

S1. Theory Assessment Questions

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 next page.

	Circle your response				Assessor
					✓ x
1	A	B	C	D	
2	A	B			
3	A	B			
4	A	B	C	D	
5	A	B	C	D	
6	A	B	C		
7	A	B	C		
8	A	B	C	D	
9	A	B			
10	A	B	C	D	
11	A	B	C	D	
12	A	B	C	D	
13	A	B	C		
14	A	B			
15	A	B			
16	A	B	C		
17	A	B	C		
18	A	B	C		
19	A	B	C	D	
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21	A	B	C	D	
22	A	B			
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33	A	B	C	D	
34	A	B	C		
35	A	B	C	D	
36	A	B	C	D	
37	A	B	C		
38	A	B	C		
39	A	B	C	D	
40	A	B	C	D	
41	A	B	C	D	

Result / 41

Participant Declaration – please sign

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

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 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 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 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 or Anapen
- C. Being prepared to commence CPR if patient stops breathing
- D. All 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 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 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 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