

Theory Questions
Occupational Skill Set

Assessor Copy

Principles of First Aid & Emergency Priorities

- Question 1 What are the assessment principles of first aid?
- (a) Talk, touch and listen
 - (b) History, signs & symptoms
 - (c) Restore breathing & control bleeding
- Question 2 What are the main benefits of reassuring a conscious casualty?
- (a) To make them feel good
 - (b) To decrease their levels of anxiety, heart rate, slow down any blood loss and slow shock
 - (c) To keep them quiet
 - (d) To give you time to think about correct first aid treatment
- Question 3 You have come across an accident in your workplace. When should the principles of DRS ABCD begin?
- (a) After consulting with your Manager
 - (b) After calling for help
 - (c) Immediately
 - (d) When the ambulance arrives
- Question 4 The 'Chain of Survival' means:
- (a) The four actions required to give a person in cardiac arrest the best chance of survival
 - (b) The ambulance service
 - (c) All of the people involved in an onsite medical emergency
 - (d) The steps taken to move a patient from danger
- Question 5 If a friend is found to be unconscious (not responding), has a clear airway, is breathing normally, with no major blood loss, what should you do for them?
- (a) Place them into a recovery position, monitor airway and breathing and send for help
 - (b) Observe airway and breathing, but don't move them
 - (c) Lay the person on their back and seek help
 - (d) Sit the person up and wait for them to regain consciousness
- Question 6 When calling for emergency help in Australia, what number should you call?
- (a) 911
 - (b) 000
 - (c) 011
 - (d) 1300

- Question 7 When you enter the staffroom you find someone lying facedown on the floor. You should immediately:
- (a) Check for a response from the casualty
 - (b) Start CPR
 - (c) Assess the situation for danger
 - (d) Assess the casualty for injuries
- Question 8 First Aiders should always ensure the casualty feels cared for and respected.
- (a) True
 - (b) False
- Question 9 To check a person's conscious state, you can measure four levels of consciousness by observing if they respond to:
- (a) whispering, talking, shouting, pain
 - (b) voice, tapping, pinching, pain
 - (c) voice, touch, pain, nothing
 - (d) touch, moderate pain, severe pain, nothing
- Question 10 You come across an unconscious colleague. How should you check that they are breathing normally?
- (a) you only need to feel their chest
 - (b) you put your hand over their mouth and feel for air
 - (c) you look into their mouth, and feel their chest
 - (d) you look for chest movement, listen for breath and feel for movement of chest
- Question 11 Following a Primary Survey, you conduct a Secondary Survey, which is:
- (a) a systematic 'nose to toes' check to identify any injuries and questioning of the casualty (if conscious)
 - (b) a systematic check of your surroundings to identify any further dangers
 - (c) a survey of bystanders to gain information on what happened
 - (d) a check of the casualty's contact details
- Question 12 A team member has come to you feeling unwell. In order to properly gain an accurate history you should ask a number of questions. Which of these questions will help to assess their condition? (Choose all that apply)
- (a) What have you just been doing?
 - (b) Do you have any allergies?
 - (c) Where is the pain, what does it feel like?
 - (d) Are you on any medications?
 - (e) When did you last eat and drink?

Legal Issues & Medications

- Question 13 While walking down the street you come across a badly injured man. As a trained First Aider, are you legally obliged to treat him?
(a) Yes (b) No
- Question 14 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 15 Confidentiality in first aid means:
(a) you have confidence in the way that other people do their first aid.
(b) the details of an incident are only given to those people who need to know.
(c) the details of an incident are only given to those people who ask about it.
(d) you tell no-one as it would be a breach of confidentiality
- Question 16 What is the term used for a legal obligation owed by one person to another with regard to responsibility for their welfare?
(a) Ethics (b) Negligence
(c) Litigation (d) Duty of Care
- Question 17 You are the designated first aider in your workplace. A colleague who seems to get sick a lot comes to you again complaining that his chest hurts. You think he looks fine and tell him to get back to work. Are your actions a breach in Duty of Care?
(a) Yes (b) No
- Question 18 Which of the following conditions could lead to a charge of negligence?
(a) First aiders are always protected under Australian law. They would never be considered negligent.
(b) The first aider owed a 'duty of care' to the injured person but failed to act, the standard of care needed was breached (went beyond training levels) and the patient was further injured as a result of this breach.
(c) The first aider causes further injury to the patient.
(d) When there is no 'duty of care' and the first aider does not provide first aid help.
- Question 19 You have recently participated in a CPR course but have no other first aid training. You come across someone who appears to have broken their arm. You are *unsure* of what to do. You should ...
(a) make sure that they are standing still, then run to find someone to help
(b) know your limitations and call 000 for assistance
(c) apologise to the person and walk away
(d) attempt to re-align the broken bones

- Question 20 In your workplace carpark, you come across a conscious man who is badly injured. Before you start providing first aid, you should first ...
- (a) Obtain consent from the man
 - (b) Ask him why he is in your parking lot
 - (c) Check the person's ID and call the police
- Question 21 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 22 In your workplace you care for elderly people. When providing first aid, which of the following should be taken into consideration for this age group? (Choose all answers that apply)
- (a) That they may have difficulty moving
 - (b) That they have thinner and more delicate skin
 - (c) They may have difficulty hearing you
 - (d) You may need to provide extra support when moving or changing their position
- Question 23 Any person specifically trained in Administration of Medications may assist workplace colleagues with their (S3 or S4) prescribed and dispensed medications.
- (a) True
 - (b) False
- Question 24 A colleague has come to you and asked for some paracetamol as they can feel a headache coming on. They assure you that they won't take the tablets until the headache gets worse. Are you allowed to give out tablets such as paracetamol to colleagues, for later use?
- (a) Yes
 - (b) No
- Question 25 First Aiders that are trained in medication administration need to conduct a number of checks to minimise risks. What are the five checks that must be made when administering medications?
- (a) Right Patient, Right Drug, Right Temperature, Right Method, Right Mode.
 - (b) Right Drug, Right Storage, Right Temperature, Right Dose, Right Documentation.
 - (c) Right Patient, Right Drug, Right Dose, Right Time, Right Method.
 - (d) Right Drug, Right Dose, Right Time, Right Method, Right Permissions.

Airway Management, CPR & AED

- Question 26 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 27 What 3 actions would you use to determine if a casualty is breathing normally?
- (a) Talk, touch & shout
 - (b) Look, listen & feel
 - (c) Shake, shout, feel
- Question 28 What is the normal breathing rate per minute for an adult?
- (a) 10-12 breaths/min
 - (b) 25-30 breaths/min
 - (c) 16-20 breaths/min
 - (d) 50-60 breaths/min
- Question 29 For infants or small children, you keep their head in a neutral/horizontal position when opening their airway.
- (a) True
 - (b) False
- Question 30 A work colleague chokes on a piece of biscuit. He is coughing and looking distressed. You should ...
- (a) hit him in the middle of the back with the flat of your hand.
 - (b) offer reassurance and encourage him to keep coughing.
 - (c) place him in the recovery position to clear his airway.
 - (d) give him a glass of water to wash it down.
- Question 31 While eating in the staff lunch room a colleague suddenly grips their throat and is unable to breathe. First, you should immediately ...
- (a) arrange for an ambulance to be called and give up to 5 back slaps
 - (b) place them in the lateral position to clear their airway
 - (c) encourage them to cough
 - (d) give them a glass of water to wash it down.
- Question 32 Before suctioning the airway of an unconscious casualty, they should be placed ...
- (a) in the Recovery position
 - (b) on their backs
 - (c) on their stomachs
 - (d) left in whatever position they have fallen into

- Question 33 Oropharyngeal Airway (OPA) benefits an unconscious, non-breathing casualty by ...
(Choose all answers that apply)
- (a) Keeping the vomit from re-entering the mouth
 - (b) Keeping their false teeth in place
 - (c) Keeping their tongue from obstructing their airway
- Question 34 What must be done prior to inserting an oropharyngeal airway adjunct?
- (a) Measure the oropharyngeal airway adjunct from the casualty's jaw line to the corner of their mouth
 - (b) Measure the oropharyngeal airway adjunct from one side of the casualty's mouth to the other side of their mouth
- Question 35 It doesn't really matter what size OPA that you use, as long as it is placed into the mouth correctly.
- (a) True
 - (b) False
- Question 36 When should you not use an OPA? (Choose all answers that apply)
- (a) When someone is semi-conscious
 - (b) When they still have the gag reflex
 - (c) When the person is able to swallow and breathe on their own
 - (d) When someone is deeply unconscious
- Question 37 Where should the rescuer place their hands for compression for an adult or child over 8 years?
- (a) Centre of the chest
 - (b) Centre of the stomach
 - (c) Between the collar bones
- Question 38 When should you begin CPR?
- (a) When someone is feeling unwell
 - (b) When someone has fainted
 - (c) When someone is unconscious and not breathing normally
 - (d) When someone is conscious but not breathing normally
- Question 39 If an unconscious person remains on their back, what is the most likely cause of an airway obstruction?
- (a) Lung
 - (b) Hair
 - (c) Tongue
 - (d) Teeth
- Question 40 You have started CPR and you notice that the casualty is regurgitating (vomiting) food from their mouth. You must ..
- (a) continue CPR; the food won't harm them
 - (b) roll them onto their side and clear their airway
 - (c) roll them onto their side and press on their stomach to get the food out

- Question 41 When should you stop doing CPR? (Choose all answers that apply)
- (a) When you are too exhausted to continue
 - (b) When your friend tells you to stop
 - (c) When professional medical assistance is ready to take over
 - (d) When a doctor pronounces life extinct
 - (e) When the casualty recovers and normal breathing returns
- Question 42 An Automated External Defibrillator (AED) should be turned on and connected to an unconscious, non-breathing casualty ...
- (a) as soon as the paramedic tells you that it is ok to use it
 - (b) as soon as the paramedic arrives
 - (c) as soon as they get to hospital
 - (d) as soon as possible
- Question 43 An AED is used to ...
- (a) check the blood oxygen levels
 - (b) stop an irregular beating heart, and restart it back to a healthy rhythm
 - (c) check the pulse and blood pressure
 - (d) check for normal heartbeat only
- Question 44 In order for the AED to work effectively, you should .. (Choose all answers that apply)
- (a) place the pads anywhere on the person's body
 - (b) place the pads as per the manufacturer's instructions
 - (c) place the pads on the skin and as shown on the pad pictures
 - (d) place the pads over thin clothing
- Question 45 A person has been rescued from drowning. They are not breathing. The first thing to do is ...
- (a) lay the person on their chest
 - (b) lay the person on their back
 - (c) place them into the recovery position
 - (d) immediately defibrillate the person

Oxygen use & advanced resuscitation

- Question 46 All First Aiders trained in CPR are legally allowed to administer oxygen.
(a) True (b) False
- Question 47 What are benefits of using a soft bag-valve-mask (without an oxygen cylinder)?
(Choose all answers that apply)
(a) You can provide 21% oxygen to the casualty
(b) You do not need a CPR face shield
(c) You reduce the risk of over-ventilation
(d) You don't need to tilt the head of the casualty, which saves time
- Question 48 When using the bag-valve-mask, you only need to squeeze the bag sufficiently to see the casualty's chest gently rise and fall.
(a) True (b) False
- Question 49 Oxygen saturation levels must be measured using ...
(a) The colour of the skin as a sign of improvement
(b) A Pulse Oximeter
(c) The casualty's conscious state as an indicator
- Question 50 What are the main benefits of administering oxygen therapy to a casualty?
(Choose all answers that apply)
(a) It reduces respiratory rate
(b) It increases blood oxygen levels in the body
(c) It eases respiratory effort
(d) It will cure the casualty
- Question 51 You have started administering oxygen therapy to a colleague who has suffered multiple injuries, is in considerable pain and the Pulse Oximeter is showing low blood oxygen levels. You now need to ... (Choose all answers that apply)
(a) Reassure your colleague and explain what you are doing
(b) Closely monitor his vital signs
(c) Contact emergency services
(d) Record vital signs every 10 minutes
- Question 52 You have started CPR on a casualty and are using a bag-valve resuscitator. What precautions need to be taken into consideration? (Choose all answers that apply)
(a) That there is adequate head tilt
(b) That you don't over ventilate
(c) Ensure adequate mask seal on the casualty's face
(d) Ensure oxygen tubing is correctly connected

- Question 53 Which of the following items of oxygen equipment should be used for oxygen resuscitation?
- (a) A nasal cannula
 - (b) A Hudson Mask
 - (c) A Bag-valve-mask
- Question 54 When administering oxygen for resuscitation with a Soft Bag-Mask and Reservoir, what should the flow meter be set to?
- (a) 10-15 litres/min
 - (b) 5-8 litres/min
 - (c) 16-20 litres/min
- Question 55 What colour are Medical Oxygen cylinders?
- (a) White body
 - (b) Black body
 - (c) Red body
- Question 56 Maintenance of the oxygen equipment should include ...
- (a) regularly checking for faults, signs of damage to parts and replacing
 - (b) cleaning equipment after each use
 - (c) replacing cylinders if less than half full
 - (d) all of the above
- Question 57 What are some of the standard safety precautions for oxygen equipment?
(Choose all answers that apply)
- (a) Never store full and empty cylinders together.
 - (b) The safety pressure test date stamped on the cylinder must not exceed 15 years.
 - (c) The safety pressure test date stamped on the cylinder must not exceed 10 years.
 - (d) Always ensure ends of full cylinders are covered with clear plastic covers.
 - (e) Never smoke near oxygen equipment.
- Question 58 An emergency incident can arise at any moment. How can you ensure that your oxygen equipment is ready to go and use at any given moment?
(Choose all answers that apply)
- (a) After each use, check oxygen cylinder contents and replace if less than half full
 - (b) Place the cylinders on a chair near your desk for easy access
 - (c) Quickly replace equipment such as masks and OPAs after use
 - (d) Ensure all oxygen tubing is connected to the resuscitator

- Question 59 It is essential that all oxygen equipment is cleaned according to safe infection control principles and following manufacturer's instructions.
(a) True (b) False
- Question 60 If you hear oxygen leaking when you are using the equipment, you should ...
(Choose all answers that apply)
(a) Turn off the cylinder and check that the pin-index is lined up correctly
(b) Check that the 'O' Ring is in place
(c) Check all tubing connections
(d) Check that you have a good seal around the mouth and nose
(e) Stop all CPR till the problem is rectified
- Question 61 The safest way to identify faults and minimise problems with the oxygen equipment is to conduct annual checks of the equipment.
(a) True (b) False

General Medical Conditions

- Question 62 What are the 2 most important indicators of a heart attack?
(Choose all answers that apply)
- (a) Nausea
 - (b) Vomiting
 - (c) Sweating
 - (d) Pain
- Question 63 If a person with a history of angina is suffering chest pain and they have taken their normal maximum dosage of their medication, what should you do?
- (a) Give them more medication
 - (b) Rest the person, call an ambulance and monitor ABCs
 - (c) Phone the local doctor
 - (d) Rest the person & give the medication more time to work
- Question 64 You can recognise a stroke by using the F.A.S.T. system. This stands for ...
- (a) Facial weakness, Arm weakness, Speech difficulty, Temperature elevated
 - (b) Facial weakness, Arm weakness, Speech difficulty, Time to act fast
 - (c) Frequent headaches, Arm weakness, Sight impaired, Temperature elevated
 - (d) Frequent headaches, Airway difficulties, Speech difficulties, Time to act fast
- Question 65 Which of the following are relevant to first aid management for a stroke?
(Choose all answers that apply)
- (a) Reassure and assist them to lie flat.
 - (b) Reassure and assist them to rest in a half sitting position.
 - (c) Administer oxygen therapy if you are trained and a Hudson Mask and other oxygen therapy equipment is available, and monitor oxygen saturation
 - (d) Call 000 for an ambulance.
- Question 66 While setting up for a meeting, a colleague suddenly cries out and collapses to the floor. She appears to be having a seizure. First of all, you should...
- (a) restrict her movements by holding her down.
 - (b) ask others to help you pick her up and carry her to the sick bay.
 - (c) Leave her be, but protect her from injury and call 000.
 - (d) splash some water to wake her up.
- Question 67 You are called to assist a colleague who suddenly experiences dizziness, a heavy vague sensation in the chest, spreading down both arms & difficulty breathing. The colleague looks very pale and sweaty. He is usually fit & healthy. Which of the following would you do?
- (a) Get them to place their head between their knees
 - (b) Reassure, monitor ABCs and call 000 for an ambulance
 - (c) Monitor ABCs and wait 20 minutes to see if the problem gets better or worse

- Question 68 An infant 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. Seek medical assistance.
 - (d) splash some water over the child to wake her up.
- Question 69 A colleague has been doing manual labour all day. He is known to have diabetes. You find them sitting on the ground looking confused and is talking to himself. You need to ...
- (a) Give a sugar drink or sweet food, monitor and seek medical advice if he doesn't improve
 - (b) Place him on his back and call an ambulance
 - (c) Place into recovery position, follow BLS flow chart and call an ambulance
- Question 70 What is the first aid management for any person suffering from a diabetic episode and is unconscious but breathing?
- (a) Give a sugar drink or sweet food and call an ambulance
 - (b) Place into recovery position, follow BLS flow chart and call an ambulance
 - (c) Place into recovery position and call an ambulance
- Question 71 In the event of an emergency childbirth, you should attempt to delay/restrain the delivery until emergency services arrives.
- (a) True
 - (b) False

Asthma & Anaphylaxis

- Question 72 What colour Asthma medication should be used in Asthma emergencies?
- (a) **blue/grey**
 - (b) red
 - (c) green
 - (d) orange
- Question 73 Which of the following are signs and symptoms of Mild-Moderate Asthma?
- (a) Wet or dry cough, wheeze
 - (b) Shortness of breath, chest tightness
 - (c) Starting to have difficulty in speaking
 - (d) **All the above**
- Question 74 How do you position a person suffering from an Asthma episode?
- (a) Lying flat
 - (b) **Sitting upright**
 - (c) Standing upright
 - (d) Recovery position
- Question 75 What is the usual procedure for managing Asthma using a reliever medication & spacer?
- (a) 2 Puffs – 2 Breaths per Puff – Wait 2 mins (repeat if no improvement)
 - (b) 4 Puffs – 2 Breaths – Wait 4 mins (repeat if no improvement)
 - (c) **4 Puffs – 4 Breaths per Puff – Wait 4 mins (repeat if no improvement)**
 - (d) 2 Breaths – 4 Puffs – Wait 4 mins (repeat if no improvement)
- Question 76 A person has suffered a severe asthma episode and is not responding to their medication. You should ...
- (a) **Continue administering their reliever medication, call or send for medical assistance.**
 - (b) Stop administering medication but call or send for medical assistance.
 - (c) Call ambulance and begin CPR.
 - (d) Continue to monitor the person, but stop administering the reliver medication
- Question 77 Anaphylaxis is:
- (a) food intolerance
 - (b) mild allergic reaction
 - (c) moderate allergic reaction
 - (d) **severe and potentially life-threatening allergic reaction**

- Question 78 Signs and symptoms of a severe allergic reaction (anaphylaxis) include:
- (a) swelling of tongue
 - (b) difficulty breathing
 - (c) wheeze, cough, difficulty talking
 - (d) dizziness or collapse
 - (e) all of the above
- Question 79 Where is the best place to inject the casualty with the EpiPen or Anapen?
- (a) forearm
 - (b) abdomen
 - (c) calf muscle
 - (d) thigh
- Question 80 A man is having an anaphylactic reaction. According to their ASCIA Action Plan, what is the **FIRST** management step to be taken?
- (a) call 000
 - (b) lay the man flat
 - (c) give a drink of water
 - (d) give EpiPen immediately
- Question 81 An Anaphylactic reaction should always be treated as ..
- (a) A life-threatening medical emergency
 - (b) A Mild-Moderate reaction
 - (c) As part of the student's medical condition that doesn't require any action
 - (d) All of the above
- Question 82 A person trained in anaphylaxis management can improve organisational procedures by ... (choose all that apply)
- (a) Conducting a Risk Assessment for the workplace
 - (b) Writing and signing personal ASCIA Anaphylaxis Action Plans for known sufferers
 - (c) Helping to plan emergency first aid responses for anaphylaxis incidents
 - (d) Ensuring there are plenty of AEDs in the workplace

Infection Control & Needlestick Injuries

- Question 83 If possible, what safe work procedure should you take before treating a bleeding casualty?
- (a) Wash the casualty
 - (b) Wear disposable gloves
 - (c) Rub hands with disinfectant
 - (d) Spray the injured area on the casualty with disinfectant
- Question 84 What are some of the signs of wound infection?
(Choose all that apply)
- (a) Redness, hot to touch
 - (b) Oozing, pus or blood-stained discharge
 - (c) Abnormal smell coming from the wound
 - (d) Change in general health, such as fever, headaches, nausea or increased breathing/heart rate.
- Question 85 Used swabs and dressings should be sealed in a plastic bag prior to disposal.
- (a) True
 - (b) False
- Question 86 You have been splashed with bodily fluids and blood while applying first aid treatment to a casualty. What should you do?
- (a) Wash the area with soap and water as soon as practical
 - (b) Only wash in undiluted disinfectant
 - (c) Don't worry about it
 - (d) Wash the area with antiseptic
- Question 87 What actions should you take following a needlestick injury?
(Choose all that apply)
- (a) Squeeze the injury to make it bleed
 - (b) Flush the area with water, (warm water and soap if available)
 - (c) Pat dry and cover with waterproof dressing
 - (d) Ensure any sharps are disposed of safely

Bleeding, Penetrating Injuries & Shock

- Question 88 A co-worker 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) Artery
 - (c) Capillary
- Question 89 A sharp object has penetrated a person'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 90 What is the best method for dealing with an amputated part?
- (a) Pack amputated part in ice
 - (b) Seal amputated part in a plastic bag & place on top of thin material and ice
 - (c) Seal amputated part in a plastic bag & float the bag in chilled water
- Question 91 Following an accident, you notice your colleague she looks paler, has sweaty skin and says she feels like vomiting. You should ..
- (a) Lie her down, elevate their legs and maintain their body temperature
 - (b) Not give any food or drink, even if they say they're thirsty
 - (c) Seek medical assistance
 - (d) All of the above
- Question 92 It is important to remove penetrating objects from the eyes as quickly as possible.
- (a) True
 - (b) False
- Question 93 A work colleague says that she has a severe earache and begins bleeding from the ear. To manage her condition, you would ... (choose all answers that apply)
- (a) Assist her into a position of most comfort, with her injured ear tilted towards the ceiling to stop the blood from coming out
 - (b) Assist her into a position of most comfort, with her injured ear tilted towards the ground
 - (c) Lightly cover the affected ear with a sterile dressing, not plugging the ear
 - (d) Seek urgent medical assistance

- Question 94 As you and your team walk along a creek bed, your friend slips and falls heavily onto some rocks causing severe abdominal pain. The management for a casualty with this injury is ... (Choose all answers that apply)
- (a) Get casualty to walk about to ease pain
 - (b) Give casualty a warm drink to help in the shock process
 - (c) Give casualty nothing to eat or drink
 - (d) Lie them on their back with knees raised and arrange medical assistance
- Question 95 A colleague has cut his hand on a blade and his hand is bleeding heavily. You should ..
- (a) Remove the danger, apply direct pressure with a pad, bandage, elevate, rest them and seek medical assistance
 - (b) Apply a constrictive bandage/tourniquet and then get them to rest
 - (c) Wash the wound, elevate then apply a constrictive bandage and call 000
- Question 96 A colleague was running on a gravel surface and fell over, scraping his knee which is now bleeding. What is the correct procedure for dealing with this kind of injury?
- (a) Clean the wound using swabs, water or antiseptic solution, cover with a non adhesive covering
 - (b) Clean the wound with antiseptic and leave to dry naturally
 - (c) Just cover the wound, no need to clean
 - (d) No need for any action as minor wounds are fine to be left alone

Crush, Soft Tissue Injuries & Fractures

- Question 97 You are called to attend to a colleague, lying with legs pinned under an overturned forklift. You don't know how long they have been under the forklift. You should call emergency services immediately and follow their advice as what to do next.
- (a) True (b) False
- Question 98 When in doubt about a soft tissue injury, you should treat it as a ...
- (a) Sprain
(b) Strain
(c) Fracture
(d) Dislocation
- Question 99 In the treatment of a 'soft tissue' injury, what does R.I.C.E.R. stand for?
- (a) Rest, Ice, Communicate & Elevation, Run
(b) Rest, Immobilise, Communicate & Elevate, Rest
(c) Rest, Immobilise, Compression & Elevation, Restrain
(d) Rest, Ice, Compression & Elevation, Refer
- Question 100 What is the best way to manage a dislocation?
- (a) Immediately relocate the dislocation and apply an ice pack to the joint.
(b) Relocate the dislocation and seek medical assistance.
(c) Use RICER principles, immobilise the limb in the position of most comfort and seek medical assistance.
(d) Apply a compression bandage, then carefully relocate the dislocation.
- Question 101 When immobilising fractures, you should first aim to ...
- (a) immobilise above and below the fracture
(b) immobilise the joints above and below the fracture
(c) check the circulation in the limb

Head, Neck & Spinal Injuries

- Question 102 A colleague falls 2 metres off a ladder and is now lying unconscious but breathing. What would your first aid management be?
- (a) Lift them to an upright / half-sitting position, offer reassurance, call an ambulance, monitor and record vital signs.
 - (b) Carry them to a bed, send for an ambulance and call their parents.
 - (c) Lay them in the HAINES recovery position, call an ambulance & monitor vital signs.
 - (d) Leave them in the position they fell into, and then call an ambulance.
- Question 103 A colleague suffers a blow to the head causing him to lose consciousness for a few seconds. He is confused about what happened to him. You should IMMEDIATELY:
- (a) rest and reassure, slightly raise the head and shoulders to reduce the pressure within his head. Seek medical advice
 - (b) ask him to sit upright and if he is ok in 10 minutes he can go back to work
 - (c) elevate his head and shoulders and give medication to reduce the headache
- Question 104 A colleague was changing a light bulb by standing on her chair. She slips and falls onto her back. What is the **most** important indicator of a possible spinal injury?
- (a) Inability to move
 - (b) Numbness and/or tingling of an area
 - (c) History of the event/incident
 - (d) Partial paralysis
- Question 105 What are some possible symptoms of a head injury needing urgent medical advice? (Choose all answers that apply)
- (a) Slurred speech
 - (b) Nausea / vomiting
 - (c) Loss of consciousness
 - (d) Blurred vision

Burns

- Question 106 What is the duration of irrigation when applying first aid treatment for chemical burns to the eyes?
- (a) 5 minutes
 - (b) 10 minutes
 - (c) 30 minutes
- Question 107 A saucepan full of boiling water is accidentally knocked and spills over the front of a colleague. The boiling water splashed him on his neck and chest. You should ...
- (a) remove the casualty's clothes and apply aloe vera to the burn.
 - (b) apply cold running water for up to 20 minutes, and then if possible carefully remove the clothing, lightly cover the area with a clean non-stick dressing, monitor and seek urgent medical aid.
 - (c) apply cold running water for up to 40 minutes and quickly remove the clothing, cover with a crepe bandage and call 000.
 - (d) apply ice directly to the burn area and then let him go home to rest
- Question 108 Your colleague is using an electrical drill when they scream out. They are conscious and tell you that they got an electrical shock. You notice a small burn on their right hand. You should ... (Choose all answers that apply)
- (a) make the area safe by turning off the power source
 - (b) manage the burn on his hand with water if safe to do so
 - (c) seek medical advice as there may be internal burns
 - (d) you only need to manage the small burn on his hand and no further action is required as he is now fully conscious
- Question 109 Your colleague was lowering down some heavy materials using a rope when the rope slips in his hand causing a friction burn. How do you treat this type of injury?
- (a) Treat as a burn with cold running water only
 - (b) Treat as a skin wound

Extremes of Temperature

Question 110 You have been working outside for 10 hours, when you notice that your friend, who hasn't been drinking, falls to the ground, is very hot to touch and has stopped sweating. They are still conscious. What should you do?

- (a) Lay your friend down, give cold water, remove clothing and seek medical aid.
- (b) Move your friend to nearest cool/shaded location, remove all unnecessary clothing and lay them down with head and shoulders slightly raised. Spray with cold water, cover with a wet sheet, give frequent sips of water and seek urgent medical aid.
- (c) Lay your friend down, cool with water, give an alcoholic drink and seek medical aid.
- (d) Move your friend to nearest cool/shaded position, sit upright, remove clothing and give frequent small sips of water and seek urgent medical aid.

Question 111 You and your team have been working in the snow all day. One of your team members, who is not dressed sufficiently and his clothes are wet, starts shivering violently and is now mumbling to himself. He could be suffering from exposure to cold (hypothermia). You should ...

- (a) Place them in a hot bath
- (b) Make them exercise vigorously to warm up
- (c) Replace any wet clothes with warm, dry ones, place insulating material around them, seek shelter and seek medical attention
- (d) Give them a drink of brandy

Question 112 What are some of the signs and symptoms of frostbite? (Choose all that apply)

- (a) the casualty complains of numbness to the area
- (b) the skin appears pink and blistered
- (c) the skin appears wax-white or mottled blue
- (d) the skin feels hard

Question 113 How would you assist someone who is suffering from dehydration and is obviously hot and very distressed? (Choose all answers 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) Get them to take a cold bath / have a swim as soon as possible

Venomous Bites and Stings

- Question 114 While working in long grass, a colleague is bitten on the lower leg by a snake. You should immediately ...
- (a) give reassurance and apply a tourniquet above the bite, then apply a broad, firm crepe bandage over the bite and over as much of the limb as possible and call 000.
 - (b) search for the snake and kill it for positive identification. Then call 000
 - (c) rest the casualty and give reassurance, apply a broad crepe bandage over the bite site and mark it and then bandage below the bite and over as much of the limb as possible and splint / immobilise and seek urgent medical assistance.
 - (d) wash away any venom, then cut the bitten area to assist drainage of the venom from the blood stream. Then apply a firm crepe bandage and immobilise.
- Question 115 You are working in a warehouse and get bitten by a red back spider. You are in a lot of pain, what should you do for this type of bite?
- (a) Apply a cold compress to area, immobilise the limb and seek medical assistance
 - (b) Call 000 but don't use anything cold on the area as it will increase the pain
 - (c) Apply vinegar and call 000
- Question 116 Your colleague is stung on their leg by a bee. They are not allergic to the sting but it is hurting them. You should immediately pull the barb out of their leg.
- (a) True
 - (b) False

Substance Misuse and Poisons

- Question 117 A person has taken an unknown substance, they are angry and yelling at you. How should you behave in this situation?
- (a) Yell back then run away
 - (b) Get ready for a fight
 - (c) Turn your back on them till they calm down
 - (d) Display non-judgemental respectful behaviour towards them, and keep yourself safe
- Question 118 You suspect your friend has used illicit drugs. He is becoming confused and angry. It is most important to keep him safe and not allow him to drink any liquid in case he needs to go to hospital.
- (a) True
 - (b) False
- Question 119 What is the first aid management for a conscious patient who has swallowed a poisonous substance?
- (a) Do not induce vomiting, call the National Poisons Information Centre and follow their advice
 - (b) Make the person vomit and call an ambulance
 - (c) Give soapy water to drink and call the National Poisons information Centre

Vital Signs / Handover

- Question 120 Vital signs' are a measure of a patient's ... (Choose all answers that apply)
- (a) Pulse
 - (b) Oxygen Saturation
 - (c) Breathing
 - (d) Conscious state
 - (e) Skin state
 - (f) Temperature
- Question 121 The normal resting pulse rate for an adult is ...
- (a) 30-50 beats per minute
 - (b) 60-80 beats per minute
 - (c) 70-90 beats per minute
 - (d) 80-100 beats per minute
- Question 122 Normal body temperature is in the range ...
- (a) 34-35°C
 - (b) 36.5-37.5°C
 - (c) 38.5-39.5°C
 - (d) 39-40°C
- Question 123 You have been monitoring the vital signs of a casualty who has chest pain. You notice that their breathing rate is increasing and they are sweating profusely. Could these changes indicate a deterioration of the casualty's condition?
- (a) Yes
 - (b) No
- Question 124 As the first aider, it is your responsibility to treat the things you can control, monitor and record the patient's vital signs and relay your findings to emergency services. It is also the first aider's responsibility to offer a diagnosis of the patient's overall condition.
- (a) True
 - (b) False
- Question 125 When handing over a casualty to a healthcare professional, you should tell them ... (Choose all answers 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) any medications the casualty is on and allergies they have
 - (d) what actions you have taken

Reporting & Debriefing

- Question 126 After filling out an Incident Report Form following a major accident at work, it is important that you ...
(Choose all answers that apply)
- (a) Photocopy and distribute the report to all staff members at work
 - (b) Maintain confidentiality of records and information in line with statutory & your workplace policies and notify Work Safe or other appropriate authorities
 - (c) Participate in debriefing to discuss the incident, how you are feeling and evaluate relevant policies and training
- Question 127 Which of the below workplace accidents would be deemed to be dangerous/serious and as such must be reported to the relevant State WorkCover / WHS authority?
(Choose all answers that apply)
- (a) All incidents, minor and major
 - (b) All incidents that require immediate medical treatment
 - (c) All electrical shocks
 - (d) Serious lacerations (cuts)
- Question 128 What are the benefits of a debriefing evaluation and discussion session after an emergency incident, held with your Emergency Response team, and if appropriate, with clinical experts? (Choose all answers that apply)
- (a) Provides an opportunity to criticize others
 - (b) A potentially valuable exercise to improve future emergency response, performances and systems & first aid management.
 - (c) Recognise that you and others may be affected by the event.
 - (d) Improve Team Work
- Question 129 CPR training should be undertaken ...
- (a) every 3 years
 - (b) every 5 years
 - (c) every year
- Question 130 First Aiders should undertake training to update their skills and knowledge, at least once ...
- (a) every 3 years
 - (b) every 5 years
 - (c) every 10 years
- Question 131 What support mechanisms are available to first aiders suffering from the psychological impact of their involvement in a critical incident at work?
(Choose all answers that apply)
- (a) Professional Counselling services
 - (b) Telephone crisis support: Lifeline 13 11 14
 - (c) Social Media sites

Planning & Safe Work Practices

- Question 132 When determining the first aid requirements for your workplace, it is important that you consider ...
- (a) The size and layout of the workplace
 - (b) The number of employees
 - (c) The nature of the risks and hazards
 - (d) All of the above
- Question 133 According to Regulation 43 of the WHS Regulations, only businesses with over 100 employees need to prepare a workplace emergency plan.
- (a) True
 - (b) False
- Question 134 You have just treated a colleague who cut his hand on some equipment. Your colleague has been sent to the hospital for stitches. You now need to ... (Choose all answers that apply)
- (a) Ensure the site of the incident is not disturbed until an inspector directs otherwise.
 - (b) Safely dispose of any waste and bloodied materials
 - (c) Fill out an incident report form
 - (d) Log what resources you have used
 - (e) Ensure your state WorkCover authority has been notified.
- Question 135 Which of the following are the steps to deal with a dangerous substance emergency?
- (a) Raise the alarm, secure the area, approach with care, identify the products involved, assess the situation, respond appropriately
 - (b) Raise the alarm, remove all personnel, call 000 and wait close to the building
- Question 136 PPE is only required in an emergency situation where there is a hazardous substance leakage.
- (a) True
 - (b) False
- Question 137 What needs to be taken into consideration when moving or lifting equipment or casualties? (Choose all answers that apply)
- (a) Understand your own limitations and strength.
 - (b) Don't bend or twist your back when lifting
 - (c) Be careful not to twist or bend a casualty's neck and back.
 - (d) If you must move a casualty, plan what you are going to do and explain to the casualty what you are going to do.

Workplace Emergencies

- Question 138 Which of the following actions is the **most urgent** when dealing with an accident in a workplace?
- (a) Go and get the boss before anything else is done.
 - (b) Assess what is required, have the right equipment and follow emergency and workplace procedures.
 - (c) Carry the first aid kit, AED and the oxygen to the site.
 - (d) Call an ambulance for any accidents.
- Question 139 In an emergency situation, it is more important that whoever is first at the scene takes charge and coordinates and directs other colleagues than to follow the Emergency Response policies.
- (a) True
 - (b) False
- Question 140 Triage categories of casualties are ... (Choose all answers that apply)
- (a) Deceased
 - (b) Minor
 - (c) Urgent
 - (d) Critical
 - (e) Walking Wounded
- Question 141 In a multiple casualty scenario, what is the main purpose of undertaking Triage?
- (a) To begin treatment as soon as you arrive at a scene
 - (b) To select the team members that will treat the critical casualties
 - (c) To categorise, then assist the greatest number of casualties with the best chance of survival
- Question 142 What are the 3 first aid treatments that should be quickly undertaken during Triage?
- (a) Stop major bleeding, immobilise joints above and below fracture sites and elevate extremities (shock).
 - (b) Clear and open the airway, stop major bleeding, elevate extremities (shock).
 - (c) Clear and open the airway, stop major bleeding, treat fractures.