Theory Assessment Questions

Instructions to participant

This section contains 84 questions. Pass Mark is 76/84.
You are to mark the correct answers on the table below.
This front page and page two must be submitted to the trainer/assessor prior or on the day of training.
For assistance and guidance in answering the questions please go to
The theory multiple choice questions are below. Do not return the actual question paper.
If you are uncertain about an answer, please attempt the question and discuss with the trainer prior (if possible) or on the day.
If you do not achieve the required pass mark, the trainer will verbally assess you in order to obtain additional evidence for competency in this unit of assessment.
Read carefully and answer every question. Check your answers.
Please sign the declaration at the bottom of the answer section.
S 1  | Theory Assessment (Answer Paper) | Circle your response | Assessor marking | Circle your response | Assessor marking |
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td></td>
<td>A</td>
<td>B</td>
<td>C</td>
<td>D</td>
</tr>
<tr>
<td>2</td>
<td></td>
<td>A</td>
<td>B</td>
<td>C</td>
<td>D</td>
</tr>
<tr>
<td>3</td>
<td></td>
<td>A</td>
<td>B</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4</td>
<td></td>
<td>A</td>
<td>B</td>
<td>C</td>
<td>D</td>
</tr>
<tr>
<td>5</td>
<td></td>
<td>A</td>
<td>B</td>
<td>C</td>
<td>D</td>
</tr>
<tr>
<td>6</td>
<td></td>
<td>A</td>
<td>B</td>
<td></td>
<td></td>
</tr>
<tr>
<td>7</td>
<td></td>
<td>A</td>
<td>B</td>
<td>C</td>
<td></td>
</tr>
<tr>
<td>8</td>
<td></td>
<td>A</td>
<td>B</td>
<td></td>
<td></td>
</tr>
<tr>
<td>9</td>
<td></td>
<td>A</td>
<td>B</td>
<td></td>
<td></td>
</tr>
<tr>
<td>10</td>
<td></td>
<td>A</td>
<td>B</td>
<td>C</td>
<td>D</td>
</tr>
<tr>
<td>11</td>
<td></td>
<td>A</td>
<td>B</td>
<td>C</td>
<td>D</td>
</tr>
<tr>
<td>12</td>
<td></td>
<td>A</td>
<td>B</td>
<td>C</td>
<td>D</td>
</tr>
<tr>
<td>13</td>
<td></td>
<td>A</td>
<td>B</td>
<td>C</td>
<td></td>
</tr>
<tr>
<td>14</td>
<td></td>
<td>A</td>
<td>B</td>
<td></td>
<td></td>
</tr>
<tr>
<td>15</td>
<td></td>
<td>A</td>
<td>B</td>
<td></td>
<td></td>
</tr>
<tr>
<td>16</td>
<td></td>
<td>A</td>
<td>B</td>
<td>C</td>
<td></td>
</tr>
<tr>
<td>17</td>
<td></td>
<td>A</td>
<td>B</td>
<td>C</td>
<td></td>
</tr>
<tr>
<td>18</td>
<td></td>
<td>A</td>
<td>B</td>
<td>C</td>
<td></td>
</tr>
<tr>
<td>19</td>
<td></td>
<td>A</td>
<td>B</td>
<td>C</td>
<td>D</td>
</tr>
<tr>
<td>20</td>
<td></td>
<td>A</td>
<td>B</td>
<td>C</td>
<td>D</td>
</tr>
<tr>
<td>21</td>
<td></td>
<td>A</td>
<td>B</td>
<td>C</td>
<td>D</td>
</tr>
<tr>
<td>22</td>
<td></td>
<td>A</td>
<td>B</td>
<td>C</td>
<td></td>
</tr>
<tr>
<td>23</td>
<td></td>
<td>A</td>
<td>B</td>
<td>C</td>
<td>D</td>
</tr>
<tr>
<td>24</td>
<td></td>
<td>A</td>
<td>B</td>
<td>C</td>
<td>D</td>
</tr>
<tr>
<td>25</td>
<td></td>
<td>A</td>
<td>B</td>
<td>C</td>
<td>D</td>
</tr>
<tr>
<td>26</td>
<td></td>
<td>A</td>
<td>B</td>
<td>C</td>
<td>D</td>
</tr>
<tr>
<td>27</td>
<td></td>
<td>A</td>
<td>B</td>
<td>C</td>
<td>D</td>
</tr>
<tr>
<td>28</td>
<td></td>
<td>A</td>
<td>B</td>
<td>C</td>
<td>D</td>
</tr>
<tr>
<td>29</td>
<td></td>
<td>A</td>
<td>B</td>
<td>C</td>
<td></td>
</tr>
<tr>
<td>30</td>
<td></td>
<td>A</td>
<td>B</td>
<td>C</td>
<td></td>
</tr>
<tr>
<td>31</td>
<td></td>
<td>A</td>
<td>B</td>
<td>C</td>
<td>D</td>
</tr>
<tr>
<td>32</td>
<td></td>
<td>A</td>
<td>B</td>
<td>C</td>
<td></td>
</tr>
<tr>
<td>33</td>
<td></td>
<td>A</td>
<td>B</td>
<td>C</td>
<td>D</td>
</tr>
<tr>
<td>34</td>
<td></td>
<td>A</td>
<td>B</td>
<td>C</td>
<td>D</td>
</tr>
<tr>
<td>35</td>
<td></td>
<td>A</td>
<td>B</td>
<td>C</td>
<td></td>
</tr>
<tr>
<td>36</td>
<td></td>
<td>A</td>
<td>B</td>
<td>C</td>
<td></td>
</tr>
<tr>
<td>37</td>
<td></td>
<td>A</td>
<td>B</td>
<td>C</td>
<td>D</td>
</tr>
<tr>
<td>38</td>
<td></td>
<td>A</td>
<td>B</td>
<td>C</td>
<td>D</td>
</tr>
<tr>
<td>39</td>
<td></td>
<td>A</td>
<td>B</td>
<td>C</td>
<td>D</td>
</tr>
<tr>
<td>40</td>
<td></td>
<td>A</td>
<td>B</td>
<td>C</td>
<td>D</td>
</tr>
<tr>
<td>41</td>
<td></td>
<td>A</td>
<td>B</td>
<td></td>
<td></td>
</tr>
<tr>
<td>42</td>
<td></td>
<td>A</td>
<td>B</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

I hereby certify that I have completed all the questions above.

Participant name:
Signed: ______________________            Date Assessment Completed: ______________

NFA – HLTAID003 Provide First Aid Assessment – Theory Questions Option 2 -1 day
Version 1.01  Page 2 of 13
Section 1. Assessment Questions

Instructions to participant

Section 1 contains 84 questions. Pass Mark is 76/84. Please answer ALL questions in the answer sheet provided.

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 the Airway
   D Check for Breathing

2. In the event of an emergency, the number to call is?
   A 911
   B 111
   C 000
   D 999

3. In the event of a serious emergency and providing it is safe to do so, you should attempt to assist as best you can within your skills and limitations.
   A True
   B False

4. Which of the following conditions has first priority?
   A A young patient with a suspected fracture
   B An elderly patient with chest pain
   C A middle aged patient with a deep cut to her arm
   D An unconscious patient lying on his back

5. 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

6. Emergencies can often result in emotional stress, trauma, anxiety and distress. It is best that you seek assistance to help you with any of these issues.
   A True
   B False

7. A designated first aider in their workplace has a duty of care to provide assistance in the event of an emergency or illness / injury in that workplace.
   A True
   B False
   C Sometimes
8. If possible, wash your hands thoroughly with soap and water then apply gloves prior to coming into contact with a wound, blood or other body fluids.
A True
B False

9. 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 authorised person in the workplace.
A True
B False

10. 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? Is the patient breathing?
D All of the above

Resuscitation / Cardiac Arrest

11. 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

12. 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 minimising the risk of airway obstruction
C Reducing the risk of inhaling foreign material
D All of the above

13. 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

14. A first aider must commence chest compressions if the patient is unconscious and not breathing normally. The point of compression for all age groups is in the centre of the chest.
A True
B False

15. An unconscious patient who is not breathing normally is considered to be in cardiac arrest.
A False
B True
16. **What is the correct CPR ratio?**
   A  30 breaths to 2 compressions
   B  30 compressions to 30 breaths
   C  30 compressions to 2 breaths

17. **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

18. **When applying an AED, it is important that the electrodes (pads) are placed on the patient’s chest according to the diagrams.**
   A  True
   B  False
   C  Not important

19. **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 the legs raised
   D  On his back with the head turned to the side

20. **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

**Choking**

21. **A middle-aged man suddenly becomes distressed. He appears to be choking and points to his throat. He cannot speak and his face is turning blue.**
   A  Reassure him and offer him a glass of water
   B  Encourage him to cough to help dislodge the obstruction
   C  Begin CPR
   D  Lean him forward and give up to 5 back blows between the shoulder blades

22. **For a partial choking episode you:**
   A  Encourage the patient to cough to help dislodge the obstruction
   B  Apply sharp back blows to help dislodge the obstruction
   C  Apply abdominal thrusts to help dislodge the obstruction
Bleeding / Wounds / Shock

23. What are some of the signs and symptoms of shock?
A Cold, pale sweaty skin. Rapid breathing
B Anxiety, restlessness and confusion
C Drowsiness and possible unconsciousness
D All of the above

24. What is the best position for a conscious patient suffering from shock?
A Sitting up
B In the recovery position
C Standing up
D In a position of comfort, ideally lying down.

25. What is the correct method when caring for an amputated body part?
A Place the amputated part directly in ice
B Place the amputated part directly in chilled water
C Wrap the amputated part in a piece of clean material and seal in a plastic bag then place the bag in cool water and add ice if possible.
D Place the amputated part in a refrigerator

26. If you are accidentally injured by a needle (needle stick injury). You need to:
A Wash the area thoroughly with soap and water (a mild antiseptic is also recommended)
B Apply a clean, preferably sterile adhesive dressing to the area
C Obtain advice from a doctor as soon as possible
D All of the above

27. An employee is holding his arm and you notice a piece of metal embedded. You need to:
A Apply pressure bandage on the object
B Build up padding around the object
C Use tweezers to remove the object
D Flush the wound with water and bandage

Asthma

28. What are the main factors that cause the airways to narrow?
A The muscle around the airway tightens (bronchial constriction)
B The inside lining of the airways becomes swollen (inflammation)
C Extra mucus (sticky fluid) may be produced
D All of the above

29. Ventolin is a reliever medication and is used in an asthma emergency because:
A It relaxes the smooth muscles around the airways
B It lowers the heart rate
C It is an effective pain reliever

30. A patient with asthma should be managed:
A Sitting upright, leaning forward to assist with breathing
B In the Recovery Position
C On their back
31. **To correctly and effectively administer Asthma reliever medication you:**
   A. Give 2 separate puffs followed by 2 breaths and wait 2 minutes
   B. Give 2 separate puffs followed by 4 breaths and wait 4 minutes
   C. Give 4 separate puffs followed by 4 breaths and wait 4 minutes
   D. Give 1 separate puff followed by 1 breath and wait 4 minutes

**Allergic Reaction**

32. **An allergic reaction develops into anaphylaxis when the:**
   A. Respiratory system and / or cardiovascular system is involved
   B. Nervous system is involved
   C. Musculoskeletal system is involved

33. **The first aid management of anaphylaxis includes:**
   A. Calling for help / 000 and reassuring the patient
   B. Giving an adrenaline auto injector eg EpiPen / AnaPen
   C. Being prepared to commence CPR if patient stops breathing
   D. All of the above

34. **Which of the following is associated an Allergic / Anaphylactic reaction?**
   A. Nausea / Vomiting
   B. Skin Redness / Itchiness
   C. Breathing difficulty / Chest tightness
   D. All of the above

**Stroke**

35. **A stroke (also known as cerebro-vascular accident) occurs when the blood supply is disrupted to the:**
   A. Brain
   B. Heart
   C. Lungs

36. **The F.A.S.T. is an easy way to remember the most common signs of stroke. FAST stands for:**
   A. First Aid, Airway, Send for Help, Tongue
   B. Face, Arm, Speech, Time
   C. Faint, Allergy, Shock, Transient Ischaemic Attack

**Heart Conditions**

37. **Signs and symptoms of a heart attack may include:**
   A. Heavy pain in the chest / sometimes radiating
   B. Fatigue / Dizziness
   C. Nausea / Vomiting
   D. All of the above

38. **A man with a history of angina has chest pain. He has taken two doses of his medication however after 10 minutes of rest, the pain persists. What should you do?**
   A. Closely monitor his progress
   B. Reassure the patient
   C. Call an ambulance
   D. All of the above
39. To manage a suspected heart attack, the best position to have the patient is
A  In the recovery position
B  In a position of comfort, generally sitting upright, supported and leaning forward
C  Walk around to help reduce the pain
D  Lie on their back

**Head, Neck & Spinal Injury**

40. Which of the following are signs of a head injury?
A  Loss of memory - particularly of the incident
B  Blurred, double vision, headache
C  Drowsiness, confusion, agitation, irritability, seizures
D  All of the above

41. The most important indicators of a head, neck or spinal injury is the history of the incident and mechanism of injury.
A  True
B  False

42. Care of the airway takes precedence over any other injury (including head, neck and spinal injury).
A  True
B  False

43. When the spinal cord is damaged, there may be:
A  Loss of sensation or tingling and burning feelings. Loss of bladder or bowel control
B  Floating sensations (described as if the patient has become detached from their body)
C  Loss of control or weakness of the limbs. All movement may be absent. Difficulty breathing.
D  All of the above

44. Signs and symptoms of Concussion are:
A  Brief loss of consciousness / dizziness / confusion /nausea / vomiting
B  Blurred vision, short term memory loss, mild or generalised headache
C  All of the above
D  None of the above

45. A seizure may follow a head injury.
A  True
B  False

46. Escape of blood or watery fluid from the ears, nose or mouth can indicate a head injury.
A  True
B  False

**Poisoning**

47. A poison may be injected, inhaled, ingested (through the mouth) or absorbed (through the skin)
A  False
B  True
48. **When managing a person who has inhaled a poison. You should:**
   A Give water to help dilute the poison
   B Carefully assess for dangers to ensure that you are not also affected
   C Induce vomiting

**Heat / Cold Injury**

49. **Heat Exhaustion is best managed by:**
   A Lying the patient flat with legs elevated
   B Fan the patient to help stay cool
   C Give sips of cool water if conscious and not feeling sick
   D All of the above

50. **Hypothermia is best managed by:**
   A Gradual cooling to help lower body temperature
   B Gradual warming to help elevate body temperature
   C Direct heat (such as a heater / fireplace) to quickly increase body temperature
   D Direct cooling to quickly reduce body temperature

**Bites / Stings**

51. **A snake bite is best managed by:**
   A Ice / Cold compress
   B Tourniquet
   C Pressure Immobilisation
   D Heat / Hot compress

52. **A Red Back spider is best managed by:**
   A Ice/Cold compress
   B Tourniquet
   C Pressure Immobilisation
   D Heat / Hot compress

53. **A bee sting (not Anaphylactic in reaction) is best managed by:**
   A Ice / Cold compress
   B Vinegar
   C Pressure Immobilisation
   D Heat / Hot compress

54. **A bee may leave a visible barb at the wound site. You should:**
   A Leave it in place as it may inject more venom if you touch it
   B Remove it by gently “flicking” or scraping it sideways

55. **Common Jellyfish stings are best managed by:**
   A Carefully picking off any tentacles stuck to the skin
   B Rinsing well with sea water
   C Not applying vinegar or rubbing the stung area
   D All of the above

56. **The role of vinegar on tropical jellyfish stings is:**
   A To inactivate the discharge of stinging capsules and to prevent further injection of venom
   B To help calm and reassure the patient
   C To relieve pain already present
**Sprains / Strains / Dislocations**

57. A dislocated finger should be:
A Quicky relocated back into place
B Supported, padded and RICER technique applied
C Pressure Immobilised

58. Sprains / Strains / Dislocations are best managed by:
A Application of the RICER technique
B Application of heat

59. Signs and symptoms of a fracture include:
A Intense pain at the injury site
B Deformity / Angulation. Loss of power, numbness and tingling sensations.
C Tenderness, bruising, swelling, inflammation, discoloration over or around the affected area
D Any or all of the above

60. If you are uncertain if the injury is dislocation, manage as a fracture and gently immobilise in the position found.
A False
B True

**Diabetes**

61. A known diabetic patient is conscious but confused, light headed and dizzy. You should:
A Call Ambulance 000
B Give some diet soft drink provided the patient can swallow safely
C Give some high energy food (sugar/honey) provided the patient can swallow safely
D Give a dose of insulin to help balance sugar levels

62. Diabetic Hypoglycaemia or low blood sugar is often caused by:
A Over eating
B Administering too much sugar
C Drinking too much water
D Missing a meal or over exercising

63. Some of the signs and symptoms of Hyperglycaemic or high blood sugar are:
A Hot, dry skin
B Complaining of extreme thirst
C Fruity odour smell on their breath
D All of the above

**Epilepsy / Seizures / Convulsions**

64. For an epileptic seizure, you need to:
A Call Ambulance 000
B Restrain the patient to prevent injury
C Place the patient into the Recovery Position
D Wait for at least 10 minutes as the seizure will eventually stop.
65. A child is hot and convulsing. You should **not**:  
A Over cool the child  
B Put anything into their mouth  
C Forcibly restrain the child  
D All of the above

66. If a person has a seizure your first priority is to:  
A Protect person from any danger  
B Place person in the recovery position  
C Time the seizure  
D Call an Ambulance

67. A seizure may continue for several minutes. When it stops, you should:  
A Sit the patient upright, leaning forward  
B Keep the patient conscious to ensure the airway is open and clear  
C Place the patient in the Recovery Position to ensure the airway is open and clear  
D Help administer their medication

**Eye / Ear Injuries**

68. For a large embedded object in the eye you should first:  
A Flush the eye gently with water to help remove the object  
B Cover the injury with a light pad and bandage  
C Remove the object to prevent further damage  
D Leave the object in place / gently packed around so it won’t move

69. A minor eye irritation can be managed by using a gentle stream of water to flush the object out  
A True  
B False

70. If a child has an object firmly lodged in the ear, you may use a stream of water / liquid to help dislodge it  
A True  
B False

**Burns / Scalds**

71. A worker has sustained a severe burn. You should FIRST:  
A Apply ICE to help rapidly cool the area  
B Cool the burn with water for at least 20 minutes  
C Apply burn cream to help reduce the pain

72. What is the immediate management for a chemical burn to the eye?  
A Open eyelids and flush with warm water for 20 minutes  
B Keep eyelids closed and flush with warm water for 20 minutes  
C Open eyelids and flush with cool running water for at least 20  
D Open eyelids and flush with cool running water for 10 minutes

73. A patient has clothing stuck to her burnt skin. You should:  
A Carefully pull it away from the burnt area  
B Carefully cut around the stuck clothing
74. A hot water burn is managed immediately by:
A Immediately apply cool running water for at least 20 minutes
B Applying ice packs on the affected area
C Applying antiseptic cream on the affected area

75. Burns are classified as:
A Superficial (involve the top layer of skin – epidermis)
B Partial thickness (top and second layer of skin – epidermis and dermis)
C Full thickness (all skin tissues and deep underlying tissues are involved)
D All of the above

Fractures

76. A closed fracture (no bone protruding) should be treated by:
A Applying ice to help reduce swelling and pain
B Applying an improvised splint if possible to help reduce movement and pain
C Elevated to help reduce internal bleeding
D Gently straighten to help realign the broken bone ends and to reduce pain

77. When managing an open fracture (bone is protruding), you first:
A Control bleeding
B Splint / Immobilise the injured limb
C Elevate the limb to reduce pain

78. A football player has sustained possible fractured arm. You:
A Assist him into the position of most comfort – generally sitting with the arm gently supported and secured across the injured chest area.
B Ask him to move his arm to increase circulation to the injured area
C Straighten the injured arm to relief pain

Crush Injury

79. As a general rule crush syndrome injury is where:
A A major muscle mass is involved
B Prolonged period of compression may be as little as one hour but typically 4-6 hours
C Blood circulation to the affected area is compromised / restricted
D All of the above

80. The crushing force should:
A Not be removed as sudden removal can cause further injury
B Be removed quickly if physically possible

Abdominal Injury

81. An abdominal trauma wound can lead to organs protruding. You should:
A Gently place them back into the abdomen
B Don’t touch them – wait for Ambulance
C Cover with a moist, preferably sterile non-stick type dressing or plastic wrap
82. For an unconscious patient with abdominal injuries. You should:
A Be prepared to commence CPR if patient stops breathing
B Ensure the patient is placed into the recovery position taking care to support the abdomen
C Monitor the patient for response, airway, normal breathing while awaiting for Ambulance
D All of the above

Drowning

83. A child has drowned in a backyard pool. You should:
A Remove patient from the water – carry with head downwards to help drainage of fluid
B Be prepared to commence CPR if patient stops breathing
C Place in recovery position in the event of regurgitation and vomiting
D All of the above

84. Vomiting and regurgitation is common during resuscitation and after care management of a patient. This may be due to incorrect resuscitation technique or may be unavoidable
A True
B False