, the following steps must be performed:

- a) perform finger pressure of the artery, apply a pressure bandage to the wound, if necessary, apply a hemostatic tourniquet;
- b) apply a hemostatic tourniquet;
- c) apply a pressure bandage to the wound, deliver the victim to a medical organization;
- d) clamp the artery in the wound, apply a hemostatic tourniquet.

3. When an ambulance is called:

- a) immediately after first aid to the victims;
- b) immediately after determining the presence of victims at the scene;
- c) after determining the approximate number and condition of the victims;
- d) immediately upon arrival at the scene of a traffic accident.

4. The frequency of pressure during chest compression is:

- a) 60-80 in 1 minute;
- b) 40-50 in 1 minute;
- c) at least 100 in 1 minute;
- d) 80-90 in 1 minute;
- e) 60 in 1 minute.

5. In what cases is a precordial stroke applied during first aid:

- a) a precordial stroke is not applied;
- b) if the victim has no signs of life;
- c) in the absence of the effect of cardiopulmonary resuscitation;
- d) when the victim has pain behind the sternum.

6. The victim with a chest injury should be given the following position:

- a) position on the back with raised legs;

- b) stable lateral position;
  - c) a semi-sitting position with an inclination to the affected side;
  - d) position on the back with half-bent and spread legs;
  - e) position on the stomach.
7. Signs of arterial bleeding are:
- a) a pulsating scarlet stream of blood, a rapidly spreading pool of scarlet blood, the victim's clothes quickly soaked in blood;
  - b) a pool of blood with a diameter of more than 1 meter around the victim;
  - c) an abundant jet of dark-colored blood, accompanied by a sharp deterioration in the condition of the victim;
  - d) profuse outflow of blood from the entire surface of the wound.
8. Indicate in which cases the emergency removal of the victim from the emergency vehicle is carried out:
- a) in all cases when the victim requires immediate first aid;
  - b) emergency extraction of the victim is carried out only by emergency medical personnel or rescuers of the Ministry of Emergency Situations;
  - c) the presence of a threat to the life and health of the victim and the inability to provide first aid in the car;
  - d) if the victim has no signs of serious injuries.
9. When determining the signs of life in the victim, the following are checked:
- a) signs of consciousness;
  - b) signs of consciousness and breathing;
  - c) signs of consciousness, respiration and blood circulation;
  - d) signs of consciousness, respiration and blood circulation, the reaction of the pupils to light.
10. The correct depth of inhalation of artificial respiration during cardiopulmonary resuscitation is controlled according to the following criteria:
- a) the beginning of chest lift;
  - b) the beginning of abdominal lifting;
  - c) maximum chest swelling;
  - d) the appearance of resistance when inhaling.
11. First aid is provided in all of the following cases, except for the following:
- a) lack of consciousness, breathing and blood circulation;
  - b) injuries to various areas of the body and external bleeding;
  - c) foreign bodies in the upper respiratory tract;
  - d) burns, effects of exposure to high temperatures, thermal radiation;
  - e) frostbite and other effects of exposure to low temperatures;
  - f) poisoning;
  - g) acute infectious diseases.
12. If there are signs of moderate airway blockage, the following first aid measures should be performed:
- a) tap the base of the palm into the interscapular area of the victim to extract a foreign body;
  - b) offer the victim to clear his throat;
  - c) perform 5 sharp thrusts into the iliac region of the abdomen of the victim;
  - d) in this case, first aid measures are not required.
13. Select the signs of internal bleeding:
- a) rapid weak pulse;
  - b) nausea and vomiting;
  - c) a feeling of thirst;
  - d) frequent breathing;
  - e) weakness, dizziness;
  - f) all of the above;
  - g) none of the above.
14. Observation of the victim, who received first aid, is carried out:
- a) before the victim is delivered to a medical organization;
  - b) before the arrival of an ambulance at the scene of the accident;
  - c) until his well-being improves;
  - d) until the moment of his transfer to the ambulance team.
15. The purpose of giving the victim an optimal position of his body is:
- a) to increase the convenience for the person providing first aid;

- b) providing access for the application of bandages, hemostatic tourniquets, etc.;
  - c) giving the victim a comfortable position that provides him with comfort, reduces the degree of his suffering and does not aggravate the violation of vital functions;
  - d) prevention or reduction of the risk of spontaneous movement of the victim's body.
16. Choose the main ways to stop bleeding from a head injury:
- a) direct pressure on the wound, applying a pressure bandage;
  - b) applying a pressure bandage, finger pressing of the carotid artery;
  - c) finger pressing of the carotid artery, applying a pressure bandage using a tourniquet;
  - d) the use of cold in the area of injury, finger pressing of the carotid artery.
17. Select the main signs of a severe blockage of the upper respiratory tract by a foreign body in the victim:
- a) cannot breathe or breathing is clearly difficult (noisy, hoarse), grabs his throat, cannot speak, only nods;
  - b) grabs his throat, coughs, asks for help;
  - c) coughs violently, tries to say something, his face turns purple;
  - d) complains about the presence of a foreign body in the respiratory tract, says that he "choked", asks to knock on the back.
18. The victim suddenly lost consciousness. Breathing is present. Select the necessary action:
- a) the victim should be placed in a stable lateral position (recovery pose, stable lateral position);
  - b) to prevent possible inhalation of vomit, it is necessary to lay the victim on his stomach;
  - c) to prevent possible inhalation of vomit, turn the victim's head sideways;
  - d) to restore consciousness as soon as possible, it is necessary to press the victim on the pain points (angle of the lower jaw, upper lip, etc.);
  - e) you should give a sniff of ammonia on cotton wool;
  - f) it is necessary to give a position on the back with raised legs to ensure better blood supply to the brain of the victim.
19. With a penetrating wound of the chest, the most important thing is:
- a) try to stop the bleeding with a pressure bandage;
  - b) do not touch the wound in order to avoid causing harm;
  - c) apply an air-tight bandage to the chest wound;
  - d) timely anesthetize the victim;
  - e) constantly monitor the breathing and blood circulation of the victim;
  - f) give the victim a stable lateral position.
20. Signs of blood loss are everything except the following:
- a) sharp general weakness, a feeling of thirst;
  - b) dizziness, flashing of flies before the eyes;
  - c) fainting, more often when trying to get up, pale, wet and cold skin;
  - d) decrease in heart rate, decrease in respiratory rate;
  - e) rapid weak pulse, rapid breathing.
21. If there is a foreign object in the wound, the following would be more correct:
- a) urgently remove a foreign object from the wound, stop the bleeding by available means, call an ambulance;
  - b) do not remove a foreign object from the wound, apply a bandage around the foreign object, having previously fixed it with napkins or bandages, call an ambulance;
  - c) not to take any action before the arrival of medical workers;
  - d) treat the wound with an antiseptic solution, close the wound with a sterile cloth, call an ambulance;
  - e) carefully remove the foreign object, stop bleeding from the wound by filling it with sterile wipes, call an ambulance, put cold on the wound site.
22. A 55-year-old man had severe burning pains behind the sternum against the background of psychoemotional stress. What will be the first aid?
- a) to give the victim a comfortable position, providing physical and emotional peace, to call an ambulance, to observe the victim before her arrival;
  - b) lay the victim with raised lower limbs, give a nitroglycerin tablet under the tongue, call an ambulance, observe the victim before her arrival;
  - c) invite the victim to visit the polyclinic, recommend taking a nitroglycerin tablet under the tongue,

escort the victim to the polyclinic;

d) call the victim's relatives, find out what medications he is taking, let him take these medications, put him to bed, provide physical and emotional peace, while maintaining pain for an hour, call an ambulance;

e) to give the victim a comfortable position, providing physical and emotional peace, to call an ambulance, to observe the victim before her arrival, to offer the patient to take the prescribed he needs medication.

23. Specify the main purpose of the survey of the victim:

a) to assess his general condition;

b) detect obvious signs of external bleeding (primarily arterial);

c) try to detect injuries to various areas of the body;

d) determine whether the victim needs first aid.

24. During chest compression, pressure is applied by hands to the following point:

a) the upper half of the sternum;

b) the middle of the chest;

c) the heart area;

d) the lower part of the sternum.

25. A hemostatic tourniquet is applied in the following cases:

a) with arterial bleeding;

b) with copious venous bleeding;

c) with all types of severe bleeding;

d) when determining a large pool of blood.

26. First aid measures include all of the following, except for the following:

a) measures to assess the situation and ensure safe conditions for first aid, calling an ambulance;

b) determination of the presence of consciousness and signs of life in the victim;

c) measures for cardiopulmonary resuscitation;

d) measures for the use of painkillers in severe injuries and shock;

e) measures to examine the victim, stop external bleeding and provide first aid for injuries, poisoning and other conditions threatening the life and health of the victim;

f) giving the victim an optimal body position and monitoring the condition of the victim (consciousness, breathing, blood circulation);

g) providing psychological support to the victim and transferring him to the ambulance team.

27. In case of complete blockage of the upper respiratory tract by a foreign body, first aid should begin with the action:

a) try to remove a foreign body with a sharp blow to the upper abdomen

b) ask the victim: "Did you choke? Can you talk?"; c

) apply several blows to the interscapular area, tilting the patient forward;

d) call an ambulance;

e) try to induce vomiting in the patient by pressing two fingers on the root language;

f) find out from the victim what he choked on.

28. What kind of assistance should be provided to a victim with a suspected fracture of the shin bones if the injury was received in a locality:

a) fix the shin with improvised means, call an ambulance;

b) help the victim to take a comfortable position, call an ambulance, apply cold to the place of the alleged fracture;

c) fix the shin with transport tires, apply cold, take the victim to the emergency room;

d) fix the shin with transport tires, give an anesthetic, call an ambulance, apply cold to the place of the alleged fracture.

29. Choose a sequence of detailed examination of the victim, who is conscious:

a) head, neck, chest, abdomen, legs and arms;

b) chest, head and neck, legs and arms, abdomen;

c) head, chest, abdomen, neck, arms and legs;

d) legs and arms, head and neck, chest and abdomen.

30. Finger pressing of the carotid artery is performed:

a) on the side of the neck behind the sternocleidomastoid muscle with one thumb or several fingers

towards the spine;

b) on the front surface of the neck outside of the larynx with the index, middle and ring finger simultaneously or with one thumb towards the spine;

c) on the side of the injury with two fingers (index and middle) in the larynx area below the injury site.

### **Life safety tests**

1. Security is provided in the following areas of activity ...

a) economic, medical and educational;

b) industrial, intellectual and economic;

c) technogenic, natural and social;

d) collective, individual and public.

Correct answer: V.

2. The technogenic sphere characterizes:

a) natural disasters;

b) the work of the industrial complex;

c) the work of medical and educational institutions;

d) the work of cultural and educational institutions.

The correct answer is: b.

3. The natural sphere characterizes:

a) the operation of transport;

b) the operation of communication facilities; c

) natural disasters;

d) the work of the industrial complex.

Correct answer: V.

4. A person who is affected or has suffered material losses as a result of an emergency is called ...

a) victims;

b) affected; c) injured;

d) victims.

Correct answer: G.

Fires, explosions (threat of explosion), sudden collapse of buildings and structures.

1. An explosion is always accompanied by...

a) significant crushing action;

b) a light flash, a sharp sound and an unpleasant smell;

c) a large amount of released energy;

d) a large amount of smoke and dust emitted.

Correct answer: V.

2. Uncontrolled, spontaneously developing gorenje process, accompanied by the destruction of material

values and creating danger to human life, is called ...

a) by fire;

b) by fire;

c) by fire;

d) flash.

Correct answer: V.

3. The most severe damage in the explosion is received by people who are at the time of the arrival of

the shock wave:

a) outside shelters in a standing position;

b) outside shelters in a sitting position;

c) out of hiding in a crouching position;



d) out of hiding in a sitting or crouching position.

The correct answer is: a.

4. Explosive objects include ...

- a) warehouses for storing household chemicals;
- b) defense industry enterprises;
- c) fire-hazardous objects;
- d) service sector enterprises.

The correct answer is: b.

5. The main damaging factors of a fire include ...

- a) fragmentation fields;
- b) high oxygen concentration;
- c) the impact of the blast wave;
- d) fire and sparks.

The correct answer is: G. Transport emergencies.

1. The passenger of the vehicle is in danger...

- a) only when boarding and disembarking;
- b) when boarding, disembarking, actually on a trip and in an emergency situation;
- c) only in case of an emergency;
- d) only while driving.

The correct answer is: b.

2. According to the World Health Organization, about \_\_\_\_\_ people die in road accidents in Russia every year.

- a) 1000;
- b) 3000;
- c) 500;
- d) 14000.

Correct answer: G.

3. Choose the most reliable fulcrum inside a moving tram, trolleybus or bus:

- a) horizontal handrail above the head;
- b) the handrail of the back of the chair;
- c) vertical handrail at the door;
- d) horizontal handrail at the rear window.

The correct answer is: a.

4. An incident that resulted in the death of people, the destruction of air transport, a vessel or its disappearance without a trace is called...

- a) crash;
- b) breakdown of the aircraft;
- c) an aviation accident;
- d) an accident.

Correct answer: V.

5. The main causes of accidents on urban transport include...

- a) dispatcher errors;
- b) low driver qualification;
- c) indiscipline of road users;
- d) the intensity of traffic flows.

The correct answer is: a.

6. If the brakes of the vehicle (bus) fail, it is necessary ...

- a) rush to the driver's aid;
- b) try to leave the bus by knocking out the window or opening the door;
- c) put soft things in front of you, rest your feet and hands on the back of the chair in front of you;

d) stand in the aisle and firmly grasp the handrails.

The correct answer is: b.

First aid

1. In children from one to eight years of age, the depth of pressing on the chest during indirect heart

massage is \_\_\_\_\_ centimeters (s).

3–4

1–2

5–6

6–7

Solution: In

children from one to eight years old, the depth of pressing on the chest during indirect heart massage is

3-4 centimeters.

2. In children under one year old, the point of pressing on the chest during indirect heart massage is

located ...

one finger below the interstitial line

two fingers below the interstitial line

two fingers from the sternum

three fingers from the sternum

Decision:

In children under one year of age, the point of pressing on the chest during indirect heart massage is

located one finger below the interstitial line.

3. Optimal ratio (inhalation/pressure) with indirect heart massage in children under 10 years of age is ...

5 chest compressions – 1 breath

10 chest compressions – 1 breath

8 chest compressions – 2 breaths

15 chest presses – 2 breaths

Solution:

Optimal ratio (inhalation/pressure) with indirect heart massage in children under 10 years of age, there

are 5 pressures on the chest - 1 breath.

4. The optimal rate of indirect heart massage for children under 10 years is \_\_\_\_\_ pressure per minute.

100–120

60–70

60–80

120–140

Solution: The

optimal rate of indirect heart massage for children under 10 years is 100-120 pressures per minute.

6. The optimal rate of indirect heart massage for an adult is \_\_\_\_\_ pressure per minute.

60–70

50–60

40–60

100–120

Solution: The

optimal rate of indirect heart massage for an adult is 60-70 pressures per minute.

7. Late signs of circulatory arrest appear in the first \_\_\_\_\_ seconds.

20–60

10–15

5–10

15–20

Solution:

Late signs of circulatory arrest appear in the first 20-60 seconds.

8. A condition in which consciousness and ocular reflexes are absent, heart tones are deaf, blood pressure is not determined, the pulse in the peripheral vessels is not palpated, on the carotid arteries of

weak filling, breathing is rare, convulsive or deep, frequent, is called ...

agony

clinical death

biological death

preagonia

Decision:

A condition in which consciousness and eye reflexes are absent, heart tones are deaf, blood pressure is

not determined, the pulse in the peripheral vessels is not palpated, on the carotid arteries – weak filling,

breathing is rare, convulsive or deep, frequent, is called agony. The duration of the agonal state is from

several minutes to several hours. In agony, it is possible to include a complex of the last compensatory

reactions of the body. Often there is a "surge" of almost extinct activity of the cardiovascular and respiratory systems. Sometimes consciousness is restored for a short time. However, the depleted organs very quickly lose their ability to function, and respiratory and circulatory arrest occurs, i.e. clinical

death occurs.

9. A condition characterized by inhibition of consciousness, a drop in systolic arterial pressure, an

increase and decrease in the filling of the pulse, shortness of breath, a change in the color of the skin, is

called ...

preagonia

clinical death

biological death

agony

Decision:

A condition characterized by inhibition of consciousness, a drop in systolic arterial pressure, an increase

and decrease in the filling of the pulse, shortness of breath, a change in the color of the skin is called

preagonia. Preagonia is characterized by a drop in systolic arterial pressure to 50-60 mmHg, a change in

the color of the skin (pallor, cyanosis, marbled pattern). The duration of preagonia ranges from a few

minutes and hours to a day. With the deterioration of the condition, the following state occurs - agony.

10. Dilation of the pupils in the absence of their reaction to light, the disappearance of breathing or

convulsive breathing, the appearance of earthy-gray skin coloration are ...

late signs of circulatory arrest

early signs of circulatory arrest  
signs of acute respiratory failure  
signs of acute renal failure

Decision:

Dilation of the pupils in the absence of their reaction to light, the disappearance of breathing or convulsive breathing (2-6 breaths and exhalations per minute), the appearance of an earthy-gray skin

color (primarily the nasolabial triangle), are late signs of circulatory arrest. This condition remains

reversible.

11. The disappearance of the pulse on the carotid artery, lack of consciousness, convulsions, are

...

early signs of circulatory arrest

late signs of circulatory arrest

signs of biological death

signs of acute respiratory failure

Decision:

The disappearance of the pulse on the carotid artery, lack of consciousness, convulsions, are early signs

of circulatory arrest, which appear in the first 10-25 seconds. This condition remains reversible.

13. The complex of resuscitation measures should be carried out before the appearance of the victim ...

signs of recovery

clear consciousness

articulate speech

motor activity

Decision:

A complex of resuscitation measures should be carried out before the victim shows signs of recovery.

14. Signs of the appearance of a good pulsation on the carotid artery, a gradual narrowing of the pupils,

the appearance of a pink tinge of skin over the upper lip are called ...

signs of revival by

clinical death, a

preagonal condition,

biological death

Decision:

The appearance of a good pulsation on the carotid artery, a gradual narrowing of the pupils, the appearance of a pink skin tone over the upper lip are called signs of the victim's revival.

1. A limited cavity in the tissues filled with blood, formed during trauma, due to the uneven spreading of

the bruised tissues of the human body soaked in blood, is called ...

hematoma

bruise

wound

bruise

Decision:

A limited cavity in the tissues filled with blood, formed during injury due to uneven spreading of the

bruised tissues of the human body soaked in blood, is called a hematoma.

2. A limited cavity formed by uneven blood impregnation of human body tissues, filled with blood, is

called ...  
hematoma  
phlegmon  
atheroma  
hygroma

Decision:

A limited cavity formed by uneven blood impregnation of human body tissues, filled with blood, is called  
a hematoma.

3. Bleeding that occurs immediately after damage to blood vessels is called ...

primary  
repeated  
massive  
copious

Decision:

Bleeding that occurs immediately after damage to blood vessels is called primary.

4. If internal organs are damaged: liver, spleen, kidneys, lungs - there is \_\_\_\_\_ bleeding.

parenchymal  
capillary  
venous arterial

Decision:

If internal organs are damaged: liver, spleen, kidneys, lungs – parenchymal bleeding occurs. It is  
always

very life-threatening and requires urgent surgical intervention.

5. A hemostatic tourniquet is applied to the injured limb in case of \_\_\_\_\_ bleeding.

severe arterial  
prolonged venous  
prolonged parenchymal  
copious capillary

Decision:

A hemostatic tourniquet is applied to the injured limb in case of severe arterial bleeding, which  
cannot

be stopped by other means. A tightened hemostatic tourniquet on a wounded limb can be kept for  
no

more than 1.5-2 hours. At the same time, the injured limb should be kept elevated. After every  
20-30

minutes, the tourniquet must be relaxed for a few seconds to drain the blood and tighten again. A  
note

is attached under the tourniquet indicating the date, hour and minute of its imposition.

6. One of the dangerous complications of wounds is ...

pain shock  
bleeding  
suppuration  
inflammation

Decision:

One of the dangerous complications of wounds is a painful shock, accompanied by a violation of  
the

functions of vital organs. To prevent pain shock, an analgesic is administered to the wounded,  
and in its

absence, if there is no penetrating wound to the abdomen, alcohol, hot tea, coffee are given.

7. A life-threatening complication of severe lesions characterized by a disorder of the central  
nervous

system, blood circulation, metabolism and other vital functions that appears at the time of injury or shortly after it is called ...  
primary shock  
secondary shock  
agonal state prediagonal state

Decision:

A life-threatening complication of severe lesions characterized by a disorder of the central nervous system, blood circulation, metabolism and other vital functions that appears at the time of injury or shortly after it is called primary shock. Secondary shock may occur after assistance to the victim due to his careless transportation.

8. Injuries on the human body resulting from the impact of a sharp cutting tool, having smooth edges, a small affected area, but bleeding heavily, are called \_\_\_\_\_ wounds.  
cut and  
stabbed  
bruised chopped

Decision:

Injuries on the human body resulting from the impact of a sharp cutting tool, having smooth edges, a small affected area, but bleeding heavily, are called cut wounds.

9. In case of penetrating wound of the abdominal cavity, accompanied by loss of internal organs into the wound, it is forbidden ... to  
set organs into the wound to  
treat the edges of the wound with iodine solution to  
treat the edges of the wound with alcohol solution to  
apply a soft bandage

Decision:

In case of penetrating wound of the abdominal cavity, accompanied by loss of internal organs into the wound, it is forbidden to set the organs into the wound. This will significantly complicate the work of surgeons in the future and lead to additional complications.

10. Signs of a properly applied tourniquet are ...  
stopping bleeding, lack of pulse in peripheral arteries  
stopping bleeding, numbness of the skin of the limb  
reducing bleeding, paleness of the skin  
reducing bleeding, bluish skin tone

Decision:

Signs of a properly applied tourniquet are stopping bleeding, absence of a pulse in the peripheral artery.

If the bleeding is not stopped or there is a feeling of numbness of the skin, then the tourniquet is applied incorrectly.

11. A sign of arterial bleeding is ... scarlet  
blood flowing out of the wound in a pulsating stream  
, dark blood continuously flowing out of the wound

oozing from the wound, hard to stop dark blood  
oozing from the wound, easy to stop scarlet blood

Decision:

A sign of arterial bleeding is scarlet blood flowing from the wound in a pulsating stream.

12. A sign of venous bleeding is ... dark

-

colored blood continuously flowing out of the wound, scarlet blood  
oozing out of the wound, easily stopping blood  
oozing out of the wound, difficult to stop blood

Solution: A

sign of venous bleeding is dark blood continuously flowing from the wound.

13. One of the signs of acute blood loss are ...

low blood pressure, frequent threadlike pulse

high blood pressure, frequent pulse

high blood pressure, rapid breathing

drowsiness, pallor, rare pulse

Decision:

One of the signs of acute blood loss is low blood pressure, frequent thready pulse. In addition to these

signs, there may be cooling and the appearance of skin moisture, confusion, dry mouth and thirst, dilated pupils, increased breathing. Acute blood loss with internal bleeding is especially dangerous,

emergency surgical care is required to stop it.

First aid in case of thermal injuries

1. In case of a chemical burn, it is forbidden ... to

treat the skin with wet wipes and

rinse the skin under a stream of water

quickly remove soaked clothes and

make cold lotions

Solution: In

case of a chemical burn, it is forbidden to treat the affected skin with water-soaked tampons, napkins,

since in this case chemical compounds are rubbed even more into the skin. In case of chemical burns,

first of all, it is necessary to quickly remove soaked clothes, rinse the burn under running water.

Chemicals must be washed off with a large amount of water from under the tap until the specific smell

of the substance disappears, thereby preventing its effect on tissues and the body.

2. The alternating current of the electrical network with a voltage of \_\_\_\_ volts passing through the

human body is dangerous for human life.

40

36

12

25

Decision:

An alternating current of the electric network with a voltage of 40 volts passing through the human

body is dangerous for human life. Electric current with a voltage of 40 volts and above is deadly for

humans.

3. According to the depth of the lesion, electric burns are divided into \_\_\_\_ degrees(s).

4  
5  
3  
2

Solution:

According to the depth of the lesion, electric burns are divided into 4 degrees.

4. Depending on the depth of tissue damage, there are \_\_\_\_\_ degrees(s) of electric burns.

4  
3  
2

5 Solution

:

Depending on the depth of tissue damage, there are 4 degrees of electric burns. Electric burns occur

from the action of an electric current, the contact of which with tissues, primarily with the skin, leads to

the transfer of electrical energy into thermal energy, resulting in coagulation (clotting and destruction of tissues).

5. Tissue damage caused by high temperature, chemicals, electricity or radiation is called ... burn

hyperthermia

overheating by

heat stroke

Decision:

Tissue damage caused by high temperature, chemicals, electricity or radiation is called a burn.

Burns are

accompanied by a pronounced pain syndrome: people with extensive burn surfaces and deep burns

develop shock phenomena.

Hyperthermia is a condition caused by the accumulation of excess heat in the human body and animals

with an increase in body temperature, caused by external factors that impede heat transfer to the external environment or increase the flow of heat from the outside. Hyperthermia occurs at maximum

stress of the physiological mechanisms of thermoregulation (sweating, dilation of skin vessels, etc.) and,

if the causes causing it are not eliminated in time, steadily progresses, ending at a body temperature of

about 41-42 ° C with heat stroke.

6. In case of thermal burn, first of all it is necessary ...

quickly remove the victim from the fire zone

apply a sterile bandage to the burn

urgently deliver the victim to a medical institution

moisten the burned area with alcohol

Solution: In

case of thermal burn, first of all, it is necessary to quickly remove the victim from the fire zone.

At the

same time, if a person's clothes catch fire, you need to take them off without delay or throw a blanket,

coat, bag, thereby stopping air access to the fire.

1. In case of a chemical burn, it is forbidden ... to



treat the skin with wet wipes,  
rinse the skin under a stream of water,  
quickly remove soaked clothes,  
make cold lotions

Decision:

In case of a chemical burn, it is forbidden to treat the affected skin with water-soaked tampons, napkins,

since in this case chemical compounds are rubbed even more into the skin. In case of chemical burns,

first of all, it is necessary to quickly remove soaked clothes, rinse the burn under running water. Chemicals must be washed off with a large amount of water from under the tap until the specific smell

of the substance disappears, thereby preventing its effect on tissues and the body.

2. The alternating current of the electrical network with a voltage of \_\_\_\_ volts passing through the human body is dangerous for human life.

40

36

12

25

Decision:

An alternating current of the electric network with a voltage of 40 volts passing through the human

body is dangerous for human life. Electric current with a voltage of 40 volts and above is deadly for humans.

3. According to the depth of the lesion, electric burns are divided into \_\_\_\_ degrees(s).

4

5

3

2

Solution:

According to the depth of the lesion, electric burns are divided into 4 degrees.

4. Depending on the depth of tissue damage, there are \_\_\_\_ degrees(s) of electric burns.

4

3

2

5 Solution

:

Depending on the depth of tissue damage, there are 4 degrees of electric burns. Electric burns occur

from the action of an electric current, the contact of which with tissues, primarily with the skin, leads to

the transfer of electrical energy into thermal energy, resulting in coagulation (clotting and destruction of tissues).

5. Tissue damage caused by high temperature, chemicals, electricity or radiation is called ... burn

hyperthermia

overheating by

heat stroke

Decision:

Tissue damage caused by high temperature, chemicals, electricity or radiation is called a burn. Burns are accompanied by a pronounced pain syndrome: people with extensive burn surfaces and deep burns develop shock phenomena.

Hyperthermia is a condition caused by the accumulation of excess heat in the human body and animals

with an increase in body temperature, caused by external factors that impede heat transfer to the external environment or increase the flow of heat from the outside. Hyperthermia occurs at maximum

stress of the physiological mechanisms of thermoregulation (sweating, dilation of skin vessels, etc.) and,

if the causes causing it are not eliminated in time, steadily progresses, ending at a body temperature of

about 41-42 ° C with heat stroke.

6. In case of thermal burn, first of all it is necessary ...

quickly remove the victim from the fire zone

apply a sterile bandage to the burn

urgently deliver the victim to a medical institution

moisten the burned area with alcohol

Solution: In

case of thermal burn, first of all, it is necessary to quickly remove the victim from the fire zone.

At the

same time, if a person's clothes catch fire, you need to take them off without delay or throw a blanket,

coat, bag, thereby stopping air access to the fire.

7. An alternating current of the electric network with a force of \_\_\_\_ amperes passing through the

human body is dangerous for human life.

0,05

0,01

0,015

0,02

Decision:

Dangerous to human life is an alternating current of the electric network with a power of 0.05 amperes

passing through the human body. Touching the current-carrying parts can cause a burn of the body at

the point of contact and even paralysis of the heart and respiratory organs. For alternating current of

industrial frequency (50 Hz), the safe value is a current of 0.01 amperes. A current of 0.015 amperes

causes painful sensations in a person.

8. In case of chemical burns of the skin with caustic alkalis, first of all, it is necessary to treat the skin ...

2% boric acid solution

5% solution of copper sulfate

with a 5% solution of baking soda

10% solution of copper sulfate

Solution: In

case of chemical burns of the skin with caustic alkalis, first of all, it is necessary to treat the skin with a

2% solution of boric acid. Boric acid is usually available in all universal first aid kits in powder form. In addition, solutions of other acids common in everyday life can be used: citric acid, table vinegar. 9. In case of chemical burns of the skin with phosphorus and its compounds, first of all, it is necessary to treat the skin ...

5% solution of copper sulfate

10% solution of baking soda

2% boric acid solution

with a 5% solution of baking soda

Solution: In

case of chemical burns of the skin with phosphorus and its compounds, first of all, it is necessary to treat

the skin with a 5% solution of copper sulfate.

10. If acid or its vapors get into the eyes or mouth, first of all, it is necessary to rinse the eyes and mouth

... with a

5% solution of baking soda

5% solution of copper sulfate

2% boric acid solution

10% copper sulfate solution

Solution:

If acid or its vapors get into the eyes or mouth, first of all, it is necessary to rinse the eyes and mouth

with a 5% solution of baking soda.

11. Local tissue damage with electric burn is manifested in 60% of victims in the form of ... signs of current

baldness

severe itching of

acute urticaria

Solution:

Local tissue damage during an electric burn is manifested in 60% of victims in the form of current signs

(tags). A current mark (electromark) is a skin change that occurs after an electric shock in the form of

rounded spots, dark inside and bluish on the periphery, mainly in the places of current input and output,

where electrical energy turns into thermal. The higher the voltage, the stronger the burns.

12. In case of thermal eye burn, first of all it is necessary ... to

make cold lotions from a 3% solution of boric acid,

put an ointment with an antibiotic behind the eyelids,

drip vaseline oil into the eyes,

make cold lotions from a 5% solution of copper sulfate

Decision:

In case of thermal eye burn, first of all it is necessary to make cold lotions from a 3% solution of boric

acid. To prepare this solution, it is necessary to dilute half a teaspoon of boric acid powder in a glass of

water. The burn surface should not be lubricated with various fats. This can cause even more harm to

the victim, since bandages with any fats, ointments, oils only pollute the burn surface and contribute to

the suppuration of the wound.

13. The increase in metabolic processes in the human body with a decrease in body temperature by 1 °

C is about \_\_\_\_% of the level of the basic metabolism.

10

15

5

20

Decision:

The increase in metabolic processes in the human body with a decrease in body temperature by 1 ° C is

about 10% of the level of the basic metabolism. The appearance of muscle trembling, in which external

work is not performed, and all energy is converted into heat, can delay the decrease in the temperature

of internal organs for some time. The result of the action of low temperatures are cold injuries.

Therefore, when signs of hypothermia appear (chills, muscle trembling, cyanosis of the skin, muscle

rigor), intensive physical exercises must be performed.

First aid in case of poisoning

1. When taking caustic soda and ammonia inside, it is urgently necessary ... to rinse the stomach through a thick rubber probe.

take an emetic

take activated charcoal

drink 0.5 cups of 2% baking soda solution

Decision:

When taking caustic soda and ammonia inside, it is urgently necessary to rinse the stomach through a

thick rubber probe. Cold water is used for washing. Burns with alkalis are characterized by a greater

depth of lesion, unlike burns with acids. It is not recommended to take emetics and laxatives.

Ulcers

covered with scab form at the site of contact of the skin or mucous membrane with alkali. The victim

should be hospitalized and antishock therapy should be started as soon as possible.

2. The pathological process that occurs as a result of exposure to harmful and toxic substances of various origins coming from the external environment through the mouth is called \_\_\_\_\_

poisoning.

food

inhalation

injection contact

Solution: The

pathological process that occurs as a result of exposure to harmful and toxic substances of various

origins coming from the external environment through the mouth is called food poisoning. The severity

of poisoning depends on the amount of the poison that has penetrated, the strength of its action, the

speed of absorption and other reasons.

3. The ability to remove poison from the body has ...

activated carbon hydrogen

peroxide

petroleum  
jelly sunflower oil

Decision:

Activated carbon, potassium permanganate, milk, egg whites have the ability to remove and neutralize

toxic substances. Activated carbon has a high absorption capacity to many toxic substances.

Take

activated charcoal (in an amount of at least 10 tablets) inside in the form of a water slurry (2-3 tablespoons per 1-2 glasses of water). Potassium permanganate is added to water to wash the skin and stomach.

4. First aid in case of poisoning should begin with ... the definition of a poisonous substance

taking measures to remove the poison from the body

conducting antidote therapy

calling an ambulance

Solution: First

aid in case of poisoning should begin with the determination of the toxic substance, as a result of which

poisoning occurred, then immediately take measures to remove the poison from the body or neutralize

it with the help of antidotes, take measures to maintain the basic vital functions of the body; call an

ambulance.

5. In case of food poisoning, after cleansing the stomach, it is necessary ... to

take activated charcoal, go

out into the fresh air,

take antibiotics,

take an analgesic

Solution: In

case of food poisoning, after cleansing the stomach, it is necessary to take activated charcoal.

The

measures of the second stage, after cleansing the stomach, include taking activated charcoal, providing

rest to the victim, warming the victim (applying a heating pad to the legs), providing abundant drinking.

6. When the first signs of poisoning with harmful gases appear (headache, shortness of breath, palpitations, ringing in the ears, dizziness, pounding in the temples), it is necessary ... to go

out into the fresh air,

take an anesthetic,

take heart medications,

do breathing exercises

Solution:

When the first signs of poisoning with harmful gases appear, it is necessary to immediately remove or

take the victim to fresh air.

7. If the poison got through the skin, then the skin must be ...

washed with plenty of water,

liberally lubricated with vaseline,

sprinkled with activated carbon,

treated with hydrogen peroxide

Decision:

If the poison got through the skin, then it is necessary to wash the skin with plenty of water, saline solution, a weak solution of baking soda or citric acid solution (depending on the toxic substance).

8. The appearance of a heart rhythm disorder, up to cardiac arrest, dilation or constriction of the pupils

may be due to poisoning by \_\_\_\_\_ means.

cardiac and vascular

hypnotics and sedatives

antipyretic and anti-inflammatory

sulfonamide and antipyretic

Decision:

The appearance of a heart rhythm disorder, up to cardiac arrest, dilation or constriction of the pupils

may be due to poisoning with drugs for the treatment of various diseases of the cardiovascular system

(digitoxin, obsidan, isoptin, hemiton, clofelin), therefore, if poisoning is suspected, it is necessary to call

a doctor immediately. The victim should be hospitalized immediately and begin intensive therapy.

9. The appearance of signs of kidney and liver damage may be due to poisoning with \_\_\_\_\_ medications.

antipyretic

sleeping pills

cardiac sedatives

Decision:

The appearance of signs of kidney and liver damage may be due to poisoning with antipyretics (aspirin,

amidopyrine, paracetamol, analgin), sulfonamide preparations (ethazole, sulfadimethoxine); their overdose may cause poisoning accompanied by kidney and liver damage.

10. Gastric lavage during first aid in case of severe food poisoning should be carried out before ... obtaining clean washing waters

injection into the stomach of 2-3 liters of solution

injection into the stomach of 3-4 liters of solution the

appearance of a sense of relief

Decision:

Gastric lavage during first aid in case of severe food poisoning should be carried out until clean washing

waters are obtained. In total, 5-6 liters of solution may be required.

11. If mushroom poisoning is suspected or when its first symptoms appear, it is necessary ... to induce vomiting and do gastric lavage,

take an anesthetic,

take heart medications,

drink 0.5 cups of activated charcoal solution

Decision:

If mushroom poisoning is suspected or when its first symptoms appear, it is necessary to induce vomiting and perform gastric lavage. To do this, you should drink a large amount of liquid and irritate

the root of the tongue with your fingers, which will lead to reflex vomiting. After repeated rinsing,

activated carbon or carbolene should be taken inside. You can take white clay, milk, salt laxative. Lay the

victim down, warm his feet with the help of hot water bottles. Give a plentiful drink (tea, water is suitable for this). It is necessary to call an ambulance team and hospitalize the victim.

12. Headache, shortness of breath, palpitations, ringing in the ears, dizziness, pounding in the temples

are common signs of poisoning ... with

harmful gases,

technical liquids,

poisonous mushrooms,

acids and alkalis

Solution:

Headache, shortness of breath, palpitations, ringing in the ears, dizziness, pounding in the temples are

common signs of poisoning with harmful gases. In severe cases, muscle weakness, vomiting and general

convulsions with loss of consciousness are observed.

13. The severity of poisoning depends on the amount of poison that has entered the body, the strength

of its action, the speed of absorption ...

speed of recovery

quality of treatment

conditions of recovery

Decision:

The severity of poisoning depends on the amount of poison that has entered the body, the strength of

its action, and the speed of absorption. First aid for poisoning should be provided quickly and efficiently.

The outcome of poisoning usually depends on how quickly and effectively this assistance will be provided. Timely qualified measures in most cases guarantee the life of a person who has received

poisoning even with several lethal doses.

14. A toxic substance can enter the human body \_\_\_\_\_ ways.

four two

three five

Solution:

Toxic, the substance can enter the human body in four ways: through the respiratory tract, mouth, skin

and as a result of injection (when bitten by insects and animals, as well as when the drug is injected with

a syringe).

First aid for bruises, dislocations, sprains, ruptures and fractures

1. During traumatic toxicosis, there are \_\_\_\_ periods(s).

3

4

2

5 Solution

:

During traumatic toxicosis, there are 3 periods: early (immediately after the injury and within 2 hours

the affected person is excited, consciousness is preserved, asks for help); intermediate (after staying in

the blockage for 2 hours, toxic phenomena increase, excitement passes, the affected person becomes

relatively calm); late (the general condition deteriorates sharply, excitement, consciousness is disturbed, delirium, nausea, vomiting appears, death occurs in severe cases).

2. The appearance of pain, nausea, and sometimes vomiting after a head injury with retained consciousness are signs ...

brain injury

concussions of the brain

food poisoning

hypertension

Solution: The

appearance of pain, nausea, and sometimes vomiting after a head injury with retained consciousness

are signs of a brain injury.

3. A serious condition caused by the absorption into the blood of toxic substances that are products of

the disintegration of crushed soft tissues due to their prolonged compression is called ...

prolonged compression syndrome

endogenous toxicosis

infectious toxicosis

toxic kidney

Decision:

A serious condition caused by the absorption into the blood of toxic substances that are products of the

disintegration of crushed soft tissues due to their prolonged compression is called prolonged compression syndrome (traumatic toxicosis).

4. Depending on the severity of the course, there are \_\_\_\_\_ degrees(s) of traumatic shock.

4

5

3

2 Solution

:

Depending on the severity of the course, there are 4 degrees of traumatic shock: mild, moderate, severe

shock, extremely severe shock.

5. Bone fractures can be ...

open and closed

internal and external

light and heavy

strong and weak

Solution: Bone

fractures can be open and closed. With open fractures, the skin or mucous membranes are damaged.

Such injuries are usually accompanied by the development of purulent processes in soft tissues, bones,

and a general purulent infection. With closed fractures, the integrity of the skin and mucous membranes

is not violated, and they serve as a barrier preventing the penetration of infection into the fracture area.

6. Sharp pain, rapidly manifesting swelling, bruising, soreness of movements in the joint are signs of ...

sprains

dislocation of the joint bone



fracture

soft tissue injury

Solution:

Sharp pain, rapidly manifested swelling, bruising, soreness of movements in the joint are signs of sprains.

8. The main danger in open bone fractures may be ...

traumatic shock

infection of the wound

damage to soft tissues

damage to blood vessels

Decision:

The main danger in open bone fractures may be traumatic shock, the main cause of which is pain. Shock

is especially common in open fractures with arterial bleeding.

9. In the development of traumatic shock, there are \_\_\_\_ phases (s).

2

4

3

5

Solution:

In the development of traumatic shock, there are 2 phases: excitation and inhibition. The arousal phase

develops immediately after the injury as a response of the body to the strongest pain stimuli. It is followed by inhibition: with full consciousness, the victim becomes indifferent, inhibited.

10. Displacement of the articular surface of the bones relative to each other, accompanied by severe

pain, swelling, a change in the configuration of the joint, is a sign of ...

dislocation of the joint of a bone

fracture

soft tissue injury

sprains

Solution:

Displacement of the articular surface of the bones relative to each other, accompanied by severe pain,

swelling, a change in the configuration of the joint, is a sign of dislocation of the joint

## **Test questions**

### **Questions to test" Life Safety»**

1. Life safety: definition, goals and objectives of the discipline.
2. Human habitat, environmental factors .
3. Risk factor. Classification of hazardous and harmful environmental factors.
4. The principles of normalization and harmful factors. Quality standards in industrial economic activity (maximum permissible concentration, maximum permissible level).
5. Classification of emergency situations by the scale and nature of the impact of negative factors.
6. Legal system of life safety in the Russian Federation.
7. The algorithm of safe human behavior in emergency situations.
8. National security of Russia: the essence and main components of national security.
9. The concept of national security of Russia.
10. Threats to national security of Russia: types and forms.
11. Mobilization preparation of health care: concept, principles and objectives.
12. The essence of the implementation of health mobilization training.
13. The legal basis of mobilization preparation of public health.
14. Definition and classification of wars and armed conflicts.
15. The striking factors of modern weapons.
16. Security of the individual and society.
17. Measures to ensure the personal safety of citizens.
18. Information security of the individual, society and state.
19. Basic concepts, definitions, classification of emergency situations.
20. Medical and health consequences of emergencies.
21. Phases of development and damaging factors of emergency situations.
22. Methods of forecasting and assessment of the situation in emergency situations.
23. Unified state system of prevention and liquidation of consequences of emergency situations (Russian unified system of prevention and liquidation of emergency situations): tasks, principles of functioning.
24. Characteristics of the modes of operation of the Russian unified system of prevention and liquidation of emergency situations.
25. Organizational structure Russian unified system of prevention and liquidation of emergency situations.
26. The main activities of the Russian unified system of prevention and liquidation of emergency situations for the prevention and liquidation of consequences of emergency situations.
27. Basic principles and legal framework for the protection of the population.
28. Civil defense system and its main activities.
29. Medical service of civil defense and its tasks.
30. Bases of organization and measures of protection of the population in peace and war time.
31. Basics of the organization of protection from the main types of dangerous and harmful effects of natural origin.
32. Bases of the organization of protection against the main types of dangerous and harmful effects of technogenic origin.
33. Basics of the organization of protection from the main types of dangerous and harmful effects of anthropogenic origin.
34. Methods of control and determination of dangerous and negative factors.
35. The impact of habitat on the safety of life
36. Health and safety in health care organizations
37. What does "Dressing"?
38. Bandage "Cap", "Cap of Hippocrates," the purpose, indications, methods of execution
39. Special treatment: the procedure for partial and complete special treatment.

40. A slingshot wound to the nose, to the chin. Indications. Execution method
41. Bandage "bridle". Indications. Execution method
42. Transfusion. Legal basis of blood transfusion. Blood transfusion rules
43. The algorithm for applying a rubber tourniquet.
44. Transport immobilization by improvised means
45. Transport immobilization by service means
46. Ear-shaped bandage
47. Bandage "Dezo"
48. "Knight" glove, mitten bandage. Indications. Execution method
49. Monocular, binocular dressings. Indications. Execution method
50. Cruciate bandage on the back of the head.
51. The bandage on his chest. Indications. Execution method
52. The bandage on his stomach. Indications. Execution method
53. Temporary stop of bleeding in case of damage to the vessels of the neck
54. Temporary stopping of nasal bleeding
55. Ways to temporarily stop bleeding.
55. Methods of final stop of bleeding.
56. Algorithm for stopping bleeding in case of femoral artery damage
57. The algorithm of first aid in road accidents.
58. First aid for spinal injury.
59. First aid for head and neck injuries.
60. Principles of cardiopulmonary resuscitation. Indications. Procedure.
61. The concept of first aid to victims in emergency situations. First aid measures.
62. First aid for injuries.
63. Bleeding, its types.
64. First aid for long-term compression syndrome. (Crash syndrome).
65. First aid for burns.
66. First aid for frostbite.
67. First aid for electrical injuries.
68. First aid for drowning.
69. First aid for traumatic shock.
70. Medical and improvised means for first aid, the order of their use.