

Circle the correct Answer. Discuss it with your trainer before marking the answer on the answer sheet. If you require guidance or assistance completing the theory questions, please visit the website to access the online textbook "Fun with First Aid" at <https://www.nationalfirstaid.com.au/nfa-textbook/?page=1>

General questions

1. Your FIRST action at an emergency is to:

- A. Send for help - call 000
- B. Assess for Danger to yourself, bystanders and the patient
- C. Check for the airway
- D. Check for breathing

2. In an event of an emergency, the number to call is:

- A. 911
- B. 111
- C. 000
- D. 999

3. In the event of an emergency, providing it is safe to do, you should attempt to assist as best you can within your skills and limitations.

- A. True. B. False

4. A duty of care in First Aid refers to:

- A. The moral responsibility one person may feel for the well being of another person who they would like to marry.
- B. The legal responsibility one person may feel for the well being of another person
- C. The legal responsibility of a first aider to provide medical assistance when they have chosen to engage or have responsibility in a first aid incident/event/emergency.

5. The correct method of checking consciousness/response in a casualty is:

- A. Call out to the patient and ask 'What is your name?'
- B. Gently tap the patient on shoulder and ask 'Can you hear me?'
- C. Grasp and squeeze the shoulders firmly to check for response
- D. All of the above

6. When managing a patient, you must:

- A. Be culturally aware and sensitive
- B. Communicate gently and in a respectful manner
- C. Be understanding, calm and reassuring
- D. All of the above

7. Which of the following conditions has first priority?

- A. A young patient with a suspected fracture
- B. An elderly patient with chest pain
- C. An unconscious patient lying on his back
- D. A middle-aged patient with a deep cut to her arm

8. Consent is automatically applied to the first aider in case of an unconscious adult.

- A. True B. False

9. Emergencies can often result in emotional stress, trauma, anxiety and distress. What is the best method of debriefing if you are not coping after an incident?

- A. Talking in confidence with a counsellor or doctor
- B. Dismissing the thoughts and allowing time to heal
- C. All of the above

10. A designated first aider in their workplace has a duty of care to provide assistance in event of an emergency or illness / injury in that workplace.

- A. True. B. False

11. Which precautions can reduce the risk of cross infection when providing first aid?

- A. Using a resuscitation mask or face shield
- B. Being aware of blood and bodily fluids
- C. Wearing disposable gloves
- D. All of the above

12. Common complications of using antiseptic solutions in first aid are:

- A. They slow down the natural healing process
- B. Can cause poisoning if expired or have not been stored properly
- C. Can trigger an allergic reaction
- D. All of the above

13. Which of the following questions should you be prepared to answer when calling for help (000)?

- A. What is the exact location of the emergency?
- B. What is the phone number you are calling from?
- C. Is the patient conscious and breathing?
- D. All of the above

14. All patient first aid records in the workplace are to be kept confidential and secure unless requested by a legal authority, the patient or an authorized person in the workplace.

- A. True B. False

RESUSCITATION/ CARDIAC ARREST

15. The signs of cardiac arrest in an unconscious patient include:

- A. Coughing and sighing
- B. Gurgling
- C. Agonal gasps
- D. All of the above

16. An unconscious casualty is considered as 'breathing' when they take:

- A. 1 breath every 30 seconds
- B. A random gasp for air now and then
- C. More than 1 breath in a 10 second duration

17. You should commence CPR when a patient is:

- A. Unconscious, not responding, not breathing normally, Not moving
- B. Unconscious, breathing normally, not responding, Not moving
- C. Conscious, Responding, Breathing normally, Moving
- D. All of the above

18. CPR should be positioned on:

- A. Lateral side of the chest
- B. Lower half of sternum (centre of chest)
- C. Upper half of sternum

19. The recovery position is life saving because it helps maintain a clear and open airway by:

- A. Causing the jaw and tongue to fall forward
- B. Allowing blood, vomit or other fluid to drain, thereby minimizing the risk of airway obstruction
- C. Reducing the risk of inhaling foreign material
- D. All of the above

20. The 4 steps in the chain of survival are:

- A. Early recognition, Early defibrillation, Early ambulance, Early hospital assistance
- B. Early defibrillation, Early CPR, Early Ambulance response, Early Medical treatment
- C. Early Recognition, Early CPR, Early Defibrillation, Early advanced life support

21. To open the airway of a child or adult you must apply:

- A. Backward head tilt
- B. Chin lift
- C. A combination of backward head tilt and chin lift

22. The correct CPR ratio is:

- A. 30 breaths to 2 compressions
- B. 30 compressions to 30 breaths
- C. 30 compressions to 2 breaths

23. If a woman requires resuscitation and she is in advanced stage of pregnancy you position her:

- A. Onto her back with shoulders flat
- B. If possible, place a padding such as a cushion under the right hip to tilt the hips slightly to the left while keeping shoulders flat.
- C. On her back with her head turned to the side
- D. Both A and B

24. Chest compressions should be commenced at the rate of at least:

- A. 55 compressions/ minute
- B. 100 compressions/ minute
- C. 75 compressions / minute

25. An AED is used when you find a casualty in which of the following conditions?

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- A. Not breathing, not moving, not responding
- B. Moving, not responding, breathing
- C. Responding, breathing, not moving

26. When applying a defibrillator (AED), it is important that the electrodes (pads) are placed on the patient's chest according to the diagrams.

- A. True. B. False

27. The only way to revert lethal heart rhythms is:

- A. Giving Paracetamol to the patient
- B. Oxygen administration
- C. Early defibrillation

28. A man is unconscious and is breathing? You position him:

- A. On his back
- B. On his side (recovery position)
- C. On his back with his head turned to the side

29. When do I stop resuscitation?

- A. If the patient responds or begins breathing normally
- B. If ambulance or medical assistance arrives and takes over
- C. If you are physically or emotionally unable to continue
- D. Any of the above

30. The Australian Resuscitation Council recommends that CPR be updated every:

- A. Every 5 years
- B. Every 12 months
- C. Every 3 years
- D. As required

31. Compressions in CPR should:

- A. Be positioned on the upper half of the sternum
- B. Total 15 for every 3 breaths
- C. Be 1/3rd of the depth of the chest

32. When applying resuscitation to an infant,

- A. Mouth and nose should be sealed
- B. Give two rescue breaths (gentle puffs)
- C. Ensure that the chest rises and falls after each puff
- D. All of the above

33. Compressions on an infant are performed by applying:

- A. One hand over the lower half of the sternum
- B. Two fingers over the lower half of the sternum
- C. Two hands over the lower half of the sternum

34. If applying an AED to a child under 8 years of age, ensure that:

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- A. The pads do not touch each other
 - B. Pediatric pads are used if available (place on the front of chest / middle of back)
 - C. The child is unconscious and not breathing normally
 - D. All of the above
- 35. For an infant you do not apply head tilt because the trachea is softer and airway is narrower than an adult. Head tilt may cause damage to the airway, distort the soft tissues of the neck and restrict breathing.**
- A. True. B. False