

## S1. Theory Assessment Questions

### Instructions to Participants

This section contains 41 multiple choice questions – pass mark 37/41.

Please refer to the theory assessment questions provided in this document. Read each question carefully and mark the correct answers on the answer sheet provided below.

Once you have completed the assessment questions and have marked your answers on the answer sheet provided, you must submit this page (page 1) to the trainer either on or before the day of your training session. **(Please do not return the actual question paper).**

If you require guidance or assistance completing the theory questions, please visit our website to access the online textbook “Fun with First Aid” at <http://www.nationalfirstaid.com.au/online-assessment/>.

If you are uncertain about an answer, please attempt the question and discuss with the trainer on the day. If you do not achieve the required pass mark your trainer will verbally assess you to obtain additional evidence for competency in this unit of assessment.

Please sign and date the declaration on the bottom of this page.

### Theory Answer Sheet

Question	Circle your Response	Assessor √ or x	Question	Circle your Response	Assessor √ or x
1	A B C D		22	A B	
2	A B C D		23	A B C D	
3	A B		24	A B C	
4	A B C D		25	A B C D	
5	A B C D		26	A B C D	
6	A B C		27	A B C D	
7	A B C		28	A B C D	
8	A B C D		29	A B C D	
9	A B		30	A B C D	
10	A B C D		31	A B C	
11	A B C D		32	A B C	
12	A B C D		33	A B C D	
13	A B C		34	A B C	
14	A B		35	A B C D	
15	A B		36	A B C D	
16	A B C		37	A B C	
17	A B C		38	A B C	
18	A B C		39	A B C D	
19	A B C D		40	A B C D	
20	A B C D		41	A B C D	
21	A B C D				
<b>Result</b>					<b>/ 41</b>

### Student Declaration – please sign below

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

Signature of Student:

Print Name:

Date:

– DO NOT MARK THIS DOCUMENT –

### 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. 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 the above

**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. 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 the above

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 and breathing?
  - D. All 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 lifesaving 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 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
- 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 his legs raised
- D. On his back with his 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

**21. 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

**22. Patient consent should be obtained before providing first aid?**

- A. True
- B. False

### Choking

**23. 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. You should:**

- 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 followed by 5 chest thrusts

**24. For a person who is coughing and appears to be choking. You should:**

- 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

**25. 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

**26. 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.

**27. 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

**28. 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

**29. 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****30. 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

**31. 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

**32. 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

**33. To correctly and effectively administer Asthma reliever medication you:**

- A. Give 2 separate puffs with 2 breaths per puff and wait 2 minutes
- B. Give 2 separate puffs with 4 breaths per puff and wait 4 minutes
- C. Give 4 separate puffs with 4 breaths per puff and wait 4 minutes
- D. Give 1 separate puff with 1 breath per puff and wait 4 minutes

**Allergic Reaction****34. 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

**35. The first aid management of anaphylaxis includes:**

- A. Calling for help / 000 and reassuring the patient
- B. Giving an adrenaline auto injector eg EpiPen
- C. Being prepared to commence CPR if patient stops breathing
- D. All of the above

**36. Which of the following is associated with an Allergic / Anaphylactic reaction?**

- A. Nausea / Vomiting
- B. Skin Redness / Itchiness
- C. Breathing difficulty / Chest tightness
- D. All of the above

### Stroke & Heart Conditions

**37. A stroke occurs when the blood supply is disrupted to the:**

- A. Heart
- B. Brain
- C. Lungs

**38. 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

**39. 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

**40. 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

**41. 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