* + 1. The structure that regulates body temperature is the:

1. brain stem.
2. hypothalamus.
3. medulla.
4. cerebellum.
   * Answer: b
   * Objective: 3-1
   * Reference: 58
   * 2. Metabolism:
   * a. always involves insulin from the pancreas.
   * b. involves only glucose and enzymes.
   * c. is the same as the digestive process.

d. is defined as the chemical processes occurring within a living cell or organism

* + Answer: d
  + Objective: 3-1
  + Reference: 70
  + 3. When the body’s core temperature drops, the body:

1. starts shivering.
2. sends a signal to the heart to speed up.
3. constricts blood vessels to increase blood pressure.
4. increases breathing to raise the oxygen level.
   * Answer: a
   * Objective: 3-1
   * Reference: 59
   * 4. Conduction is the transfer of heat:
5. when the skin is in contact with air or water.
6. through radiation.
7. through respirations.
8. from a warm object to a cold object through direct contact.
   * Answer: d
   * Objective: 3-2
   * Reference: 59
   * 5. The direction of heat transfer:
9. is always from a colder object to a warmer object.
10. cannot be from an object to a human.
11. is sometimes random.
12. is always from a warmer object to a colder object.
    * Answer: d
    * Objective: 3-2
    * Reference: 59
    * 6. During a stress response, the release of epinephrine results in:
13. an increase in heart rate.
14. a decrease in the force of the heart’s contraction.
15. smooth muscle contraction.
16. a reduction in respiratory depth and rate.
    * Answer: a
    * Objective: 3-3
    * Reference: 61
    * 7. The “fight or flight” response diverts blood flow away from the internal organs, which results in:
17. excessive saliva production.
18. increasing blood flow to the extremities
19. constipation.
20. leg cramps.
    * Answer: b
    * Objective: 3-3
    * Reference: 68
    * 8. The primary fuel source for muscles is(are):
21. proteins.
22. oxygen.
23. carbohydrates.
24. sodium.
    * Answer: c
    * Objective: 3-2
    * Reference: 64
    * 9. Leukocytes are the workhorses of the immune system and are produced in the:
25. pancreas.
26. liver.
27. intestines.
28. bone marrow.
    * Answer: d
    * Objective: Supplemental
    * Reference: 62
    * 10. An autoimmune disorder is a self-destruction process in the body that can result in:
29. acid reflux.
30. diabetes.
31. appendicitis.
32. myocardial infarction.
    * Answer: b
    * Objective: Supplemental
    * Reference: 62
    * 11. The best strategy for wearing clothing in the winter months is to wear:
33. one layer of multiple-purpose outerwear.
34. two layers consisting of a base and an outer layer.
35. three layers referred as a base and middle and outer layers.
36. four layers referred as dermis, base, intermediate, and outer layers.
    * Answer: c
    * Objective: 3-5
    * Reference: 66
    * 12. The best natural material used in winter clothing is:
37. cotton.
38. wool.
39. silk.
40. polyester.
    * Answer: b
    * Objective: 3-5
    * Reference: 65
    * 13. PPE (personal protective equipment) and durable goods should be disinfected per:
41. the manufacturer’s recommendations.
42. the medical control protocol.
43. the NSP protocol.
44. your local ski patrol protocol.
    * Answer: a
    * Objective: 3-8
    * Reference: 80
    * 14. Which of the following SPF ratings would provide the greatest level of protection?
45. 6
46. 15
47. 30
48. 50
    * Answer: d
    * Objective: 3-8
    * Reference: 69
    * 15. Each day the body loses \_\_\_\_ liter(s) of water through respiration, perspiration, and urination.
49. 1.0
50. 1.5
51. 2.0
52. 2.5
    * Answer: d
    * Objective: Supplemental
    * Reference: 70
    * 16. Some vector-borne illnesses are transmitted to humans via:
53. eating partially cooked foods.
54. deer ticks.
55. contact with human feces.
56. sneezing and coughing.
    * Answer: b
    * Objective: 3-6
    * Reference: 73
    * 17. Influenza viruses can survive up to \_\_\_\_\_\_ on a hard surface.
57. 2 days
58. 12 hours
59. 24 hours
60. 4 days
    * Answer: a
    * Objective: 3-6
    * Reference: 74
    * 18. The practice of protecting yourself from disease transmission through exposure to blood and other body fluids is referred to as:
61. standard precautions.
62. exposure control.
63. personal protective equipment.
64. body fluid precautions.
    * Answer: a
    * Objective: 3-7
    * Reference: 76
    * 19. A communicable disease is:
65. any of a number of diseases that is deadly once contracted.
66. a disease that can be spread from one person to another.
67. a disease that is caused and spread by coughing only.
68. a disease for which no immunization or treatment exists.
    * Answer: b
    * Objective: 3-6
    * Reference: 71
    * 20. Which one of the following techniques is the single *best* technique that OEC Technicians can use to prevent the spread of infection?
69. Disinfecting their equipment
70. Wearing gloves
71. Washing their hands
72. Getting immunizations
    * Answer: c
    * Objective: 3-7
    * Reference: 82
    * 21. Which of the following tasks is the first component of a scene size-up?
73. Identify the number of patients involved.
74. Determine the MOI.
75. Determine whether additional resources are needed.
76. Scene safety
    * Answer: d
    * Objective: 3-7
    * Reference: 82
    * 22. Which of the following actions is *not* a method for ensuring scene safety?
77. Conducting a scene size-up
78. Calling for risk management personnel
79. Placing skis in an “X” uphill of the scene
80. Having a bystander stand uphill of the incident site
    * Answer: b
    * Objective: 3-10
    * Reference: 83
    * 23. A common MOI (mechanism of injury) that OEC Technicians will encounter is:
81. a respiratory problem.
82. a cardiac problem.
83. altered mental status.
84. blunt force.
    * Answer: d
    * Objective: Supplemental
    * Reference: 85
    * 24. Who is in charge of a crime scene at your ski area?
85. The area’s operation manager
86. The area’s patrol director
87. The area’s risk manager
88. The responding law enforcement officer
    * Answer: d
    * Objective: 3-10
    * Reference: 87
    * 25. Some hazardous products can cause health problems if ingested or inhaled. Long-term inhalation of asbestos can cause:
89. kidney tumors.
90. lung cancer.
91. pancreatic cancer.
92. colon cancer.
    * Answer: b
    * Objective: Supplemental
    * Reference: 85
    * 26. After scene safety is established in a trauma situation, what is the next important thing to determine?
93. MOI
94. NOI
95. SAMPLE
96. ABCDs
    * Answer: a
    * Objective: 3-10
    * Reference: 82
    * 27. There is generally at least a two-week period before one experiences the early flu-like symptoms of rabies. Effective medical treatment for rabies should occur within:
97. 24 hours.
98. 1 year.
99. 10 days.
100. 1 month.
     * Answer: a
     * Objective: Supplemental
     * Reference: 76
     * 28. Cross contamination occurs when:
101. you touch multiple patients without changing your gloves.
102. patients do not wash their hands after using a restroom.
103. you touch a second patient after changing your gloves.
104. patients inject themselves with a needle they have used before.
     * Answer: a
     * Objective: 3-12
     * Reference: 78
     * 29. A disinfection involves the use of:
105. a bleach solution consisting of ¼ cup of bleach to 1 gallon of water.
106. a bleach solution consisting of 2.5 tbs. of bleach to 1 gallon of water.
107. 1 quart of a solution with a pH of 7.
108. an EPA-registered sterilizing chemical or a 1:100 solution of household bleach.
     * Answer: d
     * Objective: Supplemental
     * Reference: 81