

**HLTAID004 Provide first aid  
Summary question booklet**

**First aider responsibilities**

1. Work Health and Safety legislation covers:
  - (a) Only hazardous workplaces
  - (b) Only workplaces that are isolated from medical facilities
  - (c) Only workplaces with more than 50 employees
  - (d) All workplaces regardless of size, location and hazards
  
2. First aid kits should be:
  - (a) Available for use by anyone in the workplace
  - (b) Within 100 metres of a work area
  - (c) Situated in hazardous work areas only
  - (d) Marked with a white cross on a red background
  
3. The first aider responsible for the maintenance of the first aid kit should:
  - (a) Regularly check all items and replace any missing items
  - (b) Replace any items that are more than one month out of date
  - (c) Ensure there is a form to record painkillers
  - (d) Ensure that the key to the lock is available at all times
  
4. First aiders should always ensure the casualty feels cared for and respected.
  - (a) True
  - (b) False
  
5. In the workplace, you should always make notes and fill out a casualty report on any first aid event attended, no matter how minor.
  - (a) True
  - (b) False

**Infection control**

1. Infection control during first aid aims to prevent the spread of infection to:
  - (a) The casualty(s)
  - (b) The first aider(s)
  - (c) Other worker(s)
  - (d) All of the above
  
2. While applying first aid treatment to a casualty, you have been splashed with bodily fluids and blood. What should you do?
  - (a) Wash the area with antiseptic as soon as practical

- (b) Don't worry about it and continue on with work
  - (c) Wash the area in undiluted disinfectant as soon as practical
  - (d) Wash the area with soap and water as soon as practical
3. Infection control Standard Precautions are designed to:
- (a) Achieve a basic level of infection control
  - (b) Provide safe systems for preventing airborne transmission
  - (c) Apply only to those with an infectious disease
  - (d) Apply in hospital and health care settings only
4. Hands should be washed:
- (a) Before managing the casualty
  - (b) After managing the casualty
  - (c) After disposing of used materials
  - (d) All of the above
5. Gloves should be worn:
- (a) When dealing with any body fluids
  - (b) Once you have washed your hands
  - (c) Before any skin to skin contact
  - (d) When placing a bag of waste into the garbage bin
6. How should a small blood spill on the floor be managed?
- (a) Absorb spill with paper towel and clean with detergent and water
  - (b) Apply diluted bleach and leave for 10 minutes
  - (c) Seek medical assistance
  - (d) Apply a phenol solution and leave for 10 minutes

<b>Manual handling</b>
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1. What are the three steps you should undertake prior to any manual handling task?

- 1. \_\_\_\_\_  
\_\_\_\_\_
- 2. \_\_\_\_\_  
\_\_\_\_\_
- 3. \_\_\_\_\_  
\_\_\_\_\_

2. What are the processes to perform when undertaking a manual handling task?

- 1. \_\_\_\_\_  
\_\_\_\_\_

2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_
4. \_\_\_\_\_  
\_\_\_\_\_
5. \_\_\_\_\_  
\_\_\_\_\_

<b>First aid</b>
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1. When should the principles of DRSABCD begin in a first aid emergency?
  - (a) Immediately
  - (b) When the ambulance arrives
  - (c) After calling for help
  - (d) Once someone has arrived to assist
  
2. You receive no response from the casualty. What would you do next?
  - (a) Check the casualty's airway
  - (b) Send/Call for help (triple zero 000)
  - (c) Check the area
  - (d) Turn the casualty into the recovery position
  
3. When calling for emergency help in Australia, what number should you call?
  - (a) 121
  - (b) 000
  - (c) 1300
  - (d) 911
  
4. The most common cause of airway obstruction in an unconscious casualty is:
  - (a) Tongue
  - (b) Vomit
  - (c) Loose or false teeth
  - (d) Food
  
5. If a casualty is found to be not responding, has a clear airway, is breathing normally, with no major blood loss, what should you do for them?
  - (a) Observe their airway and breathing but do not move them and call for help
  - (b) Lay the casualty on their back and call for assistance/help

- (c) Sit the casualty up and wait for them to regain consciousness and call for help
- (d) Place them in the recovery position and monitor their airway and breathing and call for help

6. State four examples of dangers to yourself and the casualty.

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_
- 4. \_\_\_\_\_

7. List four examples of signs and four examples of symptoms.

Signs:

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_
- 4. \_\_\_\_\_

Symptoms:

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_
- 4. \_\_\_\_\_

8. What are the three steps you perform when checking a casualty's breathing?

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

### Scenario – Traffic accident

You approach the scene of a traffic accident. A car has collided with a motor bike. The driver of the car is slumped over the steering wheel and is not moving. The motorcyclist is lying on the ground motionless and moaning with his leg twisted at an odd angle and blood flowing freely from a wound on his forehead.

State the safety precautions that a first aider should take when approaching any traffic accident.

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Which casualty would you approach first and why?

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State five tasks you would delegate to bystanders around the scene.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

You cannot move the driver and his breathing is noisy, list the actions necessary to open and maintain his airway.

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<b>Resuscitation</b>
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1. When opening the airway of an unconscious infant the head should be:
  - (a) Tilted forward
  - (b) In a neutral position
  - (c) Tilted half way back
  - (d) Fully tilted back
  
2. What is the correct ratio of compressions to breaths for all ages when performing CPR?
  - (a) 5 compressions to 1 breath
  - (b) 15 compressions to 2 breaths
  - (c) 30 compressions to 1 breath
  - (d) 30 compressions to 2 breaths
  
3. How many times (cycles) do you perform the above ratio in two minutes?
  - (a) 4 times (cycles)
  - (b) 5 times (cycles)
  - (c) 6 times (cycles)
  - (d) 7 times (cycles)
  
4. Whilst doing CPR, you hear a rib crack. You should:
  - (a) Keep performing CPR, do not stop for anything
  - (b) Stop compressions but continue giving rescue breaths
  - (c) Stop, recheck hand position and continue compressions to the correct depth

(d) Stop CPR and wait for medical assistance

5. When doing rescue breaths you discover that the chest is not rising. What do you need to check?

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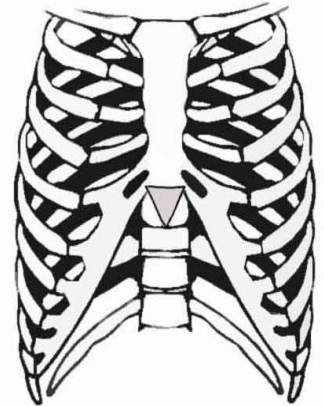
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6. When doing CPR on an adult:

- Mark where you would place your hands on the diagram:
- To what depth is the chest compressed in adults, children and infants? \_\_\_\_\_



7. Full head tilt can be used in adults and children

- (a) True
- (b) False

8. You have started CPR and you notice the casualty is regurgitating (vomiting) food from their mouth. You must:

- (a) Continue CPR, do not stop for anything
- (b) Roll them onto their side and press on their stomach to clear the food
- (c) Roll them onto their side and clear the airway
- (d) Sit them up and give them 5 back blows to clear the airway

<b>Bleeding and shock</b>
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1. The important steps to take when controlling bleeding include:

- (a) Checking the wound for foreign bodies
- (b) Applying direct pressure to the wound
- (c) Elevating and resting the part
- (d) All of the above

2. Please indicate whether the statements are true or false:

After a pressure bandage has been applied there should be a mild change in circulation

True / False

A pressure bandage should be loosened if the casualty complains of numbness True / False

Shock occurs when blood flow to body tissues is inadequate True / False

A sharp object has penetrated a casualty'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. True / False

3. A person has amputated their left thumb. After controlling the bleeding you would:

- (a) Clean the thumb with antiseptic
- (b) Place the thumb in a bag containing ice and water
- (c) Place the thumb in a sealed bag and place in ice and water
- (d) Wrap the thumb in sterile gauze and place in dry container

4. If bleeding quickly soaks through a pressure pad and bandage covering the wound you should:

- (a) Apply another pad over the first and secure it with a bandage
- (b) Take off, examine and place a new dressing over the whole area
- (c) Elevate the limb higher than before
- (d) All of the above

5. List the signs and symptoms of a casualty experiencing shock:

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6. State the management of a casualty experiencing shock:

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<b>Anaphylaxis</b>
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1. Anaphylaxis is:

- (a) A mild to moderate allergic reaction
- (b) A food intolerance
- (c) A moderate allergic reaction
- (d) A severe allergic reaction

2. Anaphylaxis is characterised by:

- (a) Anxiety, sweating and chest pain
- (b) Irritability, fever and abdominal pain
- (c) Hives or welts with no other symptoms

- (d) Difficulty breathing, swelling tongue, hoarse voice
3. The most effective means of treating anaphylaxis is to:
- (a) Ban all food allergens from child care centres, schools and workplaces
  - (b) Give adrenaline auto-injector
  - (c) Give an antihistamine medication
  - (d) Use an asthma reliever medication

<b>Respiratory and cardiac conditions</b>
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1. You observe a workmate coughing violently and breathing noisily whilst eating a hamburger. You would:
- (a) Lean the casualty forward and encourage coughing
  - (b) Give four back blows
  - (c) Give five chest thrusts
  - (d) Start rescue breathing

2. You are called to the office cafeteria where a person was choking, nobody knows what to do. The casualty is now unconscious and lying on their back. State your management:

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3. A child with a history of asthma is having difficulty breathing and is wheezing. State your full progressive management:

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4. A conscious casualty suffering from an asthma attack is best managed:

- (a) Lying down with their feet raised
- (b) In the recovery (side lying) position
- (c) Sitting up with arms supported
- (d) Standing or walking around

5. A spacer is used to deliver the reliever medication (aerosol inhalers or “puffers”) in an asthma attack to:

- (a) Slow the casualty’s breathing
- (b) Encourage the casualty to take deep full breaths



- (c) Distract and calm the casualty
- (d) Increase the amount of medication reaching the lungs

**Scenario**

A workmate has chest pain.

6. What signs and symptoms may indicate they are having a heart attack?

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7. What questions do you need to ask to determine your management?

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8. What first aid treatment would you give if you think it is a heart attack?

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**Altered conscious states**

1. A casualty known to have diabetes is pale, sweaty and confused. The first aider should:

- (a) Assist the casualty to take insulin
- (b) Place the casualty in the recovery (side-lying) position
- (c) Give the casualty a low calorie drink
- (d) Give the casualty 6-8 jelly beans

2. Make a list of the ways that poisons enter the body and give two examples of each:

<b>Entry route</b>	<b>Examples</b>
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<hr/>	<hr/>
<hr/>	<hr/>

3. Read the following statements and indicate whether true or false:

A first aider should not attempt to restrain a casualty during a generalised seizure. True False

Management of a casualty feeling faint is to sit with the head between the knees. True False

4. Epilepsy is one cause of seizures. What are three other causes?  
 (1) \_\_\_\_\_ (2) \_\_\_\_\_ (3) \_\_\_\_\_

5. List three differences in the signs and symptoms of heat stroke versus heat exhaustion:

<b>Heat stroke</b>	<b>Heat exhaustion</b>
<i>E.g. Rapid pounding pulse</i>	<i>E.g. Rapid weak pulse</i>
1. _____	1. _____
2. _____	2. _____
3. _____	3. _____

**Conditions and injuries of the bones, soft tissue and skin**

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| <p>1. The function of immobilisation injury and support of a fracture is to:</p> <ul style="list-style-type: none"> <li>(a) Prevent further injury</li> <li>(b) Ease pain</li> <li>(c) Minimise shock</li> <li>(d) All of the above</li> </ul> | <p>2. Management of a soft tissue includes:</p> <ul style="list-style-type: none"> <li>(a) Application of a hot pack</li> <li>(b) Elevation</li> <li>(c) Massage</li> <li>(d) Gentle exercise</li> </ul> |
|--|--|

3. Fill in the blanks:

R \_\_\_\_\_

I \_\_\_\_\_

C \_\_\_\_\_

E \_\_\_\_\_

- |   |  |
|---|--|
| <p>4. Which sign and symptom would indicate a burn was superficial?</p> | <p>5. What initial treatment should be given For a burn?</p> |
|---|--|

- |   |                                    |
|---|------------------------------------|
| (a) Thin-walled blister, painless       | (a) Apply an ice pack              |
| (b) Thick walled blister, very painful  | (b) Cool under cold flowing water  |
| (c) Very painful, reddened skin surface | (c) Immerse in tepid water         |
| (d) Swollen skin surface, minimal pain  | (d) Apply an antiseptic burn cream |

<b>Wound management</b>
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1. List the signs and symptoms of wound infection?

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