

Participant details

Name: _____

Declaration: I declare that the answers provided in this first aid workbook are all my own work based on my personal study or research and that no part has been copied from another person, or written for me by another person.

Signature: _____ Date _____

Course details

Unit title and code: _____

Training location: _____ Date completed: _____

Trainer name: _____ Course ID No: _____

Assessment results

The results of this assessment task deem the student **competent** in the elements covered.

The results of this assessment task deem the student **not yet competent** in the elements covered.

Assessor comments or feedback: _____

Assessor name: _____

Assessor signature: _____ Date: _____

1. Introduction

1.1 First Aid is: *(circle the correct answer)*

- a. Initial care of the injured b. Sending for medical care c. Arranging transport to hospital

1.2 The most important aim of a First Aider is:

- a. Preserve life b. Immobilise fractures c. Assess the situation

1.3 To make an assessment of the condition of the casualty, the first aider needs to know the history of the accident or illness. How can this be obtained?

1.4 Name four signs that might be observed by the first aider?

- a. _____ b. _____
c. _____ d. _____

1.5 Symptoms are defined as sensations experienced by?

1.6 List three things you can do to reduce the cross infection risk when providing first aid care.

- a. _____

- b. _____

- c. _____

2. Basic Life Support

2.1 List four possible dangers to yourself and the casualty.

- a. _____ b. _____
- c. _____ d. _____

2.2 How can you tell if a casualty is conscious or unconscious?

2.3 If the casualty was conscious, would you leave the casualty? Yes No

2.4 Why?

2.5 What are the dangers of leaving an unconscious casualty on their back?

2.6 If you suspect an unconscious person may have a blocked airway, what position should the casualty be in when the airway is checked?

a. On their back

b. On their side

c. On their left side

2.7 Why?

3. Cardio Pulmonary Resuscitation

3.1 Why do we perform resuscitation? _____

3.2 The letters CPR stand for? _____

3.3 There are several ways you can deliver rescue breaths for a casualty. List **three** of these ways.

a. _____

b. _____

c. _____

3.4 When performing CPR on a baby, their head should be? _____

3.5 You should ***always*** turn a casualty on their side before you check their airway. True False

3.6 To give rescue breaths you can seal the casualty's mouth with yours. True False

3.7 To give rescue breaths to a baby cover their mouth and nose with your mouth and then give a gentle puff of air. True False

3.8 Approximately how far should you compress a casualty's chest when performing CPR? _____

3.9 Where should your hands be placed when performing chest compressions?

3.10 The correct ratio of chest compressions to rescue breaths when performing CPR is?

- a. 5 Compressions - 2 breaths
- b. 15 Compressions - 1 breath
- c. 30 Compressions - 2 breaths

3.11 Two person CPR is likely to be less tiring to perform than one person CPR.

True False

3.12 If you have access to a defibrillator (AED) when performing CPR you should turn it on and follow the instructions given.

True False

3.13 If a casualty does not regain consciousness after you have been providing CPR for five minutes, you should stop CPR immediately and wait for the ambulance to arrive.

True False

3.14 If a casualty starts to breathe normally while you are performing CPR and is still unconscious, you should carefully turn them onto their side.

True False

4. Breathing Difficulties

4.1 A young child is having difficulty breathing and talking. He is very anxious with an apparent lack of energy. On examining him you notice he is wheezing as he breathes.

- a. What is most likely to be his problem? _____
- b. What should you do? _____
- _____
- _____
- _____
- _____

4.2 It is not necessary to stay with a conscious casualty who you think may be having an asthma attack. True False

4.3 Exposure to a sudden cold temperature may trigger an asthma attack. True False

4.4 You find a child floating face downwards in a swimming pool. After rescuing the child and checking for a response, you would then:

- a. Try to drain the water from the child's lungs and stomach
- b. Wrap casualty in a blanket and go for help
- c. Begin mouth to mouth resuscitation immediately
- d. Clear the casualty's airway and see if breathing is present

4.5 The child was not breathing and you have given CPR and the child is now fully conscious and complaining of feeling cold, you would then:

- a. Wrap the casualty up warmly and put them to bed
- b. Walk them around quickly to warm them up
- c. Maintain body heat and seek medical advice promptly
- d. Give the casualty warm drinks and a nourishing meal

4.6 You are at a barbecue and a friend who is eating suddenly starts coughing. You suspect that they have some food caught in their throat. You would:

- a. Thump them on the back several times
- b. Allow and encourage them to cough without interference
- c. Give them a drink of water

4.7 If they suddenly stop coughing and collapse, you should: _____

Then: _____

5. Chest Pain

5.1 What is the correct treatment for a conscious person whom you suspect is having an "angina" attack? _____

5.2 List three possible signs or symptoms of a heart attack.

5.3 A person suffering a heart attack will only feel pain in the centre of their chest.

True False

5.4 If you suspect that a casualty may be having a heart attack you should always call an ambulance immediately.

True False

5.5 What first aid care should you provide for a conscious casualty who may be having a heart attack while you are waiting for the ambulance to arrive?

