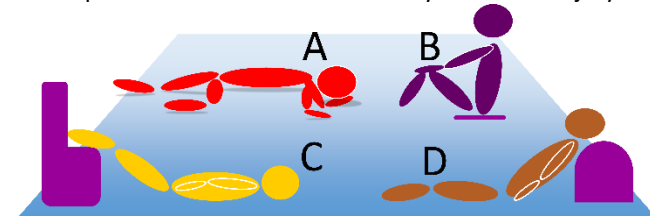


Please do not write on the question paper.

- If you only have a few seconds to speak, what is most important to tell 999 operator?
 - How the incident happened and what you have done
 - Full personal details of the casualty, i.e. name date of birth and address
 - Your full details and qualifications
 - Your location and the present state of the casualty
- How hard and for how long do you attempt breaths during CPR on a 20 year old?
 - A steady breath until the chest rises about 1 second
 - A quick short puff, under half a second
 - A long deep 3 second hard breath, keeping the chest filled with rich oxygen
 - We don't have to do breaths anymore, so zero seconds
- Cerebral compression, brain getting squeezed, can be recognised by:
 - A casualty has a sore throat, aching joint pains and a headache
 - Laboured breathing, headache, raised temperature and red face
 - A lack of movement on one side, loss of memory and chest pains
 - A fever, confusion, desire to sleep and feeling of impending doom
- What does hyperthermia mean, and what would you do?
 - Someone is very cold and needs heating up slowly. Wrap them in blankets.
 - For a hot and sweaty child, but if they are drinking well. Leave them alone but keep an eye on them for 30 minutes
 - Very hot to touch, tell them to calm down and sleep, do not give them food.
 - The body is overheating. Remove clothes, get them away from the heat source and use cold water, ice and air to lower temperate
- A bullet has shot through someone, exiting the other side, what treatment is best?
 - Seal the entry wound and try to piece back what you can inside exit wound
 - If safe, try to seal both wounds to control bleeding, front and back, call 999
 - If safe, concentrate on the front wound only, make sure no blood loss
 - Leave the wound for forensics, and police need to see it. No medical action.
- A stranger has a severe abdominal laceration cut, which is best course of action?
 - Lie them down in a comfortable position and push any internal organs back
 - Clean the wound and stick to together using sterile glue or strips
 - Lie them down in a comfortable position cover any organs with plastic film
 - Use warm salty water to clean area; keep them moving maintaining circulation
- A flying pencil has become deeply embedded in your thigh, what do you do?
 - Seek help, apply pressure around pencil entry point, cover to keep clean leaving the pencil sticking out, and go to hospital
 - Pull it out and go to the hospital, but take the pencil with you
 - Wash with very cold water to close capillaries, and apply sterile healing powder
 - Break the pencil near the skin and cover the pencil completely with a bandage

- Which is a preferred position for a conscious casualty with head injury.



- In which order would you treat these casualties?

	A	B	C	D
1 st	An adult not responding	A screaming woman	A choking victim	Sick looking elderly male
2 nd	A choking lady	A woman not responding	A broken arm	Non-breathing lady
3 rd	A screaming burn victim	A choking man	An unconscious but breathing man	A man with bad chest pains with a history of heart trouble

- A colleague has licked and become stuck to a freezing cold metal pole?
 - Pull gently, teasing the skin form the pole
 - Warm the area up to defrost the frozen tongue and break the connection
 - Call 999 but do nothing yourself, let the emergency services deal with it
 - Pour boiling water over the pole, to quickly defrost the area
- An experienced tree feller has fallen 4 meters (13 feet) onto hard grass and is not moving. You are alone.
 - Pull them inside, out of further danger and call 999 if necessary.
 - Check responses and secondary survey before moving. Call 999 if necessary.
 - Just place in recovery position and call 999 if necessary.
 - Take a photo of the scene and get help using a mobile phone
- Your elderly boss has arrived at work on a cold winter morning, looking pale, shivering, with blueish fingers. What do you suspect and do?
 - Hypothermia, warm them up slowly and advise them to seek medical help
 - Hyperthermia, wrap them up and give them cold drinks
 - Hypothermia, warm them up fast, using fan heaters and hot drinks
 - Contagious fever, isolate them and call for them to be collected, give them a cuddle using body heat to warm them up
- The caretaker has cut themselves on dirty barbed wire, what do you do?
 - Clean the area with saline solution or water, cover and send to medical centre
 - Clean the area and apply antiseptic creams, as barbed wire carries diseases
 - Cover with a tight bandage, give aspirin and send to hospital
 - Wash with water, leave to dry and apply spray on sealing wound dressing
- A faint also known as a syncope is which of these?
 - A traumatic head injury causing unconsciousness
 - A heart problem where it is not strong enough to get blood to the brain
 - A brief interruption of oxygenated blood reaching the brain
 - A severe loss of blood volume where blood pressure drops too low



15. Nathan has a painless but ugly deep burn, from an iron. What is the treatment?
 - a. Place under cool tepid water for 20 minutes, while preparing to go to hospital
 - b. Place under cool tepid water for 30 minutes, while preparing to go to hospital
 - c. Place under ice cold water for 10 minutes, while preparing to go to hospital
 - d. Wrap tightly in cling film and take to GP

16. You are alone without a phone and need to start CPR on a man, when do you get help?
 - a. After five minutes of CPR, go and get your phone, calling 999
 - b. After one minute of CPR, go and get your phone, calling 999
 - c. Do not even start CPR, get the AED and help on the way first
 - d. Do five rescue breathes, go get your phone and then continue with CPR

17. Jody has badly burned her arm, Hussain has badly cut his leg and Rajette appears to have broken her arm. They all arrive at your office at the same time, in which order do you treat them?
 - a. Hussain, Jody and then Rajette
 - b. Rajette, Jody and then Hussain
 - c. Hussain, Rajette and then Jody
 - d. Give up, you should not be expected to have to deal with all three

18. Sarah has fallen badly and has an open fracture below her knee. What do you do?
 - a. Cover the area tightly and send to hospital
 - b. Tell Ariella to hobble over to the medical room for treatment
 - c. Gently cover, immobilise in a comfortable position and send to hospital
 - d. Raise the leg and give over-the-counter medication for the pain

19. Ashley has touched a broken live high voltage electricity train cable. Do you approach?
 - a. Only if the Ash does not respond to your calls
 - b. Only when a train stops at the scene and you can see no other trains
 - c. Yes, looking for trains and being careful about the live high voltage cable
 - d. Only when you know it is safe, power is off and trains stopped

20. Amber has a suspected broken clavicle, (collar bone). What should you do?
 - a. Fiddle about with a triangular bandage, to get the arm in a sling
 - b. Let her hold it in a comfortable position and seek medical assistance
 - c. Apply ice and a tight bandage while lifting the arm up above her head
 - d. Place in the unresponsive recovery position, in case she passes out

now check your answers!



First Aid at Work Assessment Paper 2

- As it is not a requirement for first aiders to be able to read or write English. Learners may 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 should be referred
- Do not write on the question paper
- Learn2Rescue has an appeal process for those that want to have their test results investigated

Good luck

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