

Basic First Aid

Knowledge Paper Answers

***Basic First Aid
Knowledge Paper***

1. Give 3 examples of items you might find in a first aid kit.

- 1 Guidance card.
- 2 Assorted plasters.
- 3 Sterile wound dressings.

2. What do the letters RIDDOR stand for?

Reporting of Injuries, Diseases and Dangerous Occurrences Regulations 1995.

3. Give one example of a way in which you might be at risk from hazardous substances when providing first aid

Chemical spillages – can burn, electricity – shocks, sharp objects – infection control by not wearing PPE.

4. What items should be available in your first aid kit to protect you from infection?

Gloves, aprons, face shields.

5. Who is your first priority in an emergency situation?

Yourself.

6. If you encounter an emergency situation which you are unable to deal with what should you do?

Call 999.

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7. In the SAMPLE assessment format what does the S stand for?

Signs and symptoms.

8. If someone appears to be unconscious what action should you take after checking for danger?

Call 999 if not safe to remove danger then check for response, airway, breathing DRAB.

9. What should you do if the casualty is unconscious but breathing to protect their airway?

Put them in the recovery position, call 999 and monitor until help arrives.

10. Describe how you would position your hands on the chest of a non-breathing casualty to carry out chest compressions?

Place heel of one hand in the centre of the casualty's chest. Place your other hand on top of the first one, interlock your fingers and raise them off the casualty's body.

11. How many breaths do you give after each set of 30 chest compressions?

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12. What might happen if you try to feel for an obstruction in the mouth of someone who was choking?

You may push the obstruction in further.

13. How long does blood take to clot?

6 – 10 minutes.

14. How should a nose bleed be treated?

Ask the casualty to lean forward and pinch their nostrils together just below the bony part of their nose. After 10 minutes let go, if bleeding continues pinch again. Check every 10 minutes, if bleeding doesn't stop seek medical attention.

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15. When treating casualties that are bleeding you can use the letters PEEP as a reminder; these stand for

Position
Elevation
Exposure

Pressure.

16. Give 2 examples of signs / symptoms of shock:

Signs: Rapid, weak pulse – sweating.

Symptoms: Nausea – thirst.

17. How could you keep a casualty warm to prevent shock from becoming more serious?

Place a blanket or coat over them.

18. How would you treat a casualty who had fainted?

Lie them down and raise their legs to encourage oxygen to their brain. Encourage them to stay on the floor until fully recovered.

19. When might you call the emergency services for someone who is having an asthma attack?

If they have no in-haler with them or if they have used it and they are not showing signs of improving.

20. How would you position a conscious person if you suspected they were experiencing a heart attack?

In a half sitting position at floor level with legs bent and supported, head and shoulders propped up.