

First Aid - Evaluation

Name:

Date:



Please tick or circle your answer from the multiple choice selection.

How long should you check for normal breathing before deciding it is absent ?

- a. Until you hear a breath
- b. 5 sec's
- c. 10 sec's
- d. 1 minute

1

In what position should you place a conscious casualty suffering from medical shock ?

- a. Recovery position
- b. Sat down leaning forward
- c. Lying on back with legs up
- d. Half sitting W position

2

What is the correct sequence of checks to be made in the initial primary assessment of an unconscious casualty, if you are on your own ?

- a. Danger, Response, Open Airway, Check for normal breathing, go & get help
- b. Danger, Response, Check for normal breathing, shout help, signs of circulation
- c. Danger, Response, Shout for help, Check for normal breathing
- d. Danger, Response, Shout for help, Open airway, Check for normal breathing

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During an Asthma attack, how should the sufferer take their medication ?

- a. From any inhaler
- b. From a paramedic
- c. From their own inhaler only
- d. Nothing is required

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If your casualty is suffering a nosebleed, what is the best position for them ?

- a. Recovery position
- b. Sat down, leaning backwards
- c. Sat down, leaning forward
- d. Lying down with head and shoulders raised

5

What are the signs and symptoms of a casualty suffering from medical shock ?

- a. Flushed, cold clammy skin, rapid weak pulse
- b. Pale, cold clammy skin, slow strong pulse
- c. Pale, warm skin, slow but strong pulse
- d. Pale, cold clammy skin, rapid weak pulse

6

	<p>What type of wound would be caused by a sharp edge ?</p> <p>a. Abrasion b. Laceration c. Incision d. Contusion</p>	7
	<p>How would you treat a casualty with a soft tissue injury such as a sprain or strain ?</p> <p>a. Isolate and do not move b. Rest, Ice, Compression, elevation c. Raise, Ice, comfort, evaluate d. Take to hospital immediately</p>	8
	<p>When considering multiple injuries to a casualty or multiple casualties, then which of the following would be your priority ?</p> <p>a. Severe bleeding b. Broken bones c. Breathing difficulty d. Burns</p>	9
	<p>When giving chest compressions to an unconscious adult in the Basic Life Support cycle, then how many compressions would you give each time ?</p> <p>a. 2 b. 10 c. 15 d. 30</p>	10
	<p>At what point would you send a bystander to call for an ambulance if your unconscious casualty is not breathing normally ?</p> <p>a. After putting the casualty in the recovery position b. After checking for breathing c. After checking for injuries d. You never send a bystander</p>	11
	<p>What is the correct procedure for dealing with a conscious choking adult ?</p> <p>a. Check airway, give 5 back blows, repeat b. Give 5 back blows, give 5 chest thrusts, repeat c. Check airway, attempt ventilation, give 5 back blows, repeat d. Check airway, encourage to cough, give upto 5 back blows, give upto 5 abdominal thrusts, repeat</p>	12
	<p>Which of these signs and symptoms are you unlikely to find if a casualty is suffering a heart attack ?</p> <p>a. Central vice like chest pain b. Pain down the left arm c. Breathlessness d. Dribbling</p>	13

What is the immediate treatment for a casualty who has swallowed a corrosive poison ?

- a. Make them sick
- b. Place in the recovery position
- c. Give sips of water
- d. Do nothing until at hospital

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If your casualty has clear fluid, spotted with blood, coming from their nose, then what condition do you think your casualty is suffering from ?

- a. Stroke
- b. Concussion
- c. Skull fracture
- d. Headache

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Which of the following should not be in your first aid box ?

- a. Triangular bandage
- b. Plasters
- c. Headache tablets
- d. Dressings

16

In what year was the Health and Safety at work act formed ?

- a. 1974
- b. 1981
- c. 1984
- d. 1989

17

Which of the following is not one of the aims of first aid ?

- a. Promote recovery
- b. Preserve life
- c. Prepare bystanders
- d. Prevent the injury from worsening

18

For how long should you put water onto a burn ?

- a. Don't, keep it dry
- b. Until it feels better
- c. 5 mins
- d. 10 mins

19

Within how many days should a RIDDOR report be completed if applicable ?

- a. No urgency
- b. Within 3 days
- c. Within 10 days
- d. Within 3 months

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