



Basic First Aid Knowledge Paper

Candidate

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Company

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Date

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**Basic First Aid
Knowledge Paper**

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

1.....

2.....

3.....

2. What do the letters RIDDOR stand for?

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

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

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

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

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**Basic First Aid
Knowledge Paper**

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

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

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

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

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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?

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**Basic First Aid
Knowledge Paper**

13. How long does blood take to clot?

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14. How should a nose bleed be treated?

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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

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16. Give 2 examples of signs / symptoms of shock

1.....
2.....

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

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

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***Basic First Aid
Knowledge Paper***

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

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

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