

HLTAID003 Provide first aid

Written assessment

Name: _____

IMPORTANT:

This must be given to your Trainer at the beginning of the course

Declaration and statement of authenticity:

- I have not impersonated, or allowed myself to be impersonated by any person for the purposes of this assessment.
- No part of this assessment has been completed for me by any other person.

I agree and acknowledge that:

1. I have read and understood the Declaration and statement of authenticity above.
2. I accept that submitting this assessment constitutes my agreement to the Declaration and statement of authenticity.
3. If I do not agree to the Declaration and statement of authenticity in this context, the assessment outcome is not valid for assessment purposes.

Name: _____ Signature: _____ Date: _____

This written assessment is an open book assessment. You may refer to your workbooks to assist you in answering questions. There are 40 questions, a score of 75% (30 out of 40) is required on initial attempt. After review, a score of 100% is required on the second attempt to achieve competency.

Instructions

- Ensure your name is written on the front page (must be given to trainer at beginning of course)
- You must answer the questions yourself without anyone else's help
- For each question, choose the most correct answer from the choices provided
- On the answer sheet, indicate your answer by circling the letter corresponding with your choice for each question
- Important: each multiple-choice question has only one correct answer.

Written assessment – Answer sheet

This written assessment is an **open book** assessment. You may refer to your workbooks to assist you in answering questions. There are 40 questions. A score of 100% is required to achieve competency. For each question, CIRCLE the letter which corresponds with your chosen answer. **Please record answers in the table below:**

1 (a) (b) (c) (d)	15 (a) (b) (c) (d)	29 (a) (b) (c) (d)
2 (a) (b) (c) (d)	16 (a) (b) (c) (d)	30 (a) (b) (c) (d)
3 (a) (b) (c) (d)	17 (a) (b) (c) (d)	31 (a) (b) (c) (d)
4 (a) (b) (c) (d)	18 (a) (b) (c) (d)	32 (a) (b) (c) (d)
5 (a) (b) (c) (d)	19 (a) (b) (c) (d)	33 (a) (b) (c) (d)
6 (a) (b) (c) (d)	20 (a) (b) (c) (d)	34 (a) (b) (c) (d)
7 (a) (b) (c) (d)	21 (a) (b) (c) (d)	35 (a) (b) (c) (d)
8 (a) (b) (c) (d)	22 (a) (b) (c) (d)	36 (a) (b) (c) (d)
9 (a) (b) (c) (d)	23 (a) (b) (c) (d)	37 (a) (b) (c) (d)
10 (a) (b) (c) (d)	24 (a) (b) (c) (d)	38 (a) (b) (c) (d)
11 (a) (b) (c) (d)	25 (a) (b) (c) (d)	39 (a) (b) (c) (d)
12 (a) (b) (c) (d)	26 (a) (b) (c) (d)	40 (a) (b) (c) (d)
13 (a) (b) (c) (d)	27 (a) (b) (c) (d)	Result – attempt 1 / 40
14 (a) (b) (c) (d)	28 (a) (b) (c) (d)	Result – attempt 2 / 40

Written assessment completed satisfactorily

Yes / No

1. When should CPR commence?
 - a) When casualty is responsive and not breathing normally
 - b) When the casualty is unresponsive and breathing normally
 - c) When the casualty is unresponsive and not breathing normally
 - d) When the casualty is responsive and breathing normally

2. The ARC Basic life support flow chart to be used in an emergency is:
 - a) DRABCD
 - b) RICED
 - c) EAR
 - d) DRSABCD

3. When should a casualty be placed in the recovery (side lateral) position?
 - a) When the casualty is unresponsive and breathing normally
 - b) When the casualty is responsive and breathing normally
 - c) When the casualty is having a seizure
 - d) When the casualty is unresponsive and not breathing normally

4. How can you as a first aider assess for normal breathing in an unconscious casualty?
 - a) Feel for movement of air at the mouth and nose
 - b) Look for movement of the upper abdomen/lower chest
 - c) Listen for the escape of air from the mouth and nose
 - d) All of the above

5. What is the recommended emergency first aid management when administering reliever puffer medication using a spacer?
 - a) Two puffs, with four breaths between each puff, wait for two minutes
 - b) Three puffs, with four breaths between each puff, wait for three minutes
 - c) Four puffs, with four breaths between each puff, wait for four minutes
 - d) Five puffs, with four breaths between each puff, wait for five minutes

6. What are the signs and symptoms of shock?
 - a) Pale skin, slow, shallow breathing and slow pulse
 - b) Flushed hot skin, rapid and weak pulse
 - c) Red hot skin, breathlessness and vomiting
 - d) Pale, cold, clammy skin and rapid breathing

7. Miriam is 4 years of age and has had a mild temperature as she fights a viral infection. At Preschool she suddenly falls to the ground with uncontrolled jerking movements of her head, arms and legs. What should you do to help Miriam during this seizure?
 - a) Remove any objects that may cause her injury
 - b) Put something between her teeth to stop her biting her tongue
 - c) Hold her arms and legs still to prevent her from hurting herself
 - d) Pull her tongue forward to stop it from being swallowed

8. Miriam should be placed in the recovery (side) position when the:
 - a) Seizure starts and Miriam is unconscious and breathing
 - b) Seizure stops and Miriam is unconscious and breathing
 - c) Jerking movements are present and Miriam is unconscious
 - d) Jerking movements have stopped and Miriam is conscious

9. As Miriam becomes conscious, she complains of a sore ankle. She can move it easily, though it is bruised and swollen. How do you treat her injured ankle?
- Apply a heating pad, bandage her ankle firmly and raise her foot
 - Apply an ice pack, bandage her ankle firmly and raise her foot
 - Apply an ice pack, bandage her ankle loosely and raise her foot
 - Apply a heating pad, bandage her ankle loosely and raise her foot
10. A work colleague has fallen and badly grazed her knee on the concrete ground outside. What would you use to clean her wound?
- Methylated spirits
 - Water or Normal saline
 - Nothing, cover it with a Band-Aid
 - Antiseptic wipe
11. What signs or symptoms would someone have if they were hypoglycaemic (having a hypo)?
- Breathless, pale and drowsy
 - Pale, sweaty and confused
 - Flushed, thirsty and sweaty
 - Thirsty, drowsy with acetone-smelling breath
12. What first step should you take in treating someone showing signs and symptoms of hypoglycaemia?
- Give them 6-8 soft lollies (sweets) or a sugary drink
 - Lie them down and loosen any tight clothing
 - Replace fluids with water or diet drinks
 - Assist them to give themselves an insulin injection
13. A casualty has been splashed in the eye with a chemical. The first aider should:
- Lie the casualty down and pad both eyes
 - Encourage the casualty to blink to remove the chemical
 - Flush the eye with water
 - Apply a cold icepack to the eye
14. Nita fell off her bike onto a very busy road. She is upset and holding her right leg. She appears dazed. Which sign would tell you that Nita has fractured her leg?
- Swelling
 - Pain
 - Rapid pulse
 - Deformity
15. How should you manage Nita's suspected leg fracture?
- Immobilise and support her injured leg
 - Apply an ice pack and firm bandage
 - Secure a pressure immobilisation bandage
 - Apply an icepack and raise her leg

16. Sarah, aged 17 years, has a severe asthma attack at a large family picnic. She is very anxious. Which sign would tell you that the asthma attack is severe? Sarah:
- Is coughing all the time
 - Has some difficulty in breathing
 - Is only able to speak 1 – 2 words at a time
 - Has a moderate to loud wheeze when breathing out
17. A casualty has been stung on the hand by a bee. They show no signs of being allergic to the sting. The first aider should:
- If still present, remove the sting and then apply an ice pack
 - If still present, remove the sting and then immerse the hand in hot water
 - If still present, remove the sting and then pour vinegar onto the hand
 - If still present, remove the sting and then apply a pressure immobilisation bandage to the hand
18. Ivan, 18 years old, is eating his dinner when he chokes on a piece of meat. His airway is severely obstructed and he is conscious. Which sign would tell you that Ivan has a severe airway obstruction?
- A loud wheezing noise
 - Noisy breathing
 - Unable to cry, cough or speak
 - Violent coughing and vomiting
19. What would you do to manage Ivan's severe airway obstruction? You would:
- Lean him forward and encourage coughing
 - Give him five back blows
 - Give him five chest thrusts
 - Start rescue breathing
20. What should you do if your initial treatment is unsuccessful and Ivan is still conscious?
- Sit or stand Ivan against firm support and give up to five chest thrusts
 - Squeeze upwards under Ivan's diaphragm with a clenched fist
 - Position Ivan on his back and compress the sternum four times
 - Turn Ivan upside down over a chair and shake him
21. Which actions are correct when managing a casualty with heat stroke?
- Place the casualty in the recovery position, keep them warm, don't give any fluids, and seek medical assistance
 - Sit them down in a cool area, remove excess clothing, give cold drinks, apply hot packs
 - Lie the casualty down and raise their legs, give sips of cool fluids only, cover with a blanket for shock
 - Lie the casualty down in a cool place, use ice packs and wet sheets to cool the body, seek urgent medical assistance
22. What first aid management is required if someone burns themselves with boiling water?
- Cool the areas with cold running water for up to 20 minutes
 - Apply ice packs wrapped in damp cloths for 15 - 30 minutes
 - Get them to shower under warm water for 20 - 30 minutes
 - Apply packs saturated with an antiseptic solution for 10 - 20 minutes
23. A mild to moderate allergic reaction is characterised by:
- Anxiety, sweating, wheeze, persistent cough, chest pain
 - Irritability, fever, vomiting, abdominal pain, anxiety
 - Hives or welts, difficulty breathing and talking, unconsciousness
 - Swelling of lips, face and eyes, hives or welts

24. An unconscious casualty with bleeding or fluid from the ear should be positioned:
- On the back with the head slightly raised
 - In the recovery (side) position with the affected ear downwards
 - In the recovery (side) position with the affected ear upwards
 - Sitting up with the head positioned slightly forwards.
25. What action should you take if you suspect a casualty has a severe abdominal injury and internal bleeding?
- Call an ambulance and continue to monitor the casualty
 - Apply ice on the part of the body where the suspected bleeding is
 - Elevate the part of the body where the suspected bleeding is
 - Apply a pad and bandage where the suspected bleeding is
26. Funnel-web spider bites and snake bites are treated with
- Ice management
 - Pressure immobilisation technique
 - Hot water immersion or hot pack
 - Vinegar
27. Hot water immersion or hot packs are used for the treatment of
- Stone fish sting
 - Snake bite
 - Bee sting
 - Jelly fish sting
28. You and some friends have witnessed a man fall from a ladder. After following the DRSABCD action plan you have assessed he is unconscious and breathing. What do you do now?
- Leave him where he is and don't touch him in case of a spinal injury and call triple zero (000)
 - Put him into the recovery (side) position using a spinal/log roll as he may have a spinal injury
 - Put him into the recovery (side) position as you would any unconscious, breathing casualty
 - Sit him up to help him breathe
29. What is the first aid management for someone suffering from hypothermia?
- Run them around to warm them up
 - Remove them to a warm, dry place
 - Keep them still, and lie them down
 - Sit them up and give them hot drinks
30. A lady has been found submerged in the shallows of the beach. What is your management in order of priorities?
- Remove her from the water, send for help, clear airway, begin CPR
 - Remove her from the water, begin CPR, send for help, clear airway
 - Clear airway, remove her from the water, begin CPR, send for help
 - Send for help, clear airway, remove her from the water, begin CPR
31. A man has been found slumped in his office chair, a bottle of medication open and empty on his desk. He is unconscious and breathing at present. What is your first aid management?
- Stick your fingers down his throat to encourage him to vomit
 - Keep him where he is, don't move him until help arrives
 - Carefully place him in the recovery (side lying) position
 - Sit him up and then with another workmate try to walk him around

32. A small shelving unit has fallen over crushing your work colleague underneath. He is unable to move, he is unconscious and breathing. What should you do?
- Call triple zero (000) and try to move the unit with help from other staff
 - Call triple zero (000) and don't do anything else, leave the unit where it is
 - Call triple zero (000) and try and drag him from underneath the unit yourself
 - Call triple zero (000) and try and sit him up as this will hopefully wake him up
33. Where should you put your hands to perform cardiac compressions?
- Slightly right of the centre of the breastbone/sternum.
 - On the lower half of the breastbone/sternum.
 - On the upper half of the breastbone/sternum.
 - Slightly left of the centre of the chest.
34. You have just accidentally pricked yourself with a needle. What is your first priority when dealing with a needle stick injury:
- Report the accident to your manager
 - Fill in an incident report
 - Allow bleeding and wash the area
 - Contact your doctor
35. How do you manage a suspected dislocation?
- Apply an ice pack, bandage, elevate if possible
 - Support, apply an ice pack, apply bandage
 - Support, call an ambulance
 - Support, apply an ice pack, elevate if possible
36. What position should an unconscious breathing casualty be placed in?
- Recovery (side) position
 - Lying on back
 - Sitting upright
 - Lying on left side
37. The chain of survival concept describes ordered critical emergency actions. They are:
- Early access, early defibrillation, early CPR and early advanced care
 - Early access, early CPR, early defibrillation and early advanced care
 - Early access, early advanced care, early CPR and early defibrillation
 - Early access, early CPR, early advanced care and early defibrillation
38. What questions should you ask while conducting a verbal assessment of a casualty:
- What is your name, year, where are you?
 - Do you have any pain, where is it located?
 - Do you know what happened to you?
 - All of the above?
39. What is a sign or symptom of a stroke?
- Pale, cold, clammy skin
 - Slurred speech
 - Rapid, weak pulse
 - Quiet, shallow breathing
40. What are you looking for in a visual assessment?
- Is the casualty conscious or unconscious
 - Is the casualty wearing a medical alert bracelet/necklace
 - Is there any medication in the casualty's hands or nearby
 - All of the above