

## S.1. Theory Assessment Questions

### Instructions to Participants

Answers must be completed on the answer sheet provided. The completed answer sheet **MUST** then be brought with you to your training session. Read each question carefully before answering and attempt all questions. Pass mark is 100%.

NFA encourages you to use the online NFA textbook “Fun with First Aid”, as your reference resource to assist you with this assessment.

If you do not achieve the required pass mark your trainer/assessor will verbally assess you on the day to obtain additional evidence for competency in this unit of assessment.

If you have any concerns or any special needs (including language, literacy, or numeracy) please discuss with your trainer/assessor before proceeding.

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

### Theory Answer Sheet

Refer to the question booklet provided by your trainer. Attempt to answer ALL questions.

Q.	Circle your Response				Assessor √ or x	Q.	Circle your Response				Assessor √ or x
1.	A	B	C	D		12.	A	B	C	D	
2.	A	B				13.	A	B	C		
3.	A	B				14.	A	B			
4.	A	B	C	D		15.	A	B			
5.	A	B	C	D		16.	A	B	C		
6.	A	B	C			17.	A	B	C		
7.	A	B	C			18.	A	B	C		
8.	A	B	C	D		19.	A	B	C	D	
9.	A	B				20.	A	B	C	D	
10.	A	B	C	D		21.	A	B	C	D	
11.	A	B	C	D		22.	A	B			
										<b>Result</b>	<b>/ 22</b>

### Participant Declaration – please sign below

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

Signature of Participant:

Print Name:

Date:

/   /

### 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. **Under State & Territory Health and Safety legislations, there are specific Codes of Practice for First Aid in the Workplace that outline the requirements and contents of first aid kits at work.**
  - A. True
  - B. False
  
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 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 the above
  
6. **Being involved in a first aid incident can be a high-stress situation for many people. After an emergency why should you take part in any debriefing session or stress management support offered by your workplace.**
  - A. Talking about what happened and what you did, and sharing experiences with others, will help you to cope with any stress or anxiety you may be going through.
  - B. It could also help you and others to improve the way first aid duties are carried out.
  - C. All the above
  
7. **The work health and safety laws require a designated first aider in the workplace to understand they have a duty of care. A designated first aider is expected to assist and help in the event of an emergency, illness, or 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 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 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 and depth?**
- A. 30 breaths to 2 compressions at approximately 1/3 of the depth of the chest  
B. 30 compressions at approximately 1/2 of the depth of the chest to 30 breaths  
C. 30 compressions at approximately 1/3 of the depth of the chest 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 (ARC) represents all major industry groups involved in the teaching and practice of resuscitation. ARC recommends that CPR be updated every:**

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

**22. For a conscious patient, consent should be obtained before providing first aid. For an unconscious patient, consent is deemed to have been implied.**

- A. True
- B. False