

## HLTAID012 – QUIZ QUESTIONS – DOTS system

### Module 1 – First Aid Principles

#### Question 1

Title=<B>Casualty Assessment</B>

Body=What are the assessment principles of first aid?

Type=Multiple Choice

Answer=2

Points=1

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

#### Question 2

Title=<B>Casualty Reassurance</B>

Body=What are the key benefits of reassuring a conscious casualty?

Type=Multiple Choice

Answer=2

Points=1

- A. To make them 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

#### Question 3

Title=<B>Emergency Number</B>

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

Type=Fill in the Blanks

Answer=000

Points=1

#### Question 4

Title=<B>Emergency calls</B>

Body=What are some of the things should you note when contacting emergency services via triple zero?

Type=Multiple Select

Answer=2,4

Points=1

- 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.

#### Question 5

Title=<B>The Chain of Survival</B>

Body=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?

Type=Multiple Choice

Answer=3

Points=1

- 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.

Question 6

Title=<B>The Primary Survey</B>

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

Type=Fill in the Blanks

Answer=DRS ABCD:DRSABCD:drs abcd:drsabcd

Points=1

Question 7

Title=<B>Emergency Priorities</B>

Body=You arrive at school and find a colleague lying on the ground. <BR> First of all, you should immediately...

Type=Multiple Choice

Answer=3

Points=1

- A. check for a response from the casualty
- B. phone the Principal and an ambulance
- C. assess the situation for danger
- D. assess the casualty for injuries

Question 8

Title=<B>First Aider Behaviour</B>

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

Type=Multiple Select

Answer=1,2,3,5

Points=1

- 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.

Question 9

Title=<B>Checking for a Response</B>

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

Type=Multiple Choice

Answer=3

Points=1

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

Question 10

Title=<B>Administering first aid to children</B>

Body=When providing first aid treatment to a child, you should...

Type=Multiple Select

Answer=1,2,4,5

Points=1

- A. speak softly, providing gentle reassurance
- B. position yourself at their level, to increase eye contact and build trust
- C. tell them to ignore the illness or injury
- D. provide a distraction, such as holding a bandage or talking about a pet at home or their favourite activity
- E. consider having a friend sit with them, if it's not a serious injury and is not distressing for the friend

Question 11

Title=<B>Infection Control</B>

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

Type=Multiple Select

Answer=1,2,3

Points=1

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

Question 12

Title=<B>Handover</B>

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

Type=Multiple Select

Answer=1,2,4

Points=1

- 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

## Module 2 – Legal Issues

### Question 1

Title=<B>Incident Reports</B>

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

Type=True/False

Answer=True

Points=1

### Question 2

Title=<B>Communications and Confidentiality</B>

Body=When providing emergency first aid assistance to children, what communications should take place?

Type=Multiple Select

Answer=1,2,3,4,6

Points=1

- A. Contact parent/guardian for consent prior to treatment, if not time critical.
- B. Accurately describe the incident to paramedics, if called.
- C. Notify parents/guardians of the incident, if not contacted before treatment.
- D. Report the incident to the Principal or relevant supervisor.
- E. Post incident details on social media, so your friends know what happened.
- F. Report serious incidents to the relevant regulatory authority.

### Question 3

Title=<B>Consent – Unconscious Casualty</B>

Body=If a casualty is unconscious, the legal requirement to obtain consent is...

Type=Multiple Choice

Answer=3

Points=1

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

### Question 4

Title=<B>Consent – Child</B>

Body=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?

Type=Yes/No

Answer=Yes

Points=1

### Question 5

Title=<B>Teachers' Duty of Care</B>

Body=Teachers are legally obliged to protect a student from harm and ensure the physical well-being of students at their school.

Type=True/False

Answer=True

Points=1

Question 6

Title=<B>Scope of Practice</B>

Body=In an emergency, a First Aider may perform procedures they are not trained to do in order to save a life, eg cut a hole in the base of the neck to assist breathing.

Type=True/False

Answer=False

Points=1

Question 7

Title=<B>First Aider Duty of Care</B>

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

Type=Multiple Select

Answer=2,3

Points=1

- 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

Question 8

Title=<B>Codes of Practice</B>

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

Type=Multiple Select

Answer=1,2,4

Points=1

- 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

Question 9

Title=<B>Negligence</B>

Body=Which of the following circumstances could lead to a charge of negligence?

Type=Multiple Choice

Answer=2

Points=1

- A. The First Aider broke the casualty's ribs during CPR.
- B. The First Aider owed a duty of care, but refused to provide First Aid assistance.
- C. The First Aider was unsure what to do, so called 000 for assistance.

Question 10

Title=<B>Workplace Procedures</B>

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

Type=Multiple Select

Answer=1,2,3

Points=1

- 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 other equipment and replenishing or replacing items as required
- D. Reporting requirements, including that every First Aid incident must be reported to the state WHS authority

Question 11

Title=<B>Education and Care Services National Law</B>

Body=Which of the following statements on regulations made under the Education and Care Services National Law are true?

Type=Multiple Select

Answer=1,3,4

Points=1

- A. Staff with current qualification in First Aid must be in attendance at all times at any place where children are being educated or cared for.
- B. Staff must undertake annual refresher training for all First Aid units attained.
- C. The service must have a Medical Conditions Policy for managing children with known conditions such as asthma, diabetes or anaphylaxis.
- D. If a child becomes ill or injured, a written incident report must be completed within 24 hours.

Question 12

Title=<B>Parent Notification</B>

Body=In an education or care setting, a parent of an ill or injured child must be notified...

Type=Multiple Choice

Answer=2

Points=1

- A. when they come to collect the child at the end of the day.
- B. as soon as possible and no later than 24 hours after the incident.
- C. following a staff meeting to discuss what information to pass on to the parents.

## Module 3a – Basic Airway Management

### Question 1

Title=<B>Breathing Assessment</B>

Body=What three actions would you use to determine if a casualty is breathing normally?

Type=Multiple Choice

Answer=2

Points=1

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

### Question 2

Title=<B>Opening the Airway – Infants</B>

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

Type=True/False

Answer=True

Points=1

### Question 3

Title=<B>Opening the Airway – Adults</B>

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

Type=Multiple Select

Answer=2,3,4

Points=1

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

### Question 4

Title=<B>Unconscious Casualty – Position</B>

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

Type=Fill in the Blanks

Answer=tongue:tonge:tung

Points=1

### Question 5

Title=<B>Recovery Position</B>

Body=When should a person be placed into a recovery position?

Type=Multiple Select

Answer=1,3

Points=1

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

Question 6

Title=<B>Airway Management Scenario</B>

Body=Because they have smaller airways, infants are much more likely to have...

Type=Multiple Choice

Answer=2

Points=1

- A. asthma
- B. airway obstructions
- C. slower breathing rates



## Module 3b – Airway Management 2

### Question 1

Title=<B>Choking Scenario</B>

Body=A six-year-old boy chokes on a biscuit. He is coughing and looking distressed. To help him you should...

Type=Multiple Choice

Answer=3

Points=1

- A. hit him in the middle of the back with the flat of your hand
- B. place him in the recovery position to clear his airway
- C. offer reassurance and encourage him to keep coughing
- D. give him a glass of water to wash it down

### Question 2

Title=<B>Choking – Signs and Symptoms</B>

Body=What are some signs and symptoms of a severe/complete airway obstruction?

Type=Multiple Select

Answer=2,3,4

Points=1

- A. difficult and noisy breathing, but still able to cough
- B. unable to breathe, speak, cry or cough
- C. may grip their throat
- D. cyanosis (bluish skin colour around lips)

### Question 3

Title=<B>Choking – Child</B>

Body=While eating her lunch, a two-year-old girl suddenly grips her throat and is unable to breathe. You should help her by...

Type=Multiple Choice

Answer=2

Points=1

- A. giving her a glass of water to wash it down
- B. placing her face down across your lap, slap between shoulder blades and send for help
- C. placing her in the recovery position to clear her airway and send for help
- D. encouraging her to cough and sending for help

### Question 4

Title=<B>Drowning Recognition</B>

Body=You have just rescued a child from a body of water. What are some signs and symptoms for a suspected drowning?

Type=Multiple Select

Answer=1,2

Points=1

- A. absent, rapid or laboured breathing
- B. absent or decreased level of consciousness
- C. hives or welts (rash) on the chest and itchy skin

### Question 5

Title=<B>Drowning Management</B>

Body=A casualty of drowning should be assessed on their back with the head and body at the same level to reduce the risk of vomiting or regurgitation.

Type=True/False

Answer=True

Points=1

Question 6

Title=<B>Drowning – After Resuscitation</B>

Body=After a successful resuscitation from drowning, you should...

Type=Multiple Select

Answer=2,3

Points=1

- A. apply pressure to the casualty's stomach to get rid of excess water
- B. monitor the casualty's condition until the ambulance arrives
- C. beware of possible vomiting by casualty

Question 7

Title=<B>Breathing Issue</B>

Body=A young boy has experienced emotional distress. He appears anxious and he is breathing deeply and rapidly, significantly faster than normal. <BR>Based on these signs, you suspect he...

Type=Multiple Choice

Answer=3

Points=1

- A. has had an allergic reaction
- B. is having a severe asthma attack
- C. is suffering hyperventilation

Question 8

Title=<B>Hyperventilation Management</B>

Body=To manage a child who is hyperventilating (breathing too quickly), you should...

Type=Multiple Select

Answer=1,3

Points=1

- A. provide calm reassurance to reduce their anxiety
- B. send for their asthma reliever medication and asthma action plan
- C. encourage them to slow their breathing

## Module 4 – Resuscitation

### Question 1

Title=<B>Criteria for Performing CPR</B>

Body=You should begin CPR when someone is... <BR>

Type=Multiple Choice

Answer=2

Points=1

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

### Question 2

Title=<B>Compression Depth</B>

Body=When performing CPR, you compress an adult, child or infant chest approximately... <BR>

Type=Multiple Choice

Answer=3

Points=1

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

### Question 3

Title=<B>Compression Rate</B>

Body=The rate of CPR compressions is \*BLANK\* to \*BLANK\* compressions per minute. (insert numbers)<BR>

Type=Fill in the Blanks

Answer=100;120

Points=1

### Question 4

Title=<B>CPR Hand Placement</B>

Body=Where should the rescuer place their hands for CPR compression?<BR>

Type=Multiple Choice

Answer=2

Points=1

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

### Question 5

Title=<B>CPR Ratio</B>

Body=When performing CPR, the ARC recommended ratio of compressions to breaths is \*BLANK\* compressions to \*BLANK\* breaths. <BR>

Type=Fill in the Blanks

Answer=30:thirty;2:two

Points=1

Question 6

Title=<B>Rescue Breaths – Infant</B>

Body=When administering rescue breaths, what is the appropriate amount of breath for infants?<BR>

Type=Multiple Choice

Answer=3

Points=1

- A. full breath
- B. shallow breath
- C. gentle puff

Question 7

Title=<B>Rescue Breaths – Child</B>

Body=When administering rescue breaths, what is the appropriate amount of breath for children?<BR>

Type=Multiple Choice

Answer=2

Points=1

- A. full breath
- B. shallow breath
- C. gentle puff

Question 8

Title=<B>Rescue Breaths – Adult</B>

Body=When administering rescue breaths, what is the appropriate amount of breath for adults?<BR>

Type=Multiple Choice

Answer=1

Points=1

- A. full breath
- B. shallow breath
- C. gentle puff

Question 9

Title=<B>CPR Duration</B>

Body=According to Australian Resuscitation Council guidelines, a rescuer should continue CPR until...<BR>

Type=Multiple Select

Answer=1,3,4,5

Points=1

- 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

Question 10

Title=<B>AED Use</B>

Body=An automated external defibrillator (AED) is used on an unconscious, non-breathing casualty to...<BR>

Type=Multiple Choice

Answer=2

Points=1

- A. check the blood oxygen levels of the casualty
- B. shock an irregular beating heart so it can re-start in a regular beat
- C. check the pulse and blood pressure of the casualty
- D. check for a normal heart beat and improve it

Question 11

Title=<B>AED Safety</B>

Body=Safety aspects of operating an AED include... <BR>

Type=Multiple Select

Answer=1,2,3

Points=1

- A. ensuring the chest is dry and the casualty is not lying in a wet area
- 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

Question 12

Title=<B>AED Checks</B>

Body=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.<BR>

Type=True/False

Answer=True

Points=1

Question 13

Title=<B>AED Pad Placement</B>

Body=For the AED to work effectively, the pads should be placed... <BR>

Type=Multiple Select

Answer=2,3,4

Points=1

- A. directly over the casualty's heart, one pad placed on top of the other
- B. in accordance with the manufacturer's instructions
- C. on the skin of the bare chest, positioned as shown on the adult pad pictures
- D. front and back for a small child, as shown on the child pad pictures

Question 14

Title=<B>AED Maintenance</B>

Body=Which of the following are essential to proper storage and maintenance of an AED?<BR>

Type=Multiple Select

Answer=2,3,4

Points=1

- 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.

Question 15

Title=<B>CPR Hygiene</B>

Body=Which of the following statements on infection control in CPR are correct?<BR>

Type=Multiple Select

Answer=1,3

Points=1

- 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.

Question 16

Title=<B>CPR Techniques</B>

Body=Which of the following statements on CPR methods are correct?<BR>

Type=Multiple Select

Answer=1,2,4

Points=1

- 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.

## Module 5 – Medical Conditions

### Question 1

Title=<B>Fever</B>

Body=If a child has a fever (temperature > 37.5°C), this is a strong indicator that they have an infection.<BR>

Type=True/False

Answer=True

Points=1

### Question 2

Title=<B>Fever Management</B>

Body=A four-year-old child in your care has developed a high fever. The actions you would take should include... <BR>

Type=Multiple Select

Answer=1,3,4

Points=1

- A. immediately isolate the child from other children
- B. administer paracetamol to reduce the fever
- C. apply first aid for elevated temperature (damp towel, sips of cool drink)
- D. let parents know and ask them to keep the child at home until recovered

### Question 3

Title=<B>Vomiting and Diarrhoea</B>

Body=The micro-organisms (bacteria/viruses) that cause vomiting and diarrhoea are not in any way infectious.<BR>

Type=True/False

Answer=False

Points=1

### Question 4

Title=<B>Vomiting and Diarrhoea Management</B>

Body=To manage a child suffering from vomiting or diarrhoea, you should... <BR>

Type=Multiple Choice

Answer=4

Points=1

- A. provide a distraction then keep them engaged in familiar activities
- B. make sure they eat normally to replace any lost nutrition
- C. make sure they drink large quantities of fruit juice
- D. isolate them, keep them hydrated and practise good hygiene

### Question 5

Title=<B>Dehydration</B>

Body=For a child suffering any illness that involves fever or vomiting or diarrhoea, the most effective way to prevent dehydration is to give... <BR>

Type=Multiple Choice

Answer=1

Points=1

- A. regular sips of clear fluids
- B. large glasses of water
- C. large glasses of orange juice

Question 6

Title=<B>Exclusion Period</B>

Body=A child with vomiting or diarrhoea should be kept home for at least \*BLANK\* hours after the vomiting/diarrhoea has stopped, to avoid risk of infection spreading to others at school or care. (insert number) <BR>

Type=Fill in the Blanks

Answer=24

Points=1

Question 7

Title=<B>Scenario</B>

Body=A girl in your class collapses and loses consciousness. Her body stiffens and limbs jerk. This lasts for three minutes. These signs and symptoms indicate she has suffered... <BR>

Type=Multiple Choice

Answer=3

Points=1

- A. hypoglycaemia
- B. a stroke
- C. a seizure
- D. poisoning

Question 8

Title=<B>Seizure Management</B>

Body=The best ways to help a child who is having a seizure is to... <BR>

Type=Multiple Select

Answer=3,4

Points=1

- A. try to restrain the child to stop the seizure
- B. place a ruler or wooden spoon in their mouth so they don't bite their tongue
- C. remove any nearby objects that may cause an injury to the child
- D. when able, lay them on their side to protect their airway

Question 9

Title=<B>Febrile Convulsions</B>

Body=A young child in your care has a high fever and has started to convulse (febrile convulsion). You should... <BR>

Type=Multiple Choice

Answer=3

Points=1

- A. sit them up and give them something to drink
- B. ask others to help you pick them up and carry them to a bed
- C. protect from danger, place on side to protect airway, ensure minimal clothing and seek medical assistance
- D. splash some water over the child to wake them up



Question 10

Title=<B>Hypoglycaemia Signs and Symptoms</B>

Body=Signs and symptoms relevant to low blood sugar (hypoglycaemia) are... <BR>

Type=Multiple Select

Answer=1,3,4,5

Points=1

- A. cold, pale, sweaty skin
- B. hot, dry skin
- C. mental confusion
- D. rapid pulse rate
- E. deteriorating level of consciousness

Question 11

Title=<B>Hypoglycaemia Management</B>

Body=A boy known to have diabetes has just completed a PE class. You find him sitting on the ground, looking confused and talking to himself. You need to... <BR>

Type=Multiple Choice

Answer=2

Points=1

- A. place him in a recovery position, follow the BLS flow chart and call an ambulance.
- B. give him a sugary drink or lolly, monitor, and seek medical advice if no improvement.
- C. place him lying down on his back and administer insulin.

Question 12

Title=<B>Hypoglycaemia Management – Unconscious Casualty</B>

Body=What is the first aid management for a child suffering a diabetic episode who is unconscious but still breathing? <BR>

Type=Multiple Choice

Answer=1

Points=1

- A. Place into a recovery position, follow the BLS flow chart and call an ambulance.
- B. Give a sugary drink or sweet food and call an ambulance.
- C. Lay the child on their back, administer insulin and call an ambulance.

## Module 6 – Asthma

### Question 1

Title=<B>Asthma Characteristics</B>

Body=Asthma occurs in the airways of the lungs and can potentially be life-threatening.<BR>

Type=True/False

Answer=True

Points=1

### Question 2

Title=<B>Asthma Triggers</B>

Body=Common triggers of asthma include... <BR>

Type=Multiple Choice

Answer=5

Points=1

- A. inhaled allergens (pollen, moulds, dust mites, animal dander)
- B. irritants such as smoke or fumes
- C. exercise
- D. respiratory infections such as cold or flu
- E. all of the above
- F. A, B and D only

### Question 3

Title=<B>Mild Asthma Recognition</B>

Body=What are some of the signs and symptoms of mild to moderate asthma?<BR>

Type=Multiple Select

Answer=1,2,4

Points=1

- A. wet or dry cough, wheeze
- B. shortness of breath, chest tightness
- C. signs of going into shock: pale, sweaty skin
- D. starting to have difficulty speaking

### Question 4

Title=<B>Severe Asthma Recognition</B>

Body=Signs and symptoms of a severe/life-threatening asthma episode include... <BR>

Type=Multiple Select

Answer=2,3,4

Points=1

- A. noisy breathing with a loud wheeze
- B. gasping for breath (may have no wheeze)
- C. difficulty speaking
- D. signs of going into shock: pale, sweaty skin

### Question 5

Title=<B>Asthma Management – Positioning</B>

Body=The best position for a person suffering an asthma attack is... <BR>

Type=Multiple Choice

Answer=2

Points=1

- A. lying flat
- B. sitting upright
- C. standing upright
- D. recovery position

Question 6

Title=<B>Asthma First Aid Protocol</B>

Body=According to guidelines from asthma peak bodies, the first aid emergency asthma protocol using reliever medication (and spacer) is \*BLANK\* puffs of medication, with \*BLANK\* breaths for each puff, then \*BLANK\* minutes wait, monitoring the casualty's condition and repeat if there is no improvement.<BR>

Type=Fill in the Blanks

Answer=4:four;4:four;4:four

Points=1

Question 7

Title=<B>Asthma Action Plans</B>

Body=You must always follow a child's personal Asthma Action Plan if available.<BR>

Type=True/False

Answer=True

Points=1

Question 8

Title=<B>Asthma Medications</B>

Body=Asthma medications suitable for an asthma emergency are... <BR>

Type=Multiple Select

Answer=2,4

Points=1

- A. orange puffer with preventer medication
- B. blue/grey puffer with reliever medication
- C. green puffer with symptom controller medication
- D. Symbicort (red puffer) combination medication, if the casualty is over 12

Question 9

Title=<B>Spacers</B>

Body=What are the advantages of using a spacer? <BR>

Type=Multiple Choice

Answer=4

Points=1

- A. More medication reaches the lungs.
- B. It reduces the amount of medication that stays in the mouth and throat.
- C. It reduces side effects.
- D. All of the above.

Question 10

Title=<B>Asthma Management</B>

Body=What are some of the procedures for managing a severe asthma attack? <BR>

Type=Multiple Select

Answer=2,4

Points=1

- A. Lie the casualty flat and keep them warm using a blanket.
- B. Immediately give four separate puffs of reliever medication (casualty takes four breaths for each puff).
- C. Do not use a spacer, as this will reduce the amount of medication reaching the casualty's airways.
- D. Monitor for four minutes, then repeat the medication dosage if no improvement.

Question 11

Title=<B>Asthma Management</B>

Body=A child has suffered a severe asthma episode and is not responding to their medication. You should... <BR>

Type=Multiple Choice

Answer=1

Points=1

- A. continue administering reliever medication and call 000 for an ambulance.
- B. stop administering medication but call or send for medical assistance.
- C. call 000 for an ambulance and begin CPR.
- D. stop administering medication, but continue to monitor them to see if their condition improves.

Question 12

Title=<B>Post-Asthma-Incident Actions</B>

Body=After a severe asthma episode, the child is now in hospital. You should... . <BR>

Type=Multiple Choice

Answer=5

Points=1

- A. notify regulatory authorities and write up an Incident Report
- B. review the asthma risk minimisation plan
- C. conduct a debriefing session with staff and children if appropriate
- D. review your asthma policies and procedures
- E. all of the above
- F. answers B and D only

## Module 7 – Anaphylaxis

### Question 1

Title=<B>Mild Allergic Reaction Signs and Symptoms</B>

Body=Signs and symptoms of a mild to moderate allergic reaction include... <BR>

Type=Multiple Select

Answer=2,3

Points=1

- A. swelling of the tongue
- B. hives or welts (rash)
- C. swelling of lips, face, around the eyes
- D. difficulty breathing/speaking

### Question 2

Title=<B>Allergic Reaction Management</B>

Body=The appropriate response for a mild to moderate allergic reaction includes... <BR>

Type=Multiple Select

Answer=2,3,4

Points=1

- A. stay calm and do nothing, as it is only a mild/moderate reaction
- B. for insect allergy, flick out sting if visible or freeze off tick
- C. monitor the person for any signs or symptoms of anaphylaxis
- D. phone parent/guardian or emergency contact

### Question 3

Title=<B>Anaphylaxis Definition</B>

Body=Anaphylaxis is... <BR>

Type=Multiple Choice

Answer=4

Points=1

- A. a type of food intolerance
- B. a mild allergic reaction to a particular food
- C. a moderate reaction to an allergy trigger
- D. a life-threatening severe allergic reaction

### Question 4

Title=<B>Anaphylaxis Triggers</B>

Body=The most common triggers for anaphylaxis are... <BR>

Type=Multiple Choice

Answer=2

Points=1

- A. excessive physical exercise and hot weather.
- B. insect stings, medications, proteins in certain foods and latex.
- C. smoke, fumes, dust and pollens.
- D. lactose intolerance and non-coeliac gluten sensitivity.

Question 5

Title=<B>Anaphylaxis Signs and Symptoms</B>

Body=Signs and symptoms of anaphylaxis include... <BR>

Type=Multiple Select

Answer=2,4,5,6

Points=1

- A. swelling of the lips
- B. swelling of the tongue
- C. hives or welts
- D. wheeze, cough, difficulty breathing/talking
- E. abdominal pain or vomiting if insect allergy
- F. dizziness or collapse

Question 6

Title=<B>EpiPen Use</B>

Body=The autoinjector should be held against the mid outer thigh for \*BLANK\* seconds while the adrenaline is being injected. <BR>

Type=Fill in the Blanks

Answer=3:three

Points=1

Question 7

Title=<B>Anaphylaxis Management</B>

Body=After checking for dangers, what is the ASCIA order of priorities for someone showing signs of anaphylaxis?<BR>

Type=Multiple Choice

Answer=1

Points=1

- A. lay the person flat, administer adrenaline, call 000
- B. sit the person down, call 000 and wait for instructions to continue
- C. keep the person standing, call 000, then administer adrenaline

Question 8

Title=<B>Anaphylaxis or Asthma?</B>

Body=If uncertain whether it is anaphylaxis or asthma, you should... <BR>

Type=Multiple Choice

Answer=2

Points=1

- A. give asthma reliever medication FIRST, then the adrenaline autoinjector
- B. give the adrenaline autoinjector FIRST, then the asthma reliever medication

Question 9

Title=<B>Adrenaline Administration</B>

Body=The steps involved in administering an adrenaline autoinjector (EpiPen) are... <BR>

Type=Multiple Select

Answer=1,3,4,5

Points=1

- A. pull off the blue safety release
- B. shake the device for 10 seconds
- C. place orange end against the outer mid-thigh
- D. push down hard until a click is heard and hold in place for 3 seconds
- E. note the time adrenaline was administered

Question 10

Title=<B>Anaphylaxis Management – if no improvement</B>

Body=After administering an adrenaline auto-injector to a casualty having an anaphylactic reaction, you should administer another dose of adrenaline (new EpiPen) after \*BLANK\* minutes if their condition has not improved.<BR>

Type=Fill in the Blanks

Answer=5:five

Points=1

Question 11

Title=<B>Action Plan</B>

Body=Do all children/students with allergies need an ASCIA Action Plan?<BR>

Type=Yes/No

Answer=Yes

Points=1

Question 12

Title=<B>Action Plan</B>

Body=The ASCIA Action Plan can be signed off by the parent for school or child care centre use.<BR>

Type=True/False

Answer=False

Points=1

Question 13

Title=<B>After an Anaphylaxis Incident</B>

Body=You have administered adrenaline. The casualty is now feeling fine, so they do not need to go to hospital.<BR>

Type=True/False

Answer=False

Points=1

Question 14

Title=<B>Anaphylaxis Information</B>

Body=For more information on current anaphylaxis guidelines, anaphylaxis First Aid protocols and relevant State regulations, you can contact... <BR>

Type=Multiple Select

Answer=1,2,3

Points=1

A. Australasian Society of Clinical Immunology and Allergy (ASCI)

B. State or territory Department of Education

C. Australian Children's Education & Care Quality Authority (ACECQA)

## Module 8a – Wound Management

### Question 1

Title=<B>Medications</B>

Body=A low risk workplace First Aid kit includes analgesic medications such as paracetamol and aspirin, in case these are needed.<BR>

Type=True/False

Answer=False

Points=1

### Question 2

Title=<B>First Aid Kit Resources</B>

Body=A First Aid kit should include the basic resources for administering First Aid for... <BR>

Type=Multiple Select

Answer=1,2,3,4,5,7

Points=1

- A. minor wounds, cuts and grazes
- B. control of serious bleeding
- C. soft tissue injuries (sprains and strains)
- D. eye injuries
- E. splinters
- F. fainting spells
- G. minor burns

### Question 3

Title=<B>Legal Requirement?</B>

Body=In regulations made under Education and Care Services National Law there is a requirement that an appropriate number of suitably equipped kits is maintained and made easily accessible by adults.<BR>

Type=True/False

Answer=True

Points=1

### Question 4

Title=<B>Infection Control</B>

Body=You have been splashed with blood while applying First Aid treatment to a casualty. What should you then do?<BR>

Type=Multiple Choice

Answer=1

Points=1

- A. Wash the area with soap and water as soon as practical.
- B. Promptly wash in undiluted disinfectant.
- C. Wash the area with antiseptic as soon as practical.

### Question 5

Title=<B>Wound Care Safety</B>

Body=If possible, what safe work procedure should you take before treating a bleeding casualty?<BR>

Type=Multiple Choice

Answer=2

Points=1

- A. wash the casualty
- B. wear disposable gloves
- C. rub hands with disinfectant
- D. spray the injured area on the casualty with disinfectant



Question 6

Title=<B>First Aid Wound Management</B>

Body=A child has a grazed knee following a fall in a gravel driveway. To treat this, you should... <BR>

Type=Multiple Choice

Answer=2

Points=1

- A. douse the wound with antiseptic and leave it to dry naturally.
- B. clean the wound using moistened swabs, cover with a non-adhesive dressing, then bandage to hold the dressing in place.
- C. just cover the wound to prevent any more dirt getting in.
- D. no need for any actions, as minor wounds heal naturally.

## Module 8b – Bleeding and Shock

### Question 1

Title=<B>Blood Vessels</B>

Body=In a cooking class, a student has cut himself with a sharp knife and the wound is spurting bright red blood. The blood is probably coming from... <BR>

Type=Multiple Choice

Answer=2

Points=1

A. a vein

B. an artery

C. a capillary

### Question 2

Title=<B>Embedded Object</B>

Body=A sharp object has penetrated a child's body. The object is still in place and there appears to be no bleeding. You should pull out the object gently to restore blood supply. <BR>

Type=True/False

Answer=False

Points=1

### Question 3

Title=<B>Nosebleed</B>

Body=When treating a nose bleed, you should seek medical assistance if the bleeding has not been controlled, when the person has already applied direct pressure just below the nose bone for a total of \*BLANK\* minutes. <BR>

Type=Fill in the Blanks

Answer=20:twenty

Points=1

### Question 4

Title=<B>Basic Bleeding Management</B>

Body=A casualty has non-life-threatening external bleeding and has been placed in a rested/lying position. Number the steps you would take to show the correct order of First Aid actions. <BR>

(insert numbers 1-5) <BR><BR>

STEP \*BLANK\* Apply a pressure pad or dressing and bandage to keep it in place. <BR>

STEP \*BLANK\* Immobilise with a sling if it is a hand or arm wound. <BR>

STEP \*BLANK\* Wear gloves if immediately available. <BR>

STEP \*BLANK\* Promptly apply direct pressure over the wound. <BR>

STEP \*BLANK\* Quickly check for foreign bodies. <BR><BR>

Type=Fill in the Blanks

Answer=4;5;1;3;2

Points=1

### Question 5

Title=<B>Amputation</B>

Body=What is the best method for dealing with an amputated part? <BR>

Type=Multiple Choice

Answer=3

Points=1

A. Pack amputated part in ice.

B. Seal amputated part in a plastic bag and place on top of ice.

C. Seal amputated part in a plastic bag and float the bag in chilled water.

Question 6

Title=<B>Shock – Signs and Symptoms</B>

Body=How do you recognise shock?<BR>

Type=Multiple Select

Answer=1,3,4,5

Points=1

- A. cold, pale, sweaty skin
- B. strong, slow pulse
- C. rapid, weak pulse
- D. rapid, shallow breathing
- E. drowsiness; may become unconscious

Question 7

Title=<B>Shock Management</B>

Body=Following an accident, you suspect a child is suffering from the shock process. To treat this, you would... <BR>

Type=Multiple Select

Answer=1,2,3,5

Points=1

- A. control any external bleeding
- B. lie the child down
- C. wrap them in a rescue blanket
- D. give them plenty to drink if they say they're thirsty
- E. seek urgent medical assistance

Question 8

Title=<B>Life-Threatening Bleeding – Recognition</B>

Body=How might you recognise life-threatening bleeding?<BR>

Type=Multiple Select

Answer=2,3,4

Points=1

- A. dark-coloured blood oozing from a wound
- B. light-coloured blood spurting from a wound
- C. bleeding not controlled by local direct pressure
- D. significant trauma (eg amputation above wrist/ankle, shark attack... )

Question 9

Title=<B>Criteria for Tourniquet Use</B>

Body=Arterial tourniquets are a measure of last resort and should only be used on a limb in a life-threatening situation where direct pressure has failed. <BR>

Type=True/False

Answer=True

Points=1

Question 10

Title=<B>Tourniquet Application</B>

Body=Which of the following statements about applying a tourniquet are true?<BR>

Type=Multiple Select

Answer=2,3,4

Points=1

- A. You can use an elastic venous tourniquet to stop life-threatening bleeding.
- B. Whether manufactured or improvised, the tourniquet must be at least 5cm wide.
- C. Once applied, the tourniquet should not be removed until the casualty receives specialist medical care.
- D. It's important to record the time the tourniquet was applied, so this can be passed on to paramedics/medical professionals.

## Module 9 – Eye and Soft Tissue Injuries

### Question 1

Title=<B>Soft Tissue Injury Management</B>

Body=In the treatment of soft tissue injury, what does R.I.C.E.R. stand for?<BR>

Type=Multiple Choice

Answer=4

Points=1

- A. Rest, Ice, Communicate, Elevate and Refer
- B. Rest, Immobilise, Compression, Elevate and Revive
- C. Rest, Immobilise, Compression, Electrotherapy and Refer
- D. Rest, Ice, Compression, Elevation and Refer

### Question 2

Title=<B>Using an Ice Compress</B>

Body=When using ice for the first aid treatment of a soft tissue injury,<BR> what is the maximum time an ice compress should be left in place?<BR>

Type=Multiple Choice

Answer=3

Points=1

- A. No more than 10 minutes every 2 hours, checking every 5 minutes
- B. No more than 15 minutes every 2 hours, checking every 5 minutes
- C. No more than 20 minutes every 2 hours, checking every 10 minutes
- D. No more than 1 hour every 2 hours, checking each half hour

### Question 3

Title=<B>Sprain Recognition</B>

Body=A girl falls, twisting her ankle. You suspect she has sprained her ankle because... <BR>

Type=Multiple Select

Answer=1,3,4

Points=1

- A. she has loss of movement in the ankle joint
- B. she has cramping and muscle spasms
- C. there is obvious bruising around the ankle
- D. there is noticeable swelling around the ankle

### Question 4

Title=<B>Sprain Management</B>

Body=At the school sports day, a boy has sprained his ankle. What is your initial treatment for this?<BR>

Type=Multiple Choice

Answer=3

Points=1

- A. Rest the boy with his leg elevated and immediately apply a compression bandage to the ankle.
- B. Rest the boy with his leg elevated and immediately apply a heat pack to the ankle for 20 minutes, then apply a compression bandage.
- C. Rest the boy with his leg elevated and immediately apply an ice compress to the ankle for 20 minutes, then apply a compression bandage.

Question 5

Title=<B>Scenario</B>

Body=You see a girl playing netball fall over after jumping to block the ball. You attend to help her up and she complains of pain when trying to move or put weight on her right leg. You notice deformity to the muscle area of the affected leg. Based on these signs and symptoms, you suspect she has a... <BR>

Type=Multiple Choice

Answer=2

Points=1

- A. sprain
- B. strain
- C. fracture
- D. dislocation

Question 6

Title=<B>Dislocation Recognition</B>

Body=A boy is injured playing football. You suspect he has a dislocated shoulder because... <BR>

Type=Multiple Select

Answer=2,3

Points=1

- A. he has bone protruding through the skin.
- B. he has deformity and swelling of the shoulder joint.
- C. he has loss of power and movement in the shoulder.
- D. the shoulder is bleeding profusely.

Question 7

Title=<B>Dislocation Management</B>

Body=What is the best way to manage a dislocation? <BR>

Type=Multiple Select

Answer=2,3,4

Points=1

- A. Lift up the arm of the injured shoulder and push the bone back into place.
- B. Apply a cold compress to reduce pain or swelling.
- C. Immobilise the limb in a position of most comfort.
- D. Seek urgent medical assistance.

Question 8

Title=<B>Minor Eye Injury – Recognition</B>

Body=A school boy is holding his hand on his right eye. You suspect it is a minor eye injury because... <BR>

Type=Multiple Choice

Answer=3

Points=1

- A. the boy tells you his eye was impacted by a flying object.
- B. there is a penetrating object in his eye.
- C. the eye appears bloodshot from contact with foreign material such as sand.

Question 9

Title=<B>Minor Eye Injury – Management</B>

Body=A child has a grain of sand in their eye. The best way to treat the eye is to... <BR>

Type=Multiple Select

Answer=2,4

Points=1

- A. use tweezers to carefully remove the visible grain of sand.
- B. gently flush the eye with eye solution, sterile saline or clean water.
- C. cover the eye and apply a heat pack to soothe the eye.
- D. if unable to remove the grain of sand, cover the eye with a sterile dressing and seek medical advice.

Question 10

Title=<B>Penetrating Eye Injury</B>

Body=It is important to promptly remove penetrating objects from the eyes. <BR>

Type=True/False

Answer=False

Points=1

## Module 10 – Burns

### Question 1

Title=<B>Superficial Burn - Recognition</B>

Body=A superficial burn will appear... <BR>

Type=Multiple Choice

Answer=2

Points=1

- A. pale, waxy, sometimes charred
- B. red, swollen, sometimes blistered

### Question 2

Title=<B>Deep Burn - Recognition</B>

Body=A deep burn (all layers of skin) will appear... <BR>

Type=Multiple Choice

Answer=1

Points=1

- A. pale, waxy, sometimes charred
- B. red, swollen, sometimes blistered

### Question 3

Title=<B>Serious Burn - Definition</B>

Body=Which of the following are classified as serious burns?<BR>

Type=Multiple Choice

Answer=4

Points=1

- A. any deep burns
- B. superficial burns greater than 9% for adults or 5% for infants or children
- C. burns to hands, feet, armpits, genitalia or airway
- D. all of the above
- E. A and B only

### Question 4

Title=<B>Burn Management</B>

Body=You irrigate a burn in cold running water for up to \*BLANK\* minutes.<BR>

Type=Fill in the Blanks

Answer=20:twenty

Points=1

### Question 5

Title=<B>Burns Scenario</B>

Body=Boiling water is accidentally spilt over the front of a child. You should immediately... <BR>

Type=Multiple Choice

Answer=4

Points=1

- A. carefully remove the child's clothes, apply butter to the burn and seek urgent medical aid.
- B. carefully remove the child's clothes, apply ice directly to the burn area and seek urgent medical aid.
- C. apply cold running water for 3 minutes, carefully remove clothing, cover the area with a clean non-stick dressing and seek urgent medical aid.
- D. apply cold running water for up to 20 minutes, carefully remove clothing, cover the area with a clean non-stick dressing and seek urgent medical aid.



## Module 11 – Venomous Bites and Stings

### Question 1

Title=<B>Red-Back Spider Bite</B>

Body=What is the first aid management for a red-back spider bite?<BR>

Type=Multiple Choice

Answer=2

Points=1

- A. Apply a heat pack to area, immobilise and seek medical attention.
- B. Apply a cold compress to area, immobilise and seek medical attention.
- C. Apply vinegar to the bitten area, immobilise and seek medical attention.

### Question 2

Title=<B>Snakebite Scenario</B>

Body=While on a camp, a student is bitten on the lower leg by a snake. You should immediately... <BR>

Type=Multiple Choice

Answer=3

Points=1

- A. rest the casualty, give reassurance, wash away any venom and apply a tourniquet above the bite site.
- B. rest the casualty, then search for the snake and kill it for positive identification.
- C. rest the casualty, give reassurance and apply pressure immobilisation technique.
- D. rest the casualty, then cut the bitten area to assist drainage of the venom, then apply a firm crepe bandage over the bite site.

### Question 3

Title=<B>Tick Bite Recognition</B>

Body=Which of the following statements about tick bite are true? <BR>

Type=Multiple Select

Answer=1,2,3,4,5

Points=1

- A. Signs and symptoms usually only develop over several days.
- B. There is slow onset of muscle weakness and lethargy.
- C. The casualty may experience blurred vision.
- D. The casualty may have difficulty with swallowing and breathing.
- E. There is often some local irritation.
- F. Any allergic reaction will usually develop over several days.

### Question 4

Title=<B>Tick Bite Management</B>

Body=A child has a tick embedded on their shoulder. To treat this you would... <BR>

Type=Multiple Choice

Answer=3

Points=1

- A. use tweezers to carefully lift the tick off, then seek medical assistance.
- B. use tweezers to squeeze the tick to kill it, then seek medical assistance.
- C. use an ether-based spray to freeze the tick, remove it after 10 minutes and seek medical assistance.
- D. use any available sharp edge such as a pocket knife to scrape the tick off and seek medical assistance.

Question 5

Title=<B>Bee Sting</B>

Body=A child is stung on their leg by a bee. They are not allergic to the sting, but it is hurting them.<BR>You should immediately ... <BR>

Type=Multiple Choice

Answer=2

Points=1

- A. use tweezers or your fingers to pull out the barb
- B. scrape the barb sideways or flick it out

Question 6

Title=<B>Use of Pressure Immobilisation Technique (PIT)</B>

Body=For which of the following bites/stings is pressure immobilisation technique recommended? <BR>

Type=Multiple Select

Answer=1,3,5

Points=1

- A. snake
- B. red-back spider
- C. funnel-web spider
- D. box jellyfish
- E. blue-ringed octopus

Question 7

Title=<B>Marine Envenomation – Non-Tropical</B>

Body=At a beach, a child runs from the waves screaming. There are swellings on the legs and tentacles of a bluebottle jellyfish are attached to the legs. What should you do? <BR>

Type=Multiple Choice

Answer=1

Points=1

- A. Pick off tentacles and apply a hot compress or hot water immersion.
- B. Rub off the tentacles with sand and apply ice.
- C. Pick off tentacles and apply vinegar to the legs.
- D. Pick off tentacles and apply fresh water to the legs.

Question 8

Title=<B>Marine Envenomation – Tropical</B>

Body=In North Queensland, a boy comes out of the seawater with some attached tentacles, welts and a ladder pattern of sting marks on his right leg, and he is experiencing severe pain. What has caused this and what is the ARC's recommended initial treatment? <BR>

Type=Multiple Choice

Answer=4

Points=1

- A. Blue-ringed octopus: use the pressure immobilisation technique.
- B. Irukanji jellyfish: rinse the affected area with vinegar.
- C. Large box jellyfish: use hot water immersion.
- D. Large box jellyfish: rinse the affected area with vinegar.

## Module 12 – Extremes of Temperature

### Question 1

Title=<B>Heat Exposure Process</B>

Body=Insert numbers 1-3 to show the stages of hyperthermia in the correct order from least serious (1) to most serious (3).<BR><BR>

STAGE \*BLANK\* – heat stroke <BR>

STAGE \*BLANK\* – heat cramps <BR>

STAGE \*BLANK\* – heat exhaustion <BR><BR>

Type=Fill in the Blanks

Answer=3;1;2

Points=1

### Question 2

Title=<B>Heat Exhaustion – Management</B>

Body=A child appears to be suffering from heat exhaustion. How would you treat them?<BR>

Type=Multiple Select

Answer=1,2,4,5

Points=1

- A. Move them to a cool/shaded area
- B. Apply damp towels to cool them down
- C. Give them large glasses of water
- D. Give them a cool drink to sip on (eg sports drink or 'Hydrolyte')
- E. Seek medical assistance if their condition doesn't improve

### Question 3

Title=<B>Heat Stroke – Recognition</B>

Body=At the end of a very hot, humid sports day, you see a child collapsed on the path. You suspect they have heatstroke because their skin is... <BR>

Type=Multiple Choice

Answer=3

Points=1

- A. extremely sweaty
- B. pale and clammy
- C. hot and dry

### Question 4

Title=<B>Heat Stroke – Management</B>

Body=What is the first aid management of heat stroke for a conscious casualty?<BR>

Type=Multiple Select

Answer=1,3,4,5,6

Points=1

- A. Move patient to a cool, shaded location and remove unnecessary clothing.
- B. Lay casualty flat with legs slightly raised.
- C. Lay casualty down with head and shoulders slightly raised.
- D. Douse casualty with cold water, cover with a wet sheet and apply ice packs to neck, groin and armpits.
- E. Fan them with an electric fan or newspaper/magazine.
- F. Seek urgent medical assistance by calling 000 for an ambulance.

Question 5

Title=<B>Hypothermia – Recognition</B>

Body=The signs and symptoms of a casualty suffering mild hypothermia (exposure to cold) include... <BR>

Type=Multiple Choice

Answer=3

Points=1

- A. profuse sweating and restlessness
- B. vomiting, headache and dizziness
- C. fits of shivering, slurred speech and lethargy
- D. silence, collapse, coma (unconsciousness)

Question 6

Title=<B>Hypothermia – Management</B>

Body=To treat a conscious casualty suffering from exposure to cold (hypothermia) you should... <BR>

Type=Multiple Select

Answer=1,2,3,4,6,8

Points=1

- A. gently move them to the nearest warm sheltered position
- B. gently replace any wet clothes with warm, dry ones
- C. place insulating material under them
- D. give them a warm, sweetened drink
- E. place them in a hot bath
- F. gently warm them using heat packs or body contact
- G. use an electric radiator to warm their feet
- H. seek urgent medical assistance

## Module 13 – Poisons

### Question 1

Title=<B>Poisoning Recognition</B>

Body=Although there are many different types of poisonous substances, they all produce similar signs and symptoms.<BR>

Type=True/False

Answer=False

Points=1

### Question 2

Title=<B>Child Poisoning</B>

Body=Poisoning may occur by inhalation, skin contact or ingestion (swallowing). What are some of the physiological differences that can lead to children being more greatly affected by poisons than adults?<BR>

Type=Multiple Select

Answer=1,2,3

Points=1

- A. Faster heart rate and breathing rate means they can absorb substances through the lungs more rapidly.
- B. They have thinner skin, which means they can absorb substances through the skin more rapidly.
- C. They have a higher metabolic rate, which means they will process substances swallowed more quickly.
- D. They have an immature immune system for fighting off viruses.

### Question 3

Title=<B>Corrosive Poison</B>

Body=What is the first aid management for a conscious child who has swallowed a corrosive substance?<BR>

Type=Multiple Choice

Answer=2

Points=1

- A. Make the child vomit, then call Poisons Information (13 11 26) and ambulance if advised.
- B. Give sips of water, and call Poisons Information (13 11 26) and ambulance if advised.
- C. Give soapy water to drink, then call Poisons Information (13 11 26) and ambulance if advised.

### Question 4

Title=<B>Poisoning Scenario</B>

Body=A child has taken an unknown substance and later collapses unconscious. What first aid management should be given?<BR>

Type=Multiple Choice

Answer=4

Points=1

- A. Sit them up and try to revive them by rubbing the skin.
- B. Place them in a recovery position and let them sleep it off.
- C. Lay them on their back to help them breathe.
- D. Place them in a recovery position and call an ambulance.

## Module 14 – Head and Spinal Injuries

### Question 1

Title=<B>Head Injury – Recognition</B>

Body=Possible symptoms of a head injury needing urgent medical advice include... <BR>

Type=Multiple Select

Answer=1,2,4

Points=1

- A. headache
- B. nausea or vomiting
- C. diarrhoea
- D. blurred vision

### Question 2

Title=<B>Head Injury – Management</B>

Body=A child has tripped and struck their head heavily on the ground. The child is confused, is complaining of a headache and doesn't remember the incident. You should... <BR>

Type=Multiple Choice

Answer=3

Points=1

- A. allow the child to sleep or rest till a parent can pick them up.
- B. give some medication for the headache and inform parents of the incident.
- C. rest and reassure, slightly raise the head and shoulders to reduce pressure in their head, seek medical advice and inform parents.
- D. tell the child to walk around and it will become better.

### Question 3

Title=<B>Skull Fracture</B>

Body=If you suspect a child has a skull fracture, you should give them aspirin to reduce their headache pain.<BR>

Type=True/False

Answer=False

Points=1

### Question 4

Title=<B>Neck/Spinal Injury – Recognition</B>

Body=You see a ten-year-old boy slip and fall from a high ladder. You suspect he may have neck/spinal injury because... <BR>

Type=Multiple Select

Answer=2,3

Points=1

- A. he is unconscious
- B. of the history of the incident
- C. he tells you he has lost feeling in fingers and toes (numbness/tingling)

### Question 5

Title=<B>Spinal Injury – Unconscious Casualty</B>

Body=For an unconscious, suspected spinal injured child who is breathing normally, you should place them... <BR>

Type=Multiple Choice

Answer=4

Points=1

- A. lying straight on their back and tilt their head back to open their airway.
- B. sitting up, with extra head support, then open their airway.
- C. in any lateral (side) recovery position, and open their airway using jaw thrust and chin lift if required.
- D. in the HAINES recovery position and open their airway using jaw thrust and chin lift if required.

Question 6

Title=<B>Spinal Injury – Conscious Casualty</B>

Body=For a conscious, suspected spinal injured child, you should... <BR>

Type=Multiple Select

Answer=1,2,4,5

Points=1

- A. avoid moving the casualty (wait for professional paramedics)
- B. give reassurance and advise them not to move
- C. attempt to realign their injured neck
- D. if they are lying down, support the side of their body and immobilise their legs
- E. seek urgent medical assistance and notify parents

## Module 15 – Fractures

### Question 1

Title=<B>Types of Fractures</B>

Body=What is the simplest type of fracture? <BR>

Type=Multiple Choice

Answer=3

Points=1

- A. complicated fracture
- B. open fracture
- C. closed fracture
- D. dislocation

### Question 2

Title=<B>Open Fracture Recognition</B>

Body=An open fracture can be recognised when... <BR>

Type=Multiple Select

Answer=2,3

Points=1

- A. the bone has fractured, but there is no external wound
- B. a surface wound leads to the fracture site
- C. bone is protruding through the skin
- D. a lung has been punctured

### Question 3

Title=<B>Key Aims of Fracture Management</B>

Body=The key to managing any fracture is... <BR>

Type=Multiple Choice

Answer=3

Points=1

- A. to try to re-align the bones.
- B. always move into the recommended position.
- C. immobilisation and comfort.
- D. to bind the fracture as tightly as possible.

### Question 4

Title=<B>Fracture Management</B>

Body=The steps for First Aid management of a fracture include to... <BR>

Type=Multiple Select

Answer=1,2,4,5

Points=1

- A. control any bleeding first
- B. prevent movement
- C. ensure bones are placed back in alignment before splinting
- D. treat for shock
- E. seek medical attention



## Module 17 – Casualty Examination

### Question 1

Title=<B>Secondary Survey</B>

Body=When conducting a Secondary Survey on a conscious casualty, you should ask... <BR>

Type=Multiple Select

Answer=1,2,4

Points=1

- A. the history of the incident (what happened?)
- B. if they can feel any pain, and if so, the location of the pain
- C. for the casualty's ID, such as a driver licence
- D. for permission if you need to touch the casualty to check for bleeding or deformity

### Question 2

Title=<B>Vital Signs</B>

Body=Vital Signs are a measure of a casualty's... <BR>

Type=Multiple Select

Answer=1,3,4,5

Points=1

- A. pulse
- B. blood loss
- C. breathing
- D. conscious state
- E. skin state
- F. number of injuries

### Question 3

Title=<B>Pulse Rate</B>

Body=The normal resting pulse for a healthy child is... <BR>

Type=Multiple Choice

Answer=2

Points=1

- A. 120-160 beats per minute
- B. 80-100 beats per minute
- C. 40-60 beats per minute

### Question 4

Title=<B>Breathing Rate</B>

Body=The normal breathing rate for a child 6-12 years old is... <BR>

Type=Multiple Choice

Answer=3

Points=1

- A. 40-60 breaths per minute
- B. 25-40 breaths per minute
- C. 16-25 breaths per minute
- D. 8-16 breaths per minute

## Module 19 – Evaluating First Aid Response

### Question 1

Title=<B>Psychological Debrief</B>

Body=What are the benefits of having a professionally-led debriefing session following a First Aid emergency incident? <BR>

Type=Multiple Select

Answer=2,3,4

Points=1

- 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

### Question 2

Title=<B>Stress Support</B>

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

Type=Multiple Select

Answer=1,2,4

Points=1

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

### Question 3

Title=<B>Post-Incident Actions in Childcare</B>

Body=In a childcare centre, when children have witnessed a first aid incident requiring ambulance attendance, what actions may be needed?<BR>

Type=Multiple Select

Answer=2,3,4

Points=1

- A. Tell children 'everything is okay' and proceed with regular activities.
- B. Be calm and supportive and ask children if they want to talk about how they are feeling.
- C. Recognise the possible psychological impact and that some children may need professional help.
- D. Inform parents of what has happened.

### Question 4

Title=<B>Incident Review</B>

Body=What are the benefits of reviewing a First Aid emergency incident?<BR>

Type=Multiple Select

Answer=1,2,4

Points=1

- A. To confirm whether you have the most appropriate First Aid equipment and supplies
- B. To check that First Aiders had appropriate training to be able to respond effectively to the incident
- C. The Code of Practice for First Aid stipulates that a review must occur after every First Aid incident
- D. To confirm the effectiveness of the workplace First Aid plan and risk management processes

Question 5

Title=<B>Technical Debrief</B>

Body=When conducting a workplace review of a First Aid emergency response, the topics to be discussed should include...<BR>

Type=Multiple Select

Answer=1,3,4,5

Points=1

- 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

Question 6

Title=<B>First Aid Skills Maintenance</B>

Body=People with a duty of care towards infants or children should undertake refresher training to maintain and update their First Aid skills at least once every \*BLANK\* years.<BR>

Type=Fill in the Blanks

Answer=3:three

Points=1

Question 7

Title=<B>CPR Skills Maintenance</B>

Body=The Australian Resuscitation Council (ARC) recommends refresher training for CPR should be undertaken at least once every \*BLANK\*.<BR>

Type=Fill in the Blanks

Answer=year:12 months:12months:twelve months

Points=1