

## Module 1 – First Aid Principles

### Question 1

What are the assessment principles of first aid?

- A. Signs, symptoms and diagnosis
- B. History, signs and symptoms
- C. History, signs and diagnosis

Answer=B

### Question 2

What are the key benefits of reassuring a conscious casualty?

- A. To make the patient feel good and keep them quiet
- B. To decrease anxiety and heart rate, slow any blood loss and slow shock
- C. To give you time to think about the correct first aid treatment

Answer=B

### Question 3

In Australia, you should call \*BLANK\* to contact emergency services such as ambulance.  
(insert number)

Answer=000

### Question 4

What should you note when contacting emergency services via triple zero?

- A. You can call triple zero at any time to practise the process.
- B. Ask for the service you require: ambulance/fire/police
- C. Immediately end the call if the casualty's condition becomes worse.
- D. Answer all the operator's questions as best you can.

Answer=B,D

### Question 5

The steps in the Chain of Survival give a person in cardiac arrest the best chance of survival. Which of the following shows the steps in the correct order?

- A. Early CPR, Early ACCESS (000), Early ADVANCED CARE, Early DEFIBRILLATION.
- B. Early DEFIBRILLATION, Early CPR, Early ACCESS (000), Early ADVANCED CARE.
- C. Early ACCESS (000), Early CPR, Early DEFIBRILLATION, Early ADVANCED CARE.

Answer=C

### Question 6

The acronym used to describe the First Aid order of priorities is \*BLANK\*.

Answer=DRS ABCD or DRSABCD or drs abcd or drsabcd

## Question 7

Following a workplace accident, you arrive to find a colleague lying on the ground.

First of all, you should immediately...

- A. Check for a response from the casualty
- B. Phone the Supervisor and an ambulance
- C. Assess the situation for danger
- D. Assess the casualty for injuries

Answer=C

## Question 8

When approaching a first aid incident, after checking for dangers, how do you check for a response from the casualty?

- A. shake the casualty
- B. shout in the casualty's ear
- C. talk and touch (eg squeeze hand)
- D. all of the above

Answer=C

## Question 9

What must a First Aider do to display respectful behaviour towards a casualty?

- A. Regardless of background, show empathy to the casualty.
- B. Avoid unnecessary personal contact with the casualty.
- C. Try to maintain the casualty's dignity.
- D. Only assist a casualty in the same age group as the First Aider.
- E. Provide reassurance, speaking in a clear, calm manner.

Answer=A,B,C,E

## Question 10

What infection control procedures can be taken when treating a casualty?

- A. Avoid contact with any body fluids.
- B. Washing hands thoroughly
- C. Wearing single-use gloves
- D. Spraying the casualty's lips with disinfectant for CPR

Answer=A,B,C

## Question 11

When handing over a casualty to a healthcare professional, you should tell them...

- A. the history, including time of the incident and what the casualty was doing
- B. any signs you observed and symptoms the casualty conveyed
- C. your diagnosis of the casualty's condition
- D. what first aid actions you have taken

Answer=A,B,D

## Module 2 – Legal Issues

### Question 1

In a workplace, you should always make notes and fill out a casualty report on any first aid event attended, no matter how minor.

True/False

Answer=True

### Question 2

After a First Aid emergency incident, what communications should take place?

- A. Accurately explain the incident details to paramedics.
- B. Report the incident to the relevant workplace manager.
- C. Tell all staff the personal details of the casualty and what happened.
- D. Report serious incidents to the relevant workplace safety authority.
- E. Send a text to friends and family, noting all incident details.

Answer=A,B,D

### Question 3

If a casualty is unconscious, the legal requirement to obtain consent before starting treatment is...

- A. still required, so you must wait until they regain consciousness
- B. never required for any kind of treatment
- C. waived if there are conditions that imperil their life or future health and urgent treatment is needed.

Answer=C

### Question 4

You are asked to treat a 12-year-old casualty. As the casualty is under 18 years of age, are you able to commence first aid treatment without gaining consent of a parent or guardian if they are not available?

Yes/No

Answer=Yes

### Question 5

After assisting someone with first aid, you can provide the details of the matter to anyone who asks.

True/False

Answer=False

### Question 6

First Aiders have a legal obligation to render assistance in an emergency when...

- A. they come across any public incident
- B. they have voluntarily commenced treatment
- C. they are employed to provide First Aid in their workplace
- D. there are dangers present and the scene is unsafe

Answer=B,C

## Question 7

Which of the following statements about First Aid Codes of Practice are true?

- A. they help employers and workers meet their obligations under WHS legislation
- B. they cover workplace requirements for First Aid provision, including kits and First Aiders
- C. they are the same for every state and territory in Australia
- D. they specify the frequency of refresher training for First Aiders

Answer=A,B,D

## Question 8

At most workplaces, what policies and procedures relevant to First Aid may be in place?

- A. to undertake a risk assessment and determine their First Aid provision requirements
- B. policy to review First Aid provision following any serious First Aid incident
- C. procedure for checking First Aid kits and equipment and replenishing or replacing items as required
- D. reporting requirements, including that all First Aid incidents must be reported to the state WHS authority

Answer=A,B,C

## Question 9

A First Aider can reduce the risk of a manual handling injury if they...

- A. understand their own strength and limitations (getting assistance if needed)
- B. arch their back to gain maximum strength when lifting a casualty or equipment
- C. avoid bending or twisting their back when lifting a casualty or equipment
- D. plan (think about the steps required) before moving a casualty or equipment

Answer=A,C,D

## Module 3a – Basic Airway Management

### Question 1

What 3 actions would you use to determine if a casualty is breathing normally?

- A. talk, touch and shout
- B. look, listen and feel
- C. shake, shout and feel

Answer=B

### Question 2

For infants or small children, you keep their head in a neutral/horizontal position to open their airway.

True/False

Answer=True

### Question 3

To open the airway of an adult or older child you must...

- A. keep the head in line with the body
- B. gently tilt the head backwards
- C. support the jaw
- D. open mouth slightly

Answer=B,C,D

### Question 4

If an unconscious person remains on their back, their \*BLANK\* is likely to cause an airway obstruction.

Answer=tongue or tonge or tung  
[some latitude in spelling for ESL learners]

### Question 5

When should a person be placed into a recovery position?

- A. when unresponsive but breathing normally
- B. when performing CPR
- C. when clearing the airway

Answer=A,C

### Question 6

At a party, a person collapses almost unconscious and at risk of vomiting after drinking a lot of alcohol.

What first aid management should be given?

- A. give them plenty of water to drink as well as some black coffee
- B. place them in a recovery position and check their airway
- C. lay them on their back to let them sleep it off
- D. promote vomiting to clear their stomach contents

Answer=B

## Module 4 – Resuscitation

### Question 1

When performing CPR, you compress an adult, child or infant chest approximately...

- A. one half the depth of the chest
- B. one quarter the depth of the chest
- C. one third the depth of the chest

Answer=C

### Question 2

You should perform CPR on a person who is...

- A. breathing but without pulse
- B. unconscious and not breathing normally
- C. unconscious and breathing
- D. complaining of chest pain

Answer=B

### Question 3

Where should the rescuer place their hands for CPR compression?

- A. upper half of the breastbone (sternum)
- B. lower half of the breastbone (sternum)
- C. immediately below the breastbone (sternum)

Answer=B

### Question 4

When performing CPR, the ARC recommended ratio of compressions to breaths is \*BLANK\* compressions to \*BLANK\* breaths. (insert numbers)

Answer=30; 2

### Question 5

How should the casualty be placed if they begin to breathe normally, but are still unconscious?

- A. lying on their back
- B. recovery position
- C. sitting up

Answer=B

### Question 6

A first aider should continue CPR until...

- A. the casualty recovers and normal breathing returns
- B. six minutes of CPR has been completed
- C. a healthcare professional is ready to take over CPR
- D. a healthcare professional directs that CPR be ceased
- E. physical exhaustion makes it impossible to continue

Answer=A,C,D,E

## Question 7

The rate of CPR compressions is \*BLANK\* to \*BLANK\* compressions per minute. (insert numbers)

Answer=100; 120

## Question 8

An automated external defibrillator (AED) is used on an unconscious, non-breathing casualty

- A. check the blood oxygen levels
- B. shock an irregular beating heart back to regular beat
- C. check the pulse and blood pressure
- D. check the normal heart beat and improve it

Answer=B

## Question 9

When using an AED on adults or children, the pads should be placed as per the manufacturer's instructions and pictures on the pads.

True/False

Answer=True

## Question 10

Safety aspects of operating an AED include...

- A. ensuring the chest is dry
- B. ensuring no one is touching the casualty when the shock button is pressed
- C. not allowing the pads (electrodes) to touch when the AED is turned on
- D. ensuring training or demonstration uses a real operational AED on a person

Answer=A,B,C

## Question 11

Which of the following are essential to proper storage and maintenance of an AED?

- A. Keep the AED locked in the manager's office to avoid theft.
- B. Keep the AED in a dry, accessible and clearly visible location.
- C. Have the battery replaced before its expiry date.
- D. Replace pads before their expiry date or if the seal on the packaging has been broken.

Answer=B,C,D

## Question 12

Which of the following statements on infection control in CPR are correct?

- A. A hygiene barrier shield or mask provides better protection than direct mouth-to-mouth contact.
- B. You should always wait until a hygiene barrier device is available before starting CPR.
- C. The risk of disease transmission during CPR is very low.

Answer=A,C

## Question 13

Which of the following statements on CPR methods are correct?

- A. To provide compressions for infants, use the two-finger technique.
- B. Use only one hand for chest compressions on small children.
- C. Do not allow complete recoil of the sternum back to its starting position.
- D. For infant rescue breaths, cover their nose and mouth with your mouth and provide a gentle puff.

Answer=A,B,D

## Question 14

All currently available AEDs perform regular self-checks, and if a problem is detected it will be indicated by a light or an alert sound.

True/False

Answer=True



## Module 19 – Reviewing First Aid

### Question 1

Support mechanisms available to First Aiders suffering from the psychological impact of their involvement in a critical incident include...

- A. understanding family and friends
- B. professional counselling services
- C. social media such as Facebook and Twitter
- D. telephone crisis support - Lifeline 13 11 14

Answer=A,B,D

### Question 2

When conducting a workplace review of a First Aid emergency response, the topics to be discussed should include...

- A. organisational procedures and action plans
- B. the casualty's personal medical information
- C. communications for first aid emergencies
- D. staff responsibilities and training
- E. First Aid resources and equipment

Answer=A,C,D,E

### Question 3

What are the benefits of having a professionally-led debriefing session following a First Aid emergency incident?

- A. It is required by law
- B. Recognise that you and others may be affected by the event
- C. Provides an opportunity to discuss your feelings
- D. Consideration can be given to whether or not further formal counselling is needed

Answer=B,C,D

### Question 4

First Aiders should undertake refresher training to update their skills, at least once every \*BLANK\* years. (insert number)

Answer=3

### Question 5

The ARC recommends refresher training for CPR should be undertaken every \*BLANK\*.

Answer=year or 12 months or twelve months

### Question 6

You have recently participated in a CPR course and have no other first aid training. You come across someone who appears to have a dislocated shoulder. You are unsure of what to do. You should...

- A. ask them to stand still while you run to find someone to help
- B. attempt to push the head of the humerus back into the shoulder socket
- C. understand your limitations and call 000 for assistance
- D. apologise to the person that you don't know what to do, and walk away

Answer=C