This is a question paper only.
Do not mark this paper. Use the answer sheet provided.

Select the correct answer and circle the corresponding letter on the answer sheet.
Read each question carefully before circling the most correct answer on the answer sheet. Please return this paper to the Assessor at the end of the assessment with your completed answer sheet.

Pass mark
100% – Your assessor will discuss any incorrect answers with you. You will have an opportunity to be verbally reassessed.

Please speak to your assessor if you believe that you may have a learning difficulty that affects your ability to answer these questions.

All questions relate to information contained in the Senior First Aid Training Manual

Multi Choice Questions

1. What telephone number should be used when calling for an ambulance?
   a. 131126
   b. 911
   c. 000
   d. 132500

2. What standard precautions should a first aider use to reduce the risk of infection?
   a. Wear gloves
   b. Wash hands thoroughly with soap
   c. Use a resuscitation mask
   d. All of the above

3. When is it most appropriate to use an Automated External Defibrillator (AED)?
   a. When someone is suffering an asthma attack
   b. When the casualty is not breathing and not responsive
   c. Only when the casualty is in a hospital
   d. When the casualty is complaining of chest pain

4. When using an AED, who is in charge of when to start and stop CPR?
   a. An ambulance officer
   b. The person operating the AED
   c. The person performing CPR
   d. A medical practitioner
5. When performing chest compressions, how deep should you push on the casualty’s chest?
   a. One half of the depth of the casualty’s chest
   b. One third of the depth of the casualty’s chest
   c. As hard as you can until you can hear or feel ribs cracking
   d. One quarter of the depth of the casualty’s chest

6. You are performing CPR on a lady who is heavily pregnant. In what position should she be placed?
   a. On her back with her legs elevated above the level of her heart
   b. On her back with her upper body elevated above the rest of her body
   c. On her back with her right buttock slightly elevated
   d. On her back, in the same position as everyone else (no change to normal)

7. The possible causes of airway obstruction include:
   a. Vomit, blood and saliva
   b. Tongue
   c. Foreign material
   d. All of the above

8. Who can you talk to about the casualty’s condition or personal details?
   a. Anyone
   b. Journalists and reporters
   c. Relevant emergency service or medical personnel, the guardian(s) of a minor, the injured/ill person
   d. Nobody

9. When is it acceptable to stop performing CPR?
   a. When you have no more time to spare
   b. When it is raining
   c. When you are exhausted, the casualty shows signs of life, or someone else takes over
   d. When you break a rib

10. There are a number of ways to manage stress after an incident. Which of the following suggestions would help to minimise the impact of stress:
    a. Exercise, eat well, talk to a peer supporter or counsellor
    b. Go to the pub and drink until you feel better
    c. Keep quiet and do nothing
    d. Take whatever medication you have or can get that may make you feel better
11. When performing CPR, the heart is compressed between:
   a. Sternum and spine
   b. Ribs and diaphragm
   c. Spine and lungs
   d. Ribs and lungs

12. The successful resuscitation of a casualty is dependant on the timely application of the links in the Chain of Survival. What is the correct order?
   a. Early access, Early advanced life support, Early Defib, Early Breaths
   b. Early access, Early CPR, Early Defib, Early Advanced Life Support
   c. Early Breaths, Early CPR, Early Advanced Life support, Early Defib
   d. Early Advanced Life support, Early CPR, Early Access, Early Breaths

13. Identify the hazards in the scene below. Select the best response from the following:

   a. Check for response, remove the ladder, call for help
   b. Ensure bystanders remain clear, isolate/turn off the power, remove the ladder, check for a response.
   c. Remove the tool using a stick or rope, check for response, call for assistance
   d. Assess airway, breathing and signs of life, call for assistance, turn off the power

14. According to ARC guidelines, how often should CPR skills be demonstrated and verified by another competent person? Circle the correct answer
   a. At least every three years
   b. At least every 12 months
   c. At least every three months
   d. At least every two years

Participants completing a Resuscitation Certificate course stop here
15. You have called 000 to request support from the Ambulance service. What information will you need to convey?
   a. What you had to eat or drink for lunch, whether you did something illegal before you called them
   b. Where your patient lives, what the patient did yesterday,
   c. Location, description of the emergency, how many people are ill or injured, the conscious state of the casualties, their signs of life
   d. Where the patient lives, what your name is, what the patient’s name is

16. A conscious man is complaining of chest pain, shortness of breath and his skin appears clammy. What is the correct first aid treatment for this casualty?
   a. Rush the casualty to the nearest hospital
   b. Call 000, rest and reassure the casualty, place them in a position of comfort, assist with any prescribed heart medication they may have and keep the casualty calm
   c. Lay the casualty on their back and call 000
   d. Encourage the casualty to rest until the chest pain stops

17. A friend you know to have severe allergies is stung by a bee. He begins to develop a rash and have trouble breathing. You should:
   a. Administer adrenaline to him, call an ambulance if he can no longer breathe
   b. Assist him to self-administer adrenaline using an auto-injector, call 000 for an ambulance, and commence CPR if required
   c. Perform back blows and chest thrusts to clear his airway, call 000 for an ambulance if this is unsuccessful and commence CPR if required
   d. Apply a cold compress to his throat to reduce swelling and administer adrenaline if he stops breathing

Participants completing a Basic Emergency Care Certificate course stop here

18. A known diabetic becomes confused, disorientated and has cool clammy skin. Someone has called 000 for an ambulance. What is the correct first aid treatment for this casualty?
   a. Place the casualty in a comfortable position, provide reassurance and assist them to sip a sugary drink
   b. Place casualty on their back with their legs raised
   c. Place the casualty in a comfortable position and provide reassurance, but do not assist the casualty to sip a sugary drink
   d. Place the casualty in the lateral position and assist them to sip a sugary drink
19. A factory worker has a small piece of metal imbedded in their eye. What is the correct first aid treatment for this injury?
   a. Remove the metal, cover both eyes avoiding direct pressure on the injured eye, reassure the casualty and call 000
   b. Remove the metal, cover the injured eye avoiding direct pressure on the injured eye, reassure the casualty and call 000
   c. Cover both eyes with a firm bandage, reassure the casualty and call 000
   d. Cover both eyes with a loose bandage, reassure the casualty and call 000

20. A child at a school carnival suddenly collapses after running in a long distance race. The child’s skin is red, hot and dry to touch and is not sweating. You should immediately:
   a. Position the casualty on their back, provide a cool, sweet drink and ring their parent to pick them up
   b. Position the casualty on their back, provide a cool drink and call 000
   c. Call 000, position the casualty in a comfortable position in a shady area, assist casualty to remove excess clothing, apply cool sponges to the casualty’s body and monitor and record the casualty’s vital signs
   d. Call 000, position the casualty in the lateral position in a shady area and return to your assigned duties

21. A person is rescued from icy water and they are uncoordinated, shivering and have pale, cool skin. What is the correct first aid treatment for this?
   a. Place the casualty in a comfortable position, monitor their vital signs, gently warm the body and call 000
   b. Place the casualty in the lateral position, monitor their vital signs, rapidly warm the body and call 000
   c. Place the casualty in a comfortable position, monitor their vital signs, massage the casualty’s limbs and call 000
   d. Place the casualty in the lateral position and call 000

22. A friend has splashed a chemical into their eyes. What first aid management should you do first?
   a. Apply a cold compress to the eyes and call 000
   b. Flush the eyes freely with tap water for at least 20 minutes and call 000
   c. Cover both eyes with a bandage, reassure the casualty and call 000
   d. Place casualty in a comfortable position, reassure casualty and wait for the ambulance to arrive

23. A young child has swallowed a household cleaner. What is the first thing you should do?
   a. Call 000, try and find out how much has been taken and when
   b. Induce vomiting immediately, call 000,
   c. Give the child a drink of milk immediately, call 000,
   d. Walk the child around until the ambulance paramedics arrive
24. A young child has pulled a pot of boiling water over themselves. How would you treat this injury?
   a. Apply burn cream to the burn area and call 000
   b. Cool the burn area with gentle running water for at least 20 minutes and call 000
   c. Apply burn cream and drive the patient to the nearest hospital
   d. Cool the burnt area with water for 20 minutes and then drive to nearest hospital

25. A person collapses in front of you and starts to have a seizure. What is the correct first aid treatment?
   a. Roll the casualty onto their back, hold their tongue with your fingers, dial 000 and monitor vital signs
   b. Roll the casualty into the lateral position, dial 000 and monitor his vital signs until the paramedics arrive
   c. Remove any objects that may cause the casualty any injury, hold their tongue with your fingers, dial 000 and monitor vital signs
   d. Remove any objects that may cause an injury, dial 000, roll casualty into lateral position after seizure and monitor vital signs

26. What are the treatment steps you should take if you suffer a needle stick injury from a used needle?
   a. Say nothing, it's embarrassing and will only cause people to make jokes about you
   b. Apply an ice pack for the pain and cover with a bandaid
   c. Try to find the person who left the needle there so that you can find out if they have any communicable diseases that you should be worried about
   d. Wash thoroughly with warm soapy water, cover with a bandaid and seek medical attention

27. A conscious person suffering from a suspected stroke should be treated by:
   a. Giving aspirin, laying the casualty on their back with their head raised
   b. Laying casualty flat on their back with their feet raised and call 000
   c. Calling 000, place casualty in a comfortable position supporting head and shoulders, loosen tight clothing and rest and reassure
   d. Laying casualty in the lateral position with the head raised and call 000

28. After being hit in the head a person is irritable, uncooperative, suffering short term memory loss and feeling tired. What should you do?
   a. Call 000, place patient in a comfortable position supporting head and shoulders, loosen tight clothing and rest and reassure
   b. Call 000, treat as best possible, think spinal injury, rest and reassure and take vital signs as required.
   c. Nothing much, they are just a whinger
   d. Maintain open airway, ask casualty to support their jaw, sit the casualty and get them to lean forwards, call 000
29. If you suspect that a casualty is suffering the effects of substance abuse/misuse what immediate course of action should you take?
   a. Explain to them the dangers of substance abuse
   b. Treat for poisoning and seek medical attention
   c. Do nothing – they will sober up eventually
   d. Give them a strong cup of coffee

30. What should you do if a casualty suffering from suspected substance abuse becomes violent or aggressive?
   a. Stand in arms reach of the casualty until help arrives.
   b. Tell the casualty about how they shouldn’t be abusing substances
   c. Move away from them, but stay close enough to keep observing them until help arrives
   d. Restrain them by asking bystanders to hold their arms and legs, then continue with treatment

31. If someone has an insect in their ear what is the best first aid management?
   a. Do nothing, it will crawl out eventually
   b. Use ear plugs to trap and suffocate the insect
   c. Use tepid water to flush the ear and then use tweezers to grab and remove the insect
   d. Use tepid water to flush the ear and kill the insect, seek medical advice if it doesn’t come out

32. What is the first aid management for a conscious casualty with an open abdominal wound?
   a. Place casualty on back, knees bent and cover the wound with a moist non-stick dressing
   b. Replace any abdominal contents and use a moist dressing to apply pressure to the wound
   c. Lay the casualty on their back, raise their legs and use a dressing to apply direct pressure to the wound
   d. Give them a drink of iced water to cool the abdominal contents and minimise bleeding cover with a moist, non-stick dressing

33. A woman has been in a farm accident and her legs are crushed under a tractor. Would you remove the crushing force from her legs?
   a. Yes, immediately, if possible and safe to do so
   b. Yes, if it’s safe to do so and is only on her legs
   c. No, never
   d. No, that is the fire departments job
34. In an emergency some injuries/conditions need to be treated before others. Select the condition which has the highest priority for treatment. (i.e. which treatment needs to be done first)
   a. No signs of life
   b. Severe bleeding
   c. Suspected spinal injury
   d. Graze to hands

35. You have just rescued a person from the water, they are coughing and state that they have swallowed water. What would you do to help them?
   a. Nothing, they will be fine they just swallowed a bit of water
   b. Place them in the lateral position until they stop coughing
   c. Place casualty in a comfortable position, call 000
   d. Place patient in a comfortable position and ask them to breath into a bag

36. A person presents with a slight wheeze, difficulty breathing and is unable to speak in full sentences. How would you treat them?
   a. Sit them in an upright position, and give 4 puffs of a reliever puffer and wait 4 minutes, if no improvement call an ambulance
   b. Tell them to sit down and get their breathe back
   c. Get them to lie on their back and raise their legs
   d. Put them in the lateral position and administer back blows

37. What are the four primary objectives of first aid?
   a. Preserve life, protect the unconscious, prevent the condition from worsening, to relieve pain and promote recovery
   b. Promote bleeding at sight of injury, keep patient warm, preserve the scene, position the patient in the lateral position
   c. Put on gloves, call an ambulance, bandage the injury, promote recovery
   d. Call 000, check for dangers, manage bystanders, check patient is breathing

38. Complete the table on the answer sheet by placing ticks in the yes boxes to reflect appropriate treatment for each bite or sting injury.