

COURSE CONTENT

Before attempting to answer the questions,
study the following topics from
Emergency First Aid for Carers and Teachers
using the Contents and Index pages to find relevant information.

TOPICS

Principles of First Aid / Emergency Priorities

Legal Issues

Airway and Breathing Management

Cardiopulmonary Resuscitation (CPR)

Asthma

Allergic Reactions / Anaphylaxis

General Medical Conditions

Venomous Bites and Stings / Poisons

Infection Control / First Aid Kits

Wound Care / Control of Bleeding and Shock

Soft Tissue Injuries

Eye Injuries

Burns

Head, Neck and Spinal Injuries

Fracture Management

Extremes of Temperature

Monitoring Vital Signs / Handover

Debriefing / Review

Principles of First Aid / Emergency Priorities

- Question 1 What are the categories used to recognise a first aid illness or injury?
- (a) History, signs and diagnosis
 - (b) History, signs and symptoms
 - (c) Signs, symptoms and diagnosis
- Question 2 What are the key benefits of reassuring a conscious casualty?
- (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 correct first aid treatment
- Question 3 When should the principles of DRS ABCD begin in a first aid situation?
- (a) After calling for help
 - (b) When the ambulance arrives
 - (c) Immediately
- Question 4 When calling for emergency help in Australia, what number should you call?
- (a) 911
 - (b) 000
 - (c) 111
 - (d) 999
- 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.
- Question 6 What are some of the things you should note when contacting emergency services via triple zero? (choose all that apply)
- (a) Ask for the service you require: ambulance/fire/police.
 - (b) Immediately end the call if the casualty's condition gets worse.
 - (c) Answer all the operator's questions as best as you can.
 - (d) You can call triple zero at any time to practise the process.
- Question 7 You arrive at school and find a colleague lying on the ground. You should immediately...
- (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.

Legal Issues

- Question 13 In a workplace, you should always make notes and fill out an incident report on any first aid event attended, no matter how minor.
- (a) True (b) False
- Question 14 When providing emergency first aid assistance to children, what communications should take place? (choose all that apply)
- (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 your state or territory regulatory authority.
- Question 15 First Aiders have a legal obligation (duty of care) to render assistance in an emergency when... (choose all that apply)
- (a) they encounter 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 16 Which of the following circumstances could lead to a charge of negligence?
- (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.
- Question 17 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?
- (a) Yes (b) No
- Question 18 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, as they are not able to give consent.
(c) waived if there are conditions that imperil their life or future health.
- Question 19 Which of the following statements about First Aid Codes of Practice are true? (choose all that apply)
- (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.

Airway and Breathing Management

- Question 25 What three 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, feel
- Question 26 For infants or small children, you keep their head in a neutral/horizontal position to open their airway.
- (a) True
 - (b) False
- Question 27 To open the airway of an adult or older child you must:
- (a) Gently tilt head backwards
 - (b) Support the jaw
 - (c) Open mouth slightly
 - (d) All of the above
- Question 28 If an unconscious person remains on their back, what is the most likely cause of an airway obstruction?
- (a) epiglottis
 - (b) larynx
 - (c) tongue
 - (d) soft palate
- Question 29 When should a person be placed into a recovery position?
(choose all that apply)
- (a) when unresponsive but breathing normally
 - (b) when performing CPR
 - (c) when clearing the airway
- Question 30 What is the normal breathing rate per minute for a child 1-5 years?
- (a) 10-12 breaths/min
 - (b) 25-30 breaths/min
 - (c) 16-20 breaths/min
 - (d) 50-60 breaths/min
- Question 31 Because they have smaller airways, infants are much more likely to have...
- (a) asthma
 - (b) airway obstructions
 - (c) slower breathing rates
- Question 32 A child falls from a slide and is lying on the ground unconscious, but breathing normally. What would your first aid management be?
- (a) Lift the child to an upright / half-sitting position and call an ambulance.
 - (b) Carry the child to a bed and send for an ambulance.
 - (c) Lay the child in the HAINES recovery position, call an ambulance and monitor them.
 - (d) Leave the child in the position found and call an ambulance.

Cardiopulmonary Resuscitation (CPR)

- Question 38 When performing CPR, you compress an adult's or child's or infant's 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
- Question 39 You should begin CPR when someone is...
- (a) complaining of chest pain.
 - (b) breathing but has no pulse.
 - (c) unconscious and not breathing normally.
 - (d) conscious but not breathing normally.
- Question 40 Where should the rescuer place their hands for CPR compressions?
- (a) upper half of the breastbone (sternum)
 - (b) lower half of the breastbone (sternum)
 - (c) immediately below the breastbone (sternum)
- Question 41 When performing CPR what is the ratio of compressions to breaths?
- (a) 15 : 2
 - (b) 30 : 2
 - (c) 10 : 2
- Question 42 The rate of CPR compressions per minute should be...
- (a) 70 to 90
 - (b) 80 to 100
 - (c) 100 to 120
- Question 43 Which of the following statements on infection control in CPR are correct? (choose all that apply)
- (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 44 Which of the following statements on CPR are correct? (choose all that apply)
- (a) Use only one hand for chest compressions on small children.
 - (b) Do not allow complete recoil of the sternum back to its starting position.
 - (c) If someone arrives with an AED, CPR should continue until the AED is ready to analyse and promptly be resumed after the shock has been delivered.
 - (d) To provide compressions for infants, use the two-finger technique.
 - (e) For infant rescue breaths, cover their nose and mouth with your mouth and provide a gentle puff.

Asthma

- Question 50 Asthma occurs in the airways of the lungs and can potentially be life-threatening.
(a) True (b) False
- Question 51 Some of the most common asthma triggers include... (choose all that apply)
(a) exercise
(b) smoke/fumes
(c) respiratory infection
(d) mould/pollen
- Question 52 Which of the following are signs and symptoms of mild-moderate asthma? (choose all that apply)
(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 in speaking
- Question 53 Signs and symptoms of a severe/life-threatening asthma episode include... (choose all that apply)
(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 54 What is the best position for a person suffering from an asthma episode?
(a) lying flat
(b) sitting upright
(c) standing upright
(d) recovery position
- Question 55 According to guidelines from asthma peak bodies, the First Aid Emergency Asthma protocol using reliever medication (and a spacer if available) is...
(a) 2 puffs with 2 breaths per puff, then wait 2 mins (repeat if no improvement)
(b) 4 puffs with 2 breaths per puff, then wait 4 mins (repeat if no improvement)
(c) 4 puffs with 4 breaths per puff, then wait 4 mins (repeat if no improvement)
(d) 4 puffs with 8 breaths per puff, then wait 6 mins (repeat if no improvement)
- Question 56 You must always follow a child's Asthma Action Plan if available.
(a) True (b) False

Allergic Reactions /Anaphylaxis

Question 62 Anaphylaxis is...

- (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 63 The most common triggers for anaphylaxis are...

- (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 64 Signs and symptoms of a mild-moderate allergic reaction may include...

(choose all that apply)

- (a) swelling of tongue
- (b) hives or welts (rash)
- (c) swelling of the lips
- (d) difficulty breathing

Question 65 The appropriate response for a mild to moderate allergic reaction includes...

(choose all that apply)

- (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

Question 66 Signs and symptoms of anaphylaxis include... (choose all that apply)

- (a) swelling of the lips
- (b) swelling of the tongue
- (c) hives or welts
- (d) abdominal pain or vomiting if insect allergy
- (e) wheeze, cough, difficulty breathing/talking
- (f) dizziness or collapse

Question 67 A child known to have anaphylaxis is having difficulty breathing and their tongue is swelling. You should...

- (a) follow their ASCIA Action Plan and administer adrenaline as a priority.
- (b) call for the Manager/Principal and wait for their instructions.
- (c) ask the child to run to the First Aid room so they can rest there.
- (d) call 000 and only follow the dispatcher's advice as the ASCIA Plan may be incorrect.

General Medical Conditions

- Question 76 If a child has a fever (temperature > 37.5°C), this is a strong indicator that they have an infection.
- (a) True (b) False
- Question 77 A four-year-old child in your care has developed a high fever. The actions you would take should include... (choose all that apply)
- (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 78 The micro-organisms (bacteria/viruses) that cause vomiting and diarrhoea are not in any way infectious.
- (a) True (b) False
- Question 79 To manage a child suffering from vomiting or diarrhoea, you should...
- (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 80 For a child suffering any illness that involves fever or vomiting or diarrhoea, giving large glasses of water is the most effective way to prevent dehydration.
- (a) True (b) False
- Question 81 A young child in your care has a high fever and has started to convulse (febrile convulsion). You should...
- (a) sit them up and give them something to drink.
(b) ask others to help you pick them up and carry 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 her up.
- Question 82 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...
- (a) a heart attack
(b) a stroke
(c) a seizure
(d) hypoglycaemia

Venomous Bites and Stings / Poisons

- Question 87 What is the first aid management for a red-back spider bite?
- (a) Apply a cold compress to the area, immobilise and seek medical attention.
 - (b) Apply a heat pack to the area, immobilise and seek medical attention.
 - (c) Apply vinegar to the bitten area, immobilise and seek medical attention.
- Question 88 While on camp, a student is bitten on the lower leg by a snake. You should immediately...
- (a) rest the casualty, give reassurance, wash away any venom and apply a tourniquet above the bite site.
 - (b) rest the casualty, 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 89 A child is stung on their leg by a bee. They are not allergic to the sting but it is hurting them. You should immediately...
- (a) Use tweezers or your fingers to pull out the barb.
 - (b) Scrape or flick out the barb.
- Question 90 Which of the following statements about tick bite are true? (choose all that apply)
- (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 91 A child has a tick embedded on their shoulder. To treat this you would...
- (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 92 For which of the following bites/stings is compression bandaging (pressure immobilisation technique) recommended? (choose all that apply)
- (a) snake
 - (b) red-back spider
 - (c) funnel-web spider
 - (d) box jellyfish
 - (e) blue-ringed octopus

Infection Control / First Aid Kits

Question 99 What safe work procedures should you take when treating a casualty?
(choose all that apply)

- Avoid contact with any body fluids.
- Wash hands thoroughly.
- Wear single-use gloves.
- Spray disinfectant on the casualty.

Question 100 While applying first aid to a casualty, you have been splashed with blood. What should you do?

- (a) Wash the area with soap and water as soon as practical.
- (b) Promptly wash in undiluted disinfectant.
- (c) Wash the area with antiseptic.

Question 101 A low risk workplace First Aid kit includes analgesic medications such as paracetamol and aspirin, in case these are needed.

- (a) True (b) False

Question 102 A First Aid kit should include the basic resources for administering First Aid for...
(choose all that apply)

- (a) minor wounds, cuts and grazes
- (b) control of serious bleeding
- (c) soft tissue injuries (sprains and strains)
- (d) eye injuries
- (e) fainting spells
- (f) splinters
- (g) minor burns

Question 103 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.

- (a) True (b) False

Wound Care / Control of Bleeding and Shock

- Question 104 A child has a grazed knee following a fall in a gravel driveway. To treat this, you should...
- (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 dress the wound to prevent any more dirt getting in, then bandage to hold the dressing in place.
- Question 105 In a cooking class, a student has cut himself with a sharp knife and the wound is spurting bright red blood. This blood is probably coming from...
- (a) a vein
 - (b) an artery
 - (c) capillaries
- Question 106 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.
- (a) True
 - (b) False
- Question 107 When treating a nose bleed, you should seek medical assistance if the bleeding has not been controlled, when the child has already applied direct pressure just below the nose bone for a total of...
- (a) 15 minutes
 - (b) 30 minutes
 - (c) 20 minutes
- Question 108 What is the best method for dealing with an amputated part?
- (a) Pack the amputated part in ice.
 - (b) Wash the amputated part, then seal in a plastic bag.
 - (c) Seal the amputated part in a plastic bag, then float it in chilled water.
- Question 109 A student has cut their hand on a blade in a woodwork class and their hand is bleeding heavily. You should...
- (a) remove the danger, promptly apply direct pressure with a pad, bandage the pad in place, rest them and seek medical assistance.
 - (b) promptly apply a tourniquet on their arm, get them to rest and seek medical assistance.
 - (c) wash the wound under running water, elevate the hand, then apply a constrictive bandage and seek medical assistance.

Question 111 Following an accident, you suspect a child is suffering from the shock process. To treat this you would... (choose all that apply)

- (a) control any external bleeding
- (b) lie the child down
- (c) wrap them in a rescue blanket to maintain body temperature
- (d) give them plenty to drink if they say they're thirsty
- (e) seek urgent medical assistance

Question 113 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.

- (a) True (b) False

Question 114 Which of the following statements about applying a tourniquet are true? (choose all that apply)

- (a) You can use an elastic venous tourniquet to stop life-threatening bleeding.
- (b) Whether manufactured or improvised, a 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.

Soft Tissue Injuries

Question 115 In the treatment of soft tissue injury, what does RICER stand for?

- (a) Rest, Ice, Communicate, Elevate and Review
(b) Rest, Immobilise, Communicate, Elevate and Refer
(c) Rest, Immobilise, Compression, Elevate and Repeat
(d) Rest, Ice, Compression, Elevate and Refer

Question 116 When in doubt about a soft tissue injury you should treat it as a...

- (a) sprain
(b) strain
(c) fracture
(d) dislocation

Question 117 At the school sports day, a boy has sprained his ankle. How do you treat this?

- Immediately apply a compression bandage to the ankle, and rest the boy with his leg elevated.
- Apply heat packs to the ankle for 20 minutes, then apply a compression bandage, resting the boy with his leg elevated.
- Apply an ice compress to the ankle for 20 minutes every two hours and compression bandage between ice applications, resting the boy with his leg elevated.

Question 118 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 leg. You notice deformity to the muscle area of the affected leg. Based on these signs and symptoms, you suspect she has a...

- (a) sprain
(b) strain
(c) fracture
(d) dislocation

Question 119 A boy is injured playing football. You suspect he has a dislocated shoulder because... (choose all that apply)

- (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 120 What is the best way to manage a dislocation? (choose all that apply)

- (a) Lift up the arm of the injured shoulder and push the bone back into place.
- (b) Immobilise the limb in a position of most comfort.
- (c) Apply a cold compress to reduce pain and swelling.
- (d) Seek urgent medical assistance.

Question 121 A girl falls, twisting her ankle. You suspect she has sprained her ankle because...
(choose all that apply)

- (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.

Eye Injuries

Question 122 A school boy is holding his hand on his right eye. You suspect a minor eye injury because...

- (a) the boy tells you his eye was impacted by a flying object.
- (b) there is a penetrating object in his eye.
- (c) the boy is seeing 'black spots' in his vision that move when the eye moves.
- (d) the eye appears bloodshot from contact with foreign material such as sand.

Question 123 A child has a grain of sand in their eye. The best way to treat the eye is to...
(choose all that apply)

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

Question 124 It is important to remove penetrating objects from the eyes.

- (a) True (b) False

Burns

Question 125 A superficial burn will appear...

- (a) pale, waxy, sometimes charred.
(b) red, swollen, sometimes blistered.

Question 126 A deep burn (all layers of skin) will appear...

- (a) pale, waxy, sometimes charred.
- (b) red, swollen, sometimes blistered.

Question 127 Which of the following are classified as serious burns?

- (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) answers (a) and (b) only

Question 128 A student's clothing is on fire after trying to light a Bunsen burner. Tell them to...

- (a) run to the sink.
- (b) stop, drop and roll.
- (c) remove all clothing as quickly as possible.
- (d) stand still while you get the fire extinguisher.

Question 129 Boiling water is accidentally spilt over the front of a child. You should immediately...

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



Head, Neck and Spinal Injuries

Question 130 Possible symptoms of a head injury needing urgent medical advice include...
(choose all that apply)

- (a) headache
(b) nausea or vomiting
(c) diarrhoea
(d) blurred vision

Question 131 A child has fallen and has struck their head heavily on the ground. The child is confused, is complaining of a headache and doesn't remember the incident. You should...

- (a) allow the child to sleep or rest till a parent can pick them up.
- (b) rest and reassure, slightly raise the head and shoulders to reduce the pressure within his head, seek medical advice and inform parents of the incident.
- (c) give some medication for the headache and inform parents of the incident.
- (d) tell the child to walk around and it will become better.

Question 132 A young boy loses consciousness after suffering a blow to the head. He is breathing normally. You should...

- (a) lift him to an upright / half-sitting position, call an ambulance, monitor and record vital signs.
- (b) carry him to a bed, send for an ambulance and call his parents.
- (c) place him in the HAINES recovery position, call an ambulance, monitor vital signs and arrange for parents to be notified.

Question 133 If you suspect a child has a skull fracture, you should give them aspirin to reduce their headache pain.

- (a) True (b) False

Question 134 You see a ten year old boy slip and fall from a high ladder. You suspect he may have neck/spinal injury because... (choose all that apply)

- (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 135 For a conscious, suspected spinal injured child, you should...
(choose all that apply)

- (a) avoid moving them (wait for professional paramedics).
- (b) give reassurance and tell 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.

Fracture Management

Question 136 What is the simplest type of fracture?

- (a) complicated fracture
- (b) open fracture
- (c) closed fracture
- (d) dislocation

Question 137 An open fracture can be recognised when... (choose all that apply)

- (a) the bone has fractured, but there is no obvious 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 138 The key to managing any fracture is...

- (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 139 The steps for First Aid management of a fracture include to...
(choose all that apply)

- (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



Extremes of Temperature

Question 140 Which of the following shows the stages of hyperthermia in order of escalation from least serious to most serious/life-threatening?

- (a) heat cramps; heat exhaustion; heat stroke
(b) heat stroke; heat cramps; heat exhaustion
(c) heat cramps; heat stroke; heat exhaustion

Question 141 A child appears to be suffering from heat exhaustion. How would you treat them? (choose all that apply)

- (a) Move them to a cool/shaded area.
- (b) Apply damp towels to cool them down.
- (c) Give them a cool drink to sip on.
- (d) Seek medical attention if they don't improve or are deteriorating.

Question 142 At the end of a very hot, humid sports day you see a child collapsed on the path. You suspect he has heat stroke because his skin is...

- (a) extremely sweaty
- (b) pale and clammy
- (c) hot and dry

Question 143 What is the first aid management of heat stroke for a conscious casualty?
(choose all that apply)

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

Question 144 The signs and symptoms of a casualty suffering mild hypothermia (exposure to cold) include...

- (a) profuse sweating and restlessness
- (b) vomiting, headache and dizziness
- (c) fits of shivering, slurred speech and lethargy
- (d) silence, collapse, coma (unconsciousness)

Question 145 To treat a conscious casualty suffering from exposure to cold (hypothermia) you should... (choose all that apply)

- (a) gently move them to the nearest warm sheltered position
- (b) gently replace any wet clothes with warm, dry ones and place insulating material under them
- (c) give them a warm, sweetened drink
- (d) place them in a hot bath
- (e) gently warm them using heat packs or body contact

Monitoring Vital Signs / Handover

Question 146 Vital Signs are a measure of a person's... (choose all that apply)

- (a) pulse
- (b) breathing
- (c) conscious state
- (d) skin state

Question 147 The normal resting pulse for a healthy child is...

- (a) 40-60 beats per minute
(b) 80-100 beats per minute
(c) 140-160 beats per minute

Question 148 What is the normal breathing rate per minute for a child 6-12 years?

- (a) 10-15 breaths/min
(b) 25-35 breaths/min
(c) 16-25 breaths/min
(d) 50-60 breaths/min

Question 149 When handing over a person to a healthcare professional, you should tell them...
(choose all that apply)

- (a) the history, including time of the incident and what the casualty was doing.
- (b) any signs you have noticed and symptoms the casualty has conveyed.
- (c) your diagnosis of the casualty's condition.
- (d) what actions you have taken.

Debriefing / Review

- Question 150 What are the benefits of having a professionally-led debriefing session following a First Aid emergency incident? (choose all that apply)
- (a) It provides an opportunity to criticise others.
 - (b) It provides recognition that you and others may be affected by the event.
 - (c) It provides an opportunity to discuss your feelings.
 - (d) It allows consideration of whether or not formal counselling is needed.
- Question 151 What support mechanisms are available to first aiders suffering from the psychological impact of their involvement in a critical incident? (choose all that apply)
- (a) understanding friends and family
 - (b) professional counselling services
 - (c) social media such as Facebook and Twitter
 - (d) telephone crisis support eg Lifeline 13 11 14
- Question 152 In a childcare centre, when children have witnessed a first aid incident requiring ambulance attendance, what actions may be needed? (choose all that apply)
- (a) Tell children 'everything is OK' 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 153 What are the benefits of reviewing a workplace first aid emergency response? (choose all that apply)
- (a) It is a mandatory requirement in workplace health and safety (WHS) legislation.
 - (b) To confirm whether you have the most appropriate first aid kits and equipment.
 - (c) To confirm the effectiveness of the workplace first aid response plan.
 - (d) The first aid code of practice stipulates that a review must occur after every first aid incident.
- Question 154 When conducting a workplace review of a First Aid emergency response, the topics to be discussed should include... (choose all that apply)
- (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 155 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...
- (a) 3 years
 - (b) 5 years
 - (c) 10 years
- Question 156 The Australian Resuscitation Council (ARC) recommends refresher training for CPR should be undertaken ...
- (a) every 3 years
 - (b) every 5 years
 - (c) every 12 months

Course Information

HLTAID012

Provide first aid in an education and care setting

Course Outcome

This unit describes the skills and knowledge required to provide a first aid response to infants, children and adults in line with first aid guidelines determined by the Australian Resuscitation Council (ARC) and other Australian national peak clinical bodies. It applies to a range of workers within an education and care setting who are required to respond to a first aid emergency, including asthma and anaphylactic emergencies. This includes early childhood workers and educators who work with school age children in outside school hours care and vacation programs.

Entry Requirements

There are no prerequisite units or courses. Candidates will need oral communication skills that are sufficient to make an accurate verbal report of a first aid incident to emergency response services and workplace supervisor. It is recommended that participants have literacy and numeracy skills equivalent to Level 2 as described in the Australian Core Skills Framework.

Certification

To qualify for a nationally-recognised Statement of Attainment, students must successfully complete both knowledge and practical skill assessments for this unit.

The Statement of Attainment will be valid for 3 years and the Australian Resuscitation Council recommends refresher training for the CPR component of the course every 12 months.

Knowledge Assessment

The knowledge assessment is completed using the questions in this workbook, together with oral questioning and verbal and written reports associated with demonstrations of the practical skills and scenarios. All questions in the knowledge assessment must be answered correctly. This may mean allowing candidates an opportunity for re-assessment following discussions of where they went wrong.

*In competency-based training, 'competent' means achieving 100%.
Candidates who don't achieve 100% in this workbook must have
other evidence to show that they understand all requirements.*

Skills Assessment

In addition to demonstrating they have the required knowledge for this unit, the candidate must demonstrate the ability to complete the required tasks, in line with regulatory requirements, Australian Resuscitation Council guidelines and workplace procedures.

Facilities and Equipment

Practical training should be conducted using resuscitation manikins (adult, child and infant), training AED, placebo puffer and spacer, training auto-injector (training EpiPen), a workplace first aid kit, different types of wound dressings and bandages, rescue blankets, personal protective equipment (PPE) and other first aid resources, action plans, incident forms and equipment as appropriate.