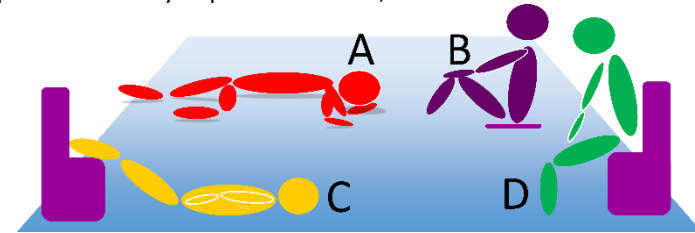


- How can you work out if someone who does not respond to your voice is **unresponsive**?
 - Keep talking to them and wait for them to reply
 - Gently open their eyes and see if their eyes are moving around
 - Listen to their breathing and heart is pumping
 - Give them a gentle shake to check for pressure
- How deep do you push down when doing **adult** chest compressions?
 - As far as you possibly can
 - Around 5 to 6cm
 - Around 10 - 15cm
 - 1 cm
- Approximately how many times per minute does a resting adult female breathe?
 - 100 - 130 breathes per minute
 - 10 breathes per minute
 - Between 12 and 20 breathes per minute
 - Between 40 and 60 breathes per minute
- Which of the following should **not** be found in a first aid kit?
 - Plasters
 - Aspirin tablets
 - Saline solution (slightly salty water)
 - Compression bandages
- For how many study hours do the Health and Safety Executive recommend a first aider learns, for a low risk office with 60 employees in attendance?
 - 18 hours three day course
 - 12 hours two day course
 - 6 hours one day course
 - As long as the risk assessment deem it necessary
- In the workplace, when do you report incidents to the Health and Safety Executive?
 - Every time a first aider is required to attend
 - When there is an injury, decease or a dangerous occurrence
 - Only when an ambulance has been called
 - If a first aider is fed up of not being listened to
- How long do you check for breathing from an unconscious male?
 - Just a few seconds
 - 12 seconds
 - You do not need to, if you can see they are not breathing
 - 10 seconds
- At what point would you **shout for help** for a non-breathing adult, if you are alone?
 - When they do not respond to a pressure test
 - As soon as you see them not moving on the floor
 - As soon as they do not answer you asking if they are 'ok'
 - After the first 30 compressions

- You are about to do CPR and notice the casualty has full mouth upper and lower dentures. Do you take them out before rescue breaths?
 - No, the dentures will help with maintaining mouth structure
 - No, as they might bite you if they become conscious
 - Yes, as they might get in the way of rescue breaths
 - Yes, as they present a choking hazard
- An 18 year old teenager feels unwell. Which leading question would you **avoid at first**?
 - Are you taking any medication?
 - Have you got any pain anywhere?
 - Do you have a headache or stomach ache?
 - Have you had breakfast today?
- Why do we check for danger before approaching an injured bleeding casualty?
 - So we need to know what kind of emergency service to call
 - So we do not injure ourselves too
 - To complete the necessary paperwork after the incident
 - To prevent getting our clothes dirty
- Which position would you put someone in, who has lost a lot of blood and feels faint?



- A restaurant guest starts to cough **ineffectively** while eating grapes, do you...
 - Watch and wait for them to clear the obstruction for up to 5 minutes
 - Reach under their arms from behind, and squeeze their chest
 - Offer glass a water and small pieces of bread
 - Perform 5 hard back blows between the shoulder blades
- A cyclist falls on a road and grazes their knees, do you...
 - Wash with water, cover and tell her to try to keep it dry for 10 days
 - Apply over-the-counter antiseptic cream, and give them a plaster
 - Remove all little stones with tweezers, clean and cover
 - Leave the area to dry in the air with no treatment
- Why do we leave a finger or thumb visible when bandaging up an entire hand?
 - So people can still use at least one finger to text
 - So the hand skin and wound can breathe
 - So we know which finger is *not* injured
 - So we can check circulation in the hand

16. Why is it important to complete an accident form?
- HSE need to prove their importance, so we do what they say
 - In case we forget the accident happened
 - The accident form is kept to show details of the incident for legal reasons
 - Because every government organisation requires bureaucracy
17. When checking for breathing we use the following three senses:
- Feel the chest moving, listen to the mouth and watch the nose
 - Watch the lips open, listen to the heart and smell the breath
 - Feel the air passing through the mouth, look at the chest and listen for breath
 - Feel the chest rising with your hand, feel the air on your face and listen for breath
18. We check for pressure...
- By pinching them hard on the nose
 - To see if they respond and there is brain activity, and in case they are deaf
 - Before we check for a voice response
 - Because it can shock start revival in someone who has stopped breathing
19. First Aid...
- Is the immediate assistance given
 - Provides assistance until a more qualified person arrives
 - Aims to try to prevent further deterioration
 - All of the above
20. Which of the following is correct, for an **adult** not breathing, WHEN ALONE?
- We go and get help and an AED as soon we know they are not breathing, without any resuscitation
 - We start with 5 rescue breaths, then 30 compressions, followed by 2 breaths. After one minute, we go and get help.
 - Start with 30 compressions and then 2 breaths for one minute, then get help
 - Perform 5 rescue breaths, get help, return five more rescue breaths then 30 compressions and 2 breaths

now check your answers!



First Aid at Work Assessment Paper 1

- It is not a requirement for first aiders to be able to read or write English. Learners may therefore be unfairly challenged by the paper. If this is the case please contact Learn2Rescue to discuss different assessment options.
- The paper should be undertaken in typical exam conditions.
- A maximum of 30 minutes should be allowed for candidates undertaking the assessment.
- A clock should be prominently displayed in the assessment room
- Learners should be spaced round the room and be sat at least 1.5 metres apart.
- Learners should not be allowed assistance to answer the questions, but help understanding certain words is permissible
- The assessment paper consists of 20 multiple choice questions.
- The pass mark of the paper is 15 correct answers
- Learners must demonstrate competence before commencing the practical assessments
- Any learner who fails to achieve 15 correct answers will be referred
- Do not write on the question paper
- Learn2Rescue has an appeal process for those who want to have their test results investigated

Good luck

Created Feb 2020
Review Feb 2021