

# Assessment Section

**PRINT**

## How to complete the pre-course study workbook

There are several ways of completing the workbook. Whichever way you choose to do the pre-course study, you must take evidence that you have completed it, to the practical session to show your trainer. Examples are given below.

### EBook (computer workbook)

1. Print the quiz pages and complete.
2. Write your name at the top of each page in case they get separated.
3. **Take the quiz pages to the practical session and present them to your trainer as evidence of your pre-course study.**

### Hardcopy (printed workbook)

1. Complete the quiz in the book.
2. **Take the workbook to the practical session and present them to your trainer as evidence of your pre-course study.**

**Don't forget to also take all the other requirements, such as ID, to your practical session!**

Examples of ID include at least one of the following:

- Australian Driver Licence or Passport;
- Birth Certificate;
- Medicare Card;
- Citizenship Certificate.

## USI Number

It is a government requirement to have a unique student identifier (USI number) for your certificate to be issued on completion of your first aid course. We recommend you obtain one before you go to your practical session. This number is unique to you and it will be required for most courses you do. It is easy to obtain one, just go to [www.usi.gov.au](http://www.usi.gov.au) and follow the instructions. Once you have your number, write it below so you will have it for your practical session.

## Personal details

Full name:	USI																		
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I, the above named, declare that I completed the answers myself, without assistance from anyone else. I understand that this quiz must be presented to my trainer at my practical session.

Signature:	Date:
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# Part 1 - Knowledge Quiz

## Quiz

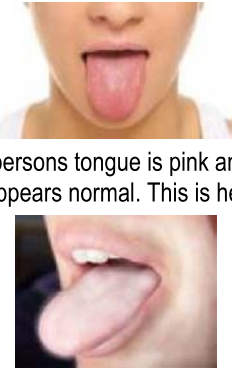








Complete the entire quiz and take it to the practical session.

Please note: the quizzes are not part of your final assessment. Your trainer will provide you with the final assessment at the end of your practical session.

Select (✓) True or False for the following statements:

1	The First Aid Code of Practice determines the requirements for first aid training and first aid kits in the workplace.	<input type="checkbox"/> True <input type="checkbox"/> False
2	The Australian Resuscitation Council provides guidelines for how first aid should be delivered in Australia.	<input type="checkbox"/> True <input type="checkbox"/> False
3	You should protect yourself at all times when providing first aid, especially from potential hazards such as manual handling injuries, infectious hazards, hazardous substances, fires, dangerous goods, chemicals, needle stick injuries and glass etc.	<input type="checkbox"/> True <input type="checkbox"/> False
4	A first aider should always ensure that their skills are current, never go beyond their limitations and be aware of available stress management assistance if support is required.	<input type="checkbox"/> True <input type="checkbox"/> False
5	Gaining consent to provide first aid to an injured casualty that is conscious is not necessary.	<input type="checkbox"/> True <input type="checkbox"/> False
6	A first aider does not need to show respectful behaviour towards an injured casualty, or worry about privacy or confidentiality considerations when providing first aid.	<input type="checkbox"/> True <input type="checkbox"/> False
7	The best outcomes for a casualty in cardiac arrest is when the ambulance is called urgently, CPR is performed, defibrillation and advance care is carried out as quickly as possible. This is called the chain of survival.	<input type="checkbox"/> True <input type="checkbox"/> False
8	Once you start CPR, you should try to continue until help arrives, or continue as long as you can.	<input type="checkbox"/> True <input type="checkbox"/> False
9	A young man was hit with a blunt object in his stomach and has suffered an abdominal injury. He is pale, cold and clammy and his pulse is racing. He would not be suffering from shock.	<input type="checkbox"/> True <input type="checkbox"/> False
10	Pain in the chest area, radiating to your arms and feeling sick could be symptoms of a cardiac episode or heart attack. Call an ambulance immediately.	<input type="checkbox"/> True <input type="checkbox"/> False
11	A dislocation should be handled carefully because the bone has dislodged from the joint.	<input type="checkbox"/> True <input type="checkbox"/> False
12	A defibrillator should be used according to the manufacturer's instructions.	<input type="checkbox"/> True <input type="checkbox"/> False
13	It is suspected that a casualty has suffered a spinal injury whilst playing sport. The first aid officer should immediately remove the casualty from the field to allow the game to continue.	<input type="checkbox"/> True <input type="checkbox"/> False
14	A female friend that is a known diabetic appears to be confused, sweating and not making any sense. If she can safely swallow, give her lollies or food, and keep an eye on her.	<input type="checkbox"/> True <input type="checkbox"/> False
15	After calling for help and ensuring it is safe, a casualty found in a swimming pool, floating face down and unconscious, should be quickly removed from the water, rolled onto his/her side to clear the airway of obstructions or water and then have CPR started immediately.	<input type="checkbox"/> True <input type="checkbox"/> False
16	A casualty who is suffering from heat stroke should be cooled down as quickly as possible.	<input type="checkbox"/> True <input type="checkbox"/> False
17	A casualty who is suffering from a severe cold injury should be rewarmed slowly.	<input type="checkbox"/> True <input type="checkbox"/> False
18	A farmer has gotten dust in his eye whilst working. The eye should be gently washed.	<input type="checkbox"/> True <input type="checkbox"/> False
19	A casualty is unconscious and not breathing after being heavily tackled during a football game. You should move him into position to start CPR, even though he may have a spinal injury.	<input type="checkbox"/> True <input type="checkbox"/> False
20	Using good manual handling skills to avoid injury during first aid means to: lift without bending over; not lift something that is too heavy for you; ask for help; avoid twisting the body.	<input type="checkbox"/> True <input type="checkbox"/> False

Please write your answers in the space provided under each picture (there are clues at the bottom):

<p><b>21</b></p>  <p>This person's tongue is pink and the skin appears normal. This is healthy.</p> <p>Look at the second picture. When checking vital signs of an injured casualty, <b>what does the colour of this pale tongue and skin indicate?</b></p> <p>.....</p>	<p><b>22</b></p>  <p>This lady is unconscious. Her body position caused an airway obstruction and now she is not breathing and is not responsive. She needs CPR.</p> <p><b>You do this by positioning her for ....</b></p> <p>.....</p> <p>.....</p> <p>.....</p>	<p><b>23</b></p>  <p>This is a minor wound. How would you treat this casualty?</p> <p><b>Put on gloves, make the casualty comfortable and then.....</b></p> <p>.....</p> <p>.....</p> <p>.....</p>
<p><b>24</b></p>  <p>This gentleman cannot smile or speak properly, he can't raise his right arm or right leg and he has a headache.</p> <p><b>You should immediately call an ambulance because he could be having a ....</b></p> <p>.....</p>	<p><b>25</b></p>  <p>This is a demonstration of a baby being treated for choking on an object.</p> <p><b>What is the treatment for a choking baby?</b></p> <p>.....</p> <p>.....</p> <p>.....</p>	<p><b>26</b></p>  <p>This casualty needs to be kept still and warm until an ambulance arrives. She is pale with a fast pulse rate, dizzy, thirsty, cold and clammy after a severe bout of diarrhoea and vomiting.</p> <p><b>What could this first aider be treating this casualty for?</b></p> <p>.....</p>
<p><b>27</b></p>  <p>The first aider is giving treatment by administering medication from a blue/grey puffer, to be inhaled through a spacer.</p> <p><b>What is this little boy being treated for?</b></p> <p>.....</p>	<p><b>28</b></p>  <p>Looking at how the casualty is being treated, <b>what injury do you suspect this person might have?</b></p> <p>.....</p>	<p><b>29</b></p>  <p>It is a very hot day and this lady has collapsed whilst gardening in the backyard. The first aider is giving her sips of water.</p> <p><b>She could be....</b></p> <p>.....</p>

Stroke.      5 back blows and 5 chest thrusts alternatively until the object is removed.      Asthma.  
 30 compressions then 2 rescue breaths.      The casualty has suffered blood loss.      A spinal Injury.  
 Dehydrated.      Clean with water and antiseptic then cover with a sterile non-stick dressing.      Shock.

Please write your answers in the space provided under each picture (there are clues at the bottom):

<p><b>30</b></p>  <p><b>When should disposable gloves be used?</b></p> <p>.....</p> <p>.....</p> <p>.....</p>	<p><b>31</b></p>  <p><b>What would this equipment be used for?</b></p> <p><b>For protection against bodily fluids whilst giving.....</b></p> <p>.....</p> <p>.....</p>	<p><b>32</b></p>  <p><b>This is an automated defibrillator (AED).</b></p> <p><b>It should only be used when a casualty is .....</b></p> <p>.....</p> <p>.....</p>
<p><b>33</b></p>  <p><b>What you should you do before assisting this man?</b></p> <p><b>Call the ambulance and.....</b></p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>	<p><b>34</b></p>  <p><b>This person has been running his hand under cold water for 20 minutes.</b></p> <p><b>What type of injury does he have?</b></p> <p>.....</p> <p>.....</p> <p><b>Should he remove his ring?</b></p> <p>.....</p> <p>.....</p> <p>.....</p>	<p><b>35</b></p>  <p><b>This rash indicates that the casualty is having an allergic reaction.</b></p> <p><b>What should you do if they start having breathing difficulties and their tongue starts to swell?</b></p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>
<p>Ensure safety and turn the power off.      Unconscious, with no response and not breathing normally, or at all.</p> <p>Give adrenaline using an auto-injector.      Rescue breaths.      Yes, if the finger is not too swollen.</p> <p>A burn.      Where possible, whenever providing first aid treatment.</p>		

**Some more True or False questions.....**

<p><b>36</b></p>	<p>For this answer, please <b>write</b> the telephone number you would use to call the emergency services such as the ambulance in an emergency in the space on the right hand side.</p>	
<p><b>37</b></p>	<p>The Australian Resuscitation Council states that CPR should be completed by rotating 30 compressions and 2 rescue breaths. However; if you are unable or unwilling to do the rescue breaths, you can do compressions only CPR.</p>	<p><input type="checkbox"/> True   <input type="checkbox"/> False</p>
<p><b>38</b></p>	<p>You do not need to continually monitor and re-evaluate the casualty's illness or injury after you have done the initial examination.</p>	<p><input type="checkbox"/> True   <input type="checkbox"/> False</p>

Name:.....

39	After providing first aid in a workplace, a first aider should always ensure that they report incident details to their supervisor as soon as possible.	<input type="checkbox"/> True <input type="checkbox"/> False
40	As a first aider you should be aware of the possible effects to your mental health when an incident happens and seek assistance when necessary. You may find great benefit in attending a debriefing meeting with colleagues or a professional.	<input type="checkbox"/> True <input type="checkbox"/> False
41	You are providing first aid for a casualty whilst he is lying on the ground. He has broken his leg, but has no other injuries. He tells you he feels like he is going to vomit. You should assist him to lean onto his side to protect his airway.	<input type="checkbox"/> True <input type="checkbox"/> False
42	All unconscious casualties should be placed on their side. This is to ensure that their airway and lungs are kept clear and do not fill up with fluid, especially if they vomit.	<input type="checkbox"/> True <input type="checkbox"/> False
43	Signs of hyperthermia (very hot) may include an elevated body temperature and hot dry skin.	<input type="checkbox"/> True <input type="checkbox"/> False
44	A casualty has been cut on the arm and is bleeding. You should bandage the arm and raise it to help stop the bleeding.	<input type="checkbox"/> True <input type="checkbox"/> False
45	The name of the bandaging technique used to reduce/stop the flow of the venom after a person has been bitten by a snake is called the Pressure Immobilisation Technique.	<input type="checkbox"/> True <input type="checkbox"/> False
46	The signs and symptoms of an asthma attack usually include a red rash or welts all over the body and a swollen tongue.	<input type="checkbox"/> True <input type="checkbox"/> False
47	Asthma should be treated as quickly as possible, using a blue/grey puffer preferably with a spacer device, to help relieve shortness of breath and a possible wheeze.	<input type="checkbox"/> True <input type="checkbox"/> False
48	A sprained ankle or a strained muscle should NOT be treated with ICE.	<input type="checkbox"/> True <input type="checkbox"/> False
49	Burns should be immediately treated with water.	<input type="checkbox"/> True <input type="checkbox"/> False
50	A person has a complete obstruction whilst eating an apple. You should alternate between black blows and chest thrusts until the object is expelled.	<input type="checkbox"/> True <input type="checkbox"/> False
51	Having a defibrillator in a workplace, or shared between a number of workplaces, is vital in giving a cardiac arrest casualty every chance of survival.	<input type="checkbox"/> True <input type="checkbox"/> False
52	Maintaining the casualty's privacy, maintaining confidentiality of records and information, displaying a respectful attitude towards all involved and gaining consent from the conscious casualty are very important concepts in providing first aid at work or in the community.	<input type="checkbox"/> True <input type="checkbox"/> False
53	Signs of shock include pale, cold, clammy skin and a faster heart rate.	<input type="checkbox"/> True <input type="checkbox"/> False
54	Signs of hypothermia (very cold) include reduced body temperature and confusion.	<input type="checkbox"/> True <input type="checkbox"/> False
55	The First Aid Training Package requires all participants to have the ability to complete 2 minutes of CPR on the floor, to pass the course and be awarded a statement of attainment. I have no pre-existing conditions that would stop me attending this course and completing this requirement.	<input type="checkbox"/> True <input type="checkbox"/> False
56	From January the 1 <sup>st</sup> 2015, The Australian Government requires you to supply a Unique Student Identifier (USI). I have obtained this number and written it below. My USI number is .....	<input type="checkbox"/> True <input type="checkbox"/> False

### Great, you have finished your quiz! What next?

Please take the workbook, or the Assessment Section to the 'face to face' Practical Session and present to your trainer.

See Part 2 on the next page for more information about your Practical Session and Assessment.