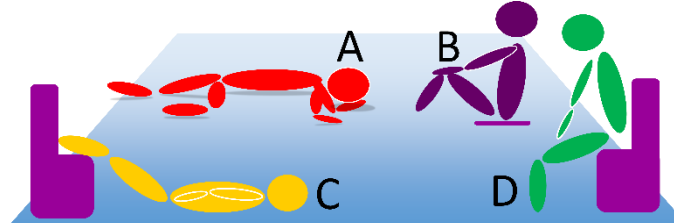


Please do not write on the question paper.

1. How can you work out if someone who does not respond to your voice is **unresponsive**?
 - a. Keep talking to them and wait for them to reply
 - b. Gently open their eyes and see if their eyes are moving around
 - c. Listen to their breathing and heart is beating
 - d. Push a pressure point or pinch them to check for pain
2. How deep do you push down when doing **child** chest compressions?
 - a. As far as you possibly can
 - b. About a third of the depth of the chest
 - c. 10 cm
 - d. 1 cm
3. Approximately how many times per minute does a resting 7 year old child breathe?
 - a. 100 - 130 breathes per minute
 - b. 10 breaths per minute
 - c. Between 25 and 35 breaths per minute
 - d. Between 40 and 60 breaths per minute
4. Which of the following should **not** be found in a first aid kit?
 - a. Plasters
 - b. Aspirin
 - c. Saline solution (slightly salty water)
 - d. Compression bandages
5. For how many hours do Ofsted recommend an early years carer studies first aid?
 - a. 12 hour two day course
 - b. 6 hour on day course
 - c. 18 hour three day course
 - d. As long as the risk assessment deem it necessary
6. Should tweezers be in a first aid kit?
 - a. Yes, always
 - b. No
 - c. Yes, if sterilised in sealed bag, and the risk assessment identifies the need
 - d. No, you can always use the medical scissors
7. How long do you check for breathing from an unconscious child or baby?
 - a. Just a few seconds
 - b. 12 seconds
 - c. You do not need to, if you can see they are not breathing
 - d. 10 seconds
8. A ten year old child has been brought to you with a temperature and fever, do you?
 - a. Immediately contact a parent to collect them and take to a doctor
 - b. Give them over the counter paracetamol and then call for collection
 - c. Send them back to class and ask them to return to you at break
 - d. Just monitor them for an hour, and then decide one of the above
9. If a child is lying on their front with head turned facing the side, do you turn them onto their back to see if they are breathing?
 - a. No, check them as you find them.
 - b. No, use a feather next to their nose to see if it moves
 - c. Yes, they have to be on their back for CPR anyway
 - d. Yes, as it is impossible to check them in that position
10. An 8 year old child has vomited. Which of the below would you **not** do?
 - a. Arrange clean up and sterilising of the area
 - b. Comfort the child and ask SAMPLE questions
 - c. Give the child a full cup of water to drink
 - d. Contact parents or guardians to collect the child
11. Why do we check for danger before approaching an injured bleeding casualty?
 - a. So we need to know what kind of emergency service to call
 - b. So we do not injure ourselves too
 - c. To complete the necessary paperwork after the incident
 - d. To prevent getting our clothes dirty
12. Which position would you put a conscious child in that has lost blood and feels faint?

The diagram illustrates four different positions for a child on a blue mat. Position A shows a red child lying face down (prone). Position B shows a purple child lying face up (supine). Position C shows a yellow child lying on their side (lateral). Position D shows a green child sitting upright. The mat is placed on a light blue floor between two purple chairs.
13. A small child starts to cough **ineffectively** while playing with small lego pieces, do you...
 - a. Watch and wait for them to clear the obstruction for up to 5 minutes
 - b. Reach under their arms from behind, and squeeze their chest
 - c. Hold the child upside down and shake them violently
 - d. Perform 5 hard back blows between the shoulder blades
14. Hannah slips over in the playground and grazes her knees, do you...
 - a. Wash with water, cover and tell her guardians after school
 - b. Apply over-the-counter antiseptic cream, and give them a plaster
 - c. Remove all little stones with tweezers, clean and cover
 - d. Leave the area to dry in the air with no treatment
15. Why do we leave a finger or thumb visible when bandaging up an entire hand?
 - a. So the child can still use at least one finger
 - b. So the hand skin and wound can breathe
 - c. So we know which finger is *not* injured
 - d. So we can check circulation in the hand

Final questions overleaf...

Please do not write on the question paper.

16. Why is it important to follow guidelines from Ofsted?
- Ofsted need to prove their importance, so we do what they say
 - Parents and guardians will check up on schools
 - The guidelines are there to protect the welfare of the children
 - Ofsted stands for 'Office For Starting Emergency Diagnoses'
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 pain...
- By pinching them hard on the nose
 - To see if they respond and there is brain activity
 - 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 a child not breathing, WHEN ALONE?
- We start with 5 rescue breaths, then 30 compressions, followed by 2 breathes. After one minute, we go and get help.
 - We go and get help as soon as we know they are not breathing, without any resuscitation
 - 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!



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Paediatric First Aid 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