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learning



FIRST AID

Learning Guide

First Aid learning made easy!

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Disclaimer

This learning guide is not intended to be a substitute for professional medical advice, diagnosis or treatment. In the event of any first aid or medical emergency you should immediately contact the emergency services or seek advice from a medical professional.

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Assessment activity summary

Student name: _____

Declaration: I declare that the answers provided in this first aid learning guide answer sheet 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.

Student Signature: _____ Date _____

Course details

Unit title and code: _____

Training location: _____ Date completed: _____

Trainer name: _____ Course ID No: _____

Assessor name: _____

Assessment activity results: Number of questions answered correctly / 90

The required knowledge demonstrated by the candidate was **Satisfactory / Not yet satisfactory**

Assessor comments or feedback: _____

Student comments and feedback: _____

Assessor signature: _____ Student signature: _____

First Aid Learning Guide Answer Sheet – Mark the correct answer or answers with a cross **X**

Student Name: _____ Date: _____

1	A	B	C	
2	A	B	C	
3	A	B	C	D
4	A	B	C	D
5	A	B	C	D
6	A	B	C	D
7	A	B	C	D
8	True		False	
9	Yes		No	
10	A	B	C	
11	True		False	
12	A	B	C	
13	A	B	C	
14	True		False	
15	A	B	C	D
16	True		False	
17	True		False	
18	True		False	
19	True		False	
20	A	B	C	D
21	A	B	C	D
22	True		False	
23	True		False	
24	True		False	
25	True		False	
26	A	B	C	D
27	True		False	
28	True		False	
29	A	B	C	D
30	A	B	C	

31	A	B	C	
32	A	B	C	
33	True		False	
34	A	B	C	D
35	A	B	C	D
36	Yes		No	
37	A	B	C	D
38	True		False	
39	True		False	
40	A	B	C	D
41	True		False	
42	A	B	C	D
43	Yes		No	
44	A	B	C	D
45	True		False	
46	True		False	
47	True		False	
48	True		False	
49	A	B	C	D
50	True		False	
51	A	B	C	D
52	True		False	
53	True		False	
54	True		False	
55	True		False	
56	True		False	
57	True		False	
58	True		False	
59	True		False	
60	A	B	C	D

61	A	B	C	D
62	True		False	
63	True		False	
64	True		False	
65	A	B	C	D
66	True		False	
67	A	B	C	D
68	True		False	
69	True		False	
70	True		False	
71	A	B	C	D
72	True		False	
73	True		False	
74	A	B	C	D
75	True		False	
76	A	B	C	D
77	True		False	
78	True		False	
79	A	B	C	D
80	True		False	
81	True		False	
82	True		False	
83	True		False	
84	A	B	C	D
85	A	B	C	D
86	True		False	
87	True		False	
88	True		False	
89	A	B	C	D
90	A	B	C	D

1. Introduction

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

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

2 **The most important aim of a first aider is:**

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

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?**

- a. Ask any bystanders or witnesses what happened
b. Question any conscious casualties
c. Carefully observe the scene of the incident
d. All of the above

4 **Select three signs that may be observed by a first aider?**

- a. Bleeding b. Headache c. Swelling d. Bruising

5 **Symptoms are defined as sensations experienced by?**

- a. The first aider b. The casualty c. Bystanders d. Witnesses

6 Select **three** things that you can do to reduce the risk of cross infection when providing first aid care.

- a. Use clean or sterile pads and dressings to control bleeding
- b. Wash your hands before and after providing first aid care
- c. Make sure that you only care for healthy looking casualties
- d. Use gloves and other personal protective equipment when providing first aid

2. Basic Life Support

7 What is the **first** thing you should do if you come across a first aid emergency?

- a. Ask the casualty what has happened
- b. Assess the scene for any dangers
- c. Call out for help to manage the incident
- d. Check to see if the casualty is conscious

8 If a person does not respond to "talk or touch" they should be managed as an unconscious casualty.

True False

9 Should you leave a casualty alone if they are unconscious?

Yes No

10 If you need to call for an ambulance in an emergency, what telephone number should you call?

- a. 000 (Triple Zero)
- b. 911 (Nine One One)
- c. 999 (Nine Nine Nine)

11 If an **unconscious** casualty is breathing normally they should be placed on their side in a stable position to help keep their airway clear. True False

12 If you suspect that a possible drowning victim may have water in their airway, what position should the casualty be in when the airway is checked?

- a. On their back b. On their side c. On their stomach

3. Cardio Pulmonary Resuscitation

13 Why do we perform Cardio Pulmonary Resuscitation (CPR)?

- a. To try and wake up an unconscious casualty
b. To temporarily maintain circulation of blood and oxygen until ambulance or medical help arrives
c. To assist a casualty who is having difficulty breathing on their own

14 If a casualty is **not** breathing normally after you have cleared and opened their airway you must start CPR immediately. True False

15 What is the recommended number of compressions and breaths you should give when performing CPR?

- a. 30 Compressions then 2 breaths b. 15 compressions then 2 breaths
c. 2 breaths then 20 compressions d. 30 compression then 4 breaths

- 16 If you are unwilling or unable to give rescue breaths when performing CPR you should continue to provide chest compressions at a rate of 100 compressions per minute. True False
- 17 The **only** way to give rescue breaths to a casualty who needs CPR is to use a resuscitation mask. True False
- 18 To give rescue breaths you can seal the casualty's mouth with yours. True False
- 19 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
- 20 Approximately how far should you compress a casualty's chest when performing CPR?
- a. At least half the depth of their chest b. Approximately one third the depth of their chest
- c. No more than 3 centimetres d. Until you cannot press any further
- 21 Where should your hands be placed when performing chest compressions?
- a. Directly above the left nipple
- b. In the centre of the stomach above the navel
- c. On the upper half of the sternum in the centre of the chest
- d. On the lower half of the sternum in the centre of the chest
- 22 Two person CPR is likely to be less tiring to perform than one person CPR. True False

- 23 If you have access to a defibrillator (AED) when performing CPR you should turn it on and follow the instructions given. True False
- 24 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
- 25 To perform effective CPR the casualty must be on their back, on a firm flat surface. True False

4. Breathing Difficulties

- 26 Which of the following are possible signs or symptoms of asthma?
- a. Difficulty breathing b. Dry, irritating, persistent cough
- c. Wheezing or noisy breathing d. All of them
- 27 It is not necessary to stay with a conscious casualty who you think may be having an asthma attack. True False
- 28 Exposure to a sudden cold temperature may trigger an asthma attack. True False