



RESCUE FIRST-AID/CPR COURSE ASSESSMENT

Printed Student Name: _____ Date: _____
Company: _____ Facilitator: J.R. Castillo

Directions: Print "fill in the blank" answers clearly and place an "X" in the corresponding box on "True and False" questions.

- The Priorities of First-Aid are:
 - _____
 - Alleviate Suffering
 - Prevent the Condition from Worsening
 - Promote Recovery
- True or False:* First-Aid is the secondary assistance given to someone that is injured has become unwell. _____ True
_____ False
- True of False:* Good hygiene will reduce the amount of risk to the casualty/injured person. _____ True
_____ False
- "DR. ABC" stands for :
 - Danger
 - Response
 - Airway
 - _____
 - CPR
- True of False:* The Recovery Position will keep the casualty/injured person's airway clear and open. It will also reduce the threat of them choking.
_____ True
_____ False
- The _____ consists of looking at a casualty/injured person's history, signs and symptoms.
- A _____ is a medical term used to describe struggling to breathe. It often occurs because the heart is no longer circulating oxygen-rich blood.



8. *True or False:* Before beginning CPR Call 911 (999 in the UK) for help.
_____ True
_____ False
9. Give casualty/injured person _____ compressions at a rate of _____ compressions per second. A good frame of reference is doing the compressions to the beat of "Staying Alive" by the Bee Gees or "Uptown Funk" by Bruno Mars.
10. *True or False:* Reasons to stop providing CPR:
- Too exhausted to continue and no one is around to take over.
 - If the casualty/injured person's condition improves.
 - If the paramedics tell you to stop when they arrive.
- _____ True
_____ False
11. An AED will include:
- _____
 - A towel
 - A razor
 - Scissors
 - _____
12. *True or False:* An AED should ALWAYS be used when a casualty/injured person is not breathing.
_____ True
_____ False
13. *True or False:* You MUST be trained on how to use an AED before using it.
_____ True
_____ False
14. If you have a casualty/injured person who is not breathing, using a _____ will help protect you from any potential contamination or exposure to poisons swallowed by the casualty/injured person.
15. Perform a _____ and _____ before administering rescue breaths.



16. The Chain of Survival steps include:

- _____
- CPR
- AED
- _____

17. *True or False:* Possible Signs of Choking:

- Panicking after eating something
 - Clutching at the Stomach
 - Change of Color
 - Signs of Cyanosis (Blueness of the lips)
- _____ True
_____ False

18. What is the action designed to expel an obstructing object from the throat by placing a fist on the abdomen and forcefully thrusting it inward and upward to dislodge the obstruction? _____

19. *True of False:* You should never ask if the casualty/injured person is choking before attempting to help them.

- _____ True
_____ False

20. When dealing with a choking infant, make sure that you support their _____ and _____ and throughout the procedure.

21. Symptoms of tonic-clonic seizures:

- Involuntary muscle movements
- _____
- Soiling themselves
- Eyes rolling back
- Stopping breathing
- _____

22. Symptoms of focal seizures:

- Starring into space (absence seizures)
- Lip smacking
- _____
- _____
- _____



23. What are the three types of burns? _____

24. *True or False:* While dealing with burns, it's important to use cool, not cold running water on the burnt area to avoid hypothermia.

_____ True
_____ False

25. *True or False:* Superficial (First Degree) Burn: It's the most serious type of burn. It extends through every layer of the skin and may penetrate deeper to the layer of fat just below the skin.

_____ True
_____ False

26. Partial-Thickness (Second Degree) Burn: It's more serious because it also affects deeper layers of skin, but there is no damage to the _____ or _____.

27. *True or False:* If the casualty/injured person gets something stuck in their ear or their nose, we shouldn't attempt to pull it out as it can cause more damage.

_____ True
_____ False

28. Signs of shock:

- Pale skin
- _____
- Cold touch
- Rapid and weak heart rate
- _____

29. What is the condition where the blood supply to the heart is restricted?



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30. Symptoms of a Heart Attack:

- _____
- Tightness around the chest
- Arm Hurts (Often the left arm first)
- Pain in the abdomen, the back and the jaw
- _____
- Being sick (Vomiting)
- Feeling _____
- Feeling Clammy
- Grey in color

31. *True or False:* Cardiac Arrest: A condition where the heart stops completely and stops working.

_____ True
_____ False

32. What is a condition where the supply of blood to the brain is cut off? _____

33. What are the two types of slings discussed in this training?

Student's Signature: _____ Date Completed: _____