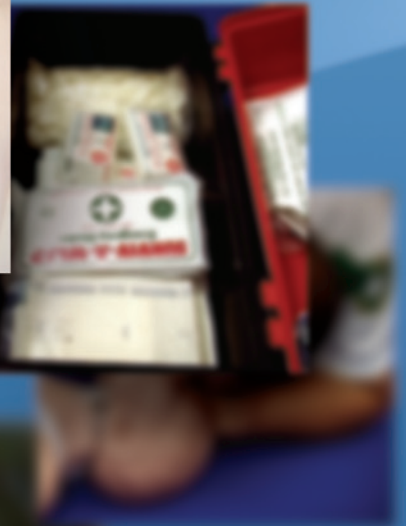


# FIRST AID

THE FUNDAMENTAL SERIES



NAME: .....

CLASS: .....

DATE: \_\_/\_\_/---

SELF ASSESMENT

# VOLUME 1: Basic Life Support

1. When discovering an unconscious or injured person, describe the 7 key actions you would take.

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2. Describe Rescue Breaths. When would you apply this technique?

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3. What is the breathing rate for CPR in an adult?

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4. When would you cease resuscitation?

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5. What is C.P.R.?

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6. Describe how you would find the correct compression position on the sternum.

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7. What is the rate for C.P.R. for infants?

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8. Describe the position of the head for Rescue breaths in adults, children and babies.

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## VOLUME 2: Wound Management

1. When handling blood, name one method of infection control.

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2. Name 3 essential steps for controlling bleeding

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3. How does reassurance assist with bleeding?

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4. Name 4 signs and symptoms of " Shock"

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5. How would you minimise the shock process.

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6. Describe the management of an embedded object.

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7. What steps would you take to preserve a severed part of the body - e.g.- a finger

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8. Describe the steps to treat an abdominal wound

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9. Describe how you would control a nose bleed

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10. What is the treatment for a head injury?

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## VOLUME 3: Management of Fractures

1. Name 2 types of fractures

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2. List 3 signs and symptoms of a possible fracture

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3. Describe management of a fracture

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4. How would you treat a bone protruding from the skin?

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5. Name 4 steps in managing a spinal injury

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6. What is the first-aid management for fractured ribs?

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7. Describe the management of having a tooth knocked out

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## VOLUME 4: Poisons, Bites & Stings

1. What steps would you take to help an unconscious person who is suspected of being poisoned?

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2. What steps would you take to help a conscious person who is suspected of being poisoned?

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3. Describe the first-aid for a drug overdose

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4. What is the first aid management for a snakebite?

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5. What is the first aid for a spider bite?

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6. Bee sting?

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7. Jellyfish sting?

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## VOLUME 5: Ear, Eye & Sports Injury

1. What first-aid technique would you use for a bleeding ear?-impact or infection.

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2. Name 4 steps for managing an eye injury.

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3. What is the first-aid treatment of a sprained ankle?

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4. How would you manage a dislocation?

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5. What is the first-aid for a bruise?

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6. What are the steps to first-aid a black eye?

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7. What are the priorities of managing concussion and if there has been a period of unconsciousness?

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## VOLUME 6: Temperature Problems

1. Name 4 signs and symptoms of hypothermia.

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2. What is the first-aid treatment for hypothermia?

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3. How do you manage a frostbite victim?

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4. What are the dangers of electrocution?

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5. What steps are essential for treating burns?

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6. Describe the signs and symptoms of heat exhaustion.

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7. What is the first-aid for heat exhaustion and heat stroke?

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## VOLUME 7: Common Health Issues

1. In the event of a seizure, name 5 essential first-aid steps.

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2. What is the first-aid for fainting?

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3. What are the sign and symptoms and what is the first-aid for hypoglaecemia (low blood sugar)?

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4. Name the different ways to clear the airway of a choking victim.

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5. What is the first aid for an asthma sufferer?

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6. Name several things that can trigger an asthma attack.

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