

catch

training

HLTAID011 Provide First Aid

Knowledge Quiz

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Introduction

This Assessment Package outlines the requirements for the assessment of the unit of competency HLTAID011 Provide first aid.

HLTAID011 Provide first aid

1. Respond in an emergency situation
2. Apply appropriate first aid procedures
3. Communicate details of the incident

Unit Information

The unit of competency being assessed is HLTAID011 Provide first aid. The unit can be accessed at training.gov.au at the following link:

HLTAID011 - <http://training.gov.au/Training/Details/HLTAID011>

Pre-requisites

Nil

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The unit of competency has no pre-requisites units.

Assessment Overview

The unit of competency will be assessed using assessment methods including a knowledge assessment and a practical observation assessment. This allows for the discrete assessment of specific knowledge and the assessment of knowledge integrated with skills during practical assessment activities performing first aid.

There are two assessments activities for the assessment of HLTAID011 Provide first aid, these are:

Number	Method	Description
1	Theory Exam	You must provide a written or verbal response to 69 multiple choice questions which address the knowledge requirement of providing first aid. You must answer all questions correctly.
2	Practical Assessment	The candidate must complete 12 First Aid emergency simulated scenarios.

Please note: You must demonstrate a satisfactory result in all assessment activities in order to be assessed as competent in the unit. Final assessment results are to be recorded on the Assessment Summary Report.

Resource requirements

The following facilities and resources are to be available for the assessment of HLTAID011 Provide first aid:

- adult and infant resuscitation manikins in line with ARC Guidelines for the purpose of assessment of CPR procedures
- first aid equipment including
- roller bandages
- triangular bandages cloth
- trauma dressings
- placebo bronchodilator and spacer device
- adrenalin auto-injector training device
- an AED training device
- emergency rescue blanket
- first aid care reference and access to ARC Guidelines
- Printed assessment recording tools
- Printed Candidate Instructions (separate document).

Candidate Instructions - Knowledge Test - 1

The assessment task

This task requires you to complete a written or verbal response knowledge assessment involving 69 multiple choice questions. The questions within this assessment relate directly to the integrated knowledge contained within the units of competency and are fundamental to your ability to perform first aid.

The assessment is conducted online or if in a classroom setting supervised by the assessor. You will not have access to reference material. This is a closed book assessment. The classroom should be set up in order to prevent candidates from discussing questions or viewing each other's responses. You must answer all questions correctly in order to satisfactorily complete this assessment.

Reasonable adjustment

You may provide verbal responses to questions as a method of reasonable adjustment where this is required according to your needs. The assessment seeks to assess your knowledge of applying first aid.

Assessment procedure

You will be provided a briefing on the assessment and be provided 5 minutes to review the question and seeking clarification on the conduct of the assessment. This is an opportunity for you to seek clarification about the conduct of assessment and the wording of questions contained within the assessment. Questions should be responded to the entire group in order to ensure all participants have a shared understanding of the assessment requirement. You are to be requested not to talk and direct any questions to the assessor. During the assessment the assessor is to monitor candidates to ensure the integrity of the assessment and respond to questions. When a candidate has completed the assessment, they are to leave the area and pass their completed assessment paper to the assessor. All candidates are to be monitored until the completion of the assessment or the allocated time has lapsed (one hour).

Following the assessment, each candidate's responses are to be assessed and marked as appropriate. Candidates who have provided incorrect responses are to be engaged in a one on one discussion to verbally moderate the student's knowledge. The assessor must have confidence that the candidate holds the required knowledge. The assessor should record their observations about the student's demonstrated knowledge and must retain the completed written assessment as evidence of the completed assessment activity.

The context of assessment

The assessment is to be conducted in a classroom setting.

Resource Requirements

To complete this assessment task the following resources are required:

- Printed Candidate Response - Knowledge Test - 1 per student
- Suitable classroom or open area is suitable to the conduct of assessment.
- Each student requires a black pen to record their responses.
- Printed Assessor Guide (model answers) - Knowledge Test- 1.
- Analogue wall clock.
- Whiteboard or blackboard with markers.

Limitations

The following limitations apply:

- You have 1 hour to complete the assessment.
- The assessment is to be completed without access to references.
- Your responses are to be recorded in writing or may be provided verbally.

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First Aid Knowledge Quiz

Please select the most correct answer on the following questions:

- 1. Prior to giving any assistance to a conscious casualty, the first aider must obtain the casualty's:**
 - a. Name and Address.
 - b. Consent.
 - c. Telephone number.
 - d. Age and date of birth.

- 2. What is your duty of care requirement after commencing first aid with a casualty?**
 - a. Stay with the casualty until they are transported to hospital.
 - b. To stay with the person until Vital signs return, Paramedic assistance arrives from emergency response services, Exhaustion makes it impossible to continue, Authorised personnel declare the casualty as officially deceased.
 - c. No duty of care.
 - d. To do your best in the time you have available.

- 3. When approaching a casualty, the first aider should be considerate, sensitive and respectful of the casualty's:**
 - a. Religious beliefs.
 - b. Personal beliefs.
 - c. Cultural background.
 - d. All off the above.

- 4. Should you attempt medical procedures that you have no training in?**
 - a. No.
 - b. Only if I have seen it before.
 - c. Yes if it will save the person's life.
 - d. None of the above.

- 5. Are you obliged to respect the privacy of the casualty and not discuss their situation with others?**
 - a. Only if they request me to do so.
 - b. No, I am not a doctor and have no obligation to respect their privacy.
 - c. Yes.
 - d. None of the above.

- 6. To minimise the risk of cross infection, the first aider should:**
 - a. Put gloves on the casualty.
 - b. Use a barrier (for example wear gloves and mask).

- c. Spray the wound with water.
- d. All off the above.

7. When there is more than one casualty, which victim takes priority?

- a. The casualty yelling for help.
- b. The casualty with a suspected fracture.
- c. The casualty with the worst injuries.
- d. The breathing casualty with a burn.

8. Whilst you are aiding a casualty, a bystander arrives. What will be the first thing you would ask them to do if you haven't already?

- a. Take a photo for facebook.
- b. Call 000.
- c. Give you their phone number.
- d. Help by watching the casualty's face.

9. The letters DRSABCD stands for:

- a. Danger Repeat Airways Be Careful Defibrillation.
- b. Do Ring Ambulance But Carefully Decide.
- c. Dangers, Responsive, Send For Help, Airway, Breathing, CPR, Defibrillator.
- d. Dangers Responsive Airway Breathing Circulation Defibrillator.

10. According to the ARC Guidelines, when performing CPR for an adult, child or baby what is the correct ratio of compressions to breaths?

- a. 2:15.
- b. 30:2.
- c. 15:2.
- d. 1:5.

11. When performing CPR for an adult, child or baby the depth of each compression should be?

- a. As deep as you can go.
- b. 1/3 the depth of the chest.
- c. Not too deep or you might crack the ribs.
- d. 1/2 the depth of the chest.

12. When performing CPR, you noticed there is no rise and fall in the casualty's chest, you should check?

- a. If there is adequate head tilt.
- b. That their tongue is not blocking their throat.
- c. That air is not leaking from the victim's nose.

- d. All off the above.

13. What things can you do to check a casualty's Response?

- a. Ask their name, check their pulse, check their eyes.
- b. Look, Listen, Feel.
- c. Tap their cheek, Squeeze their shoulders, Shout the name if known, Check their pulse.
- d. Look, Wait, Ask.

14. Once you commence CPR you should only STOP when?

- a. Emergency response personnel arrive and take over.
- b. You are physically unable to continue.
- c. The person starts moving and breathing normally indicating recovery, In this case move them into the recovery position.
- d. All off the above.

15. General instructions for using an Automated External Defibrillator (AED) involve?

- a. Push the button to open the lid / turn on.
- b. Pull the handle to access the electrode pads and attached to casualty's chest.
- c. Press flashing shock button if told to do.
- d. All off the above.

16. If the casualty is complaining of chest pains you should?

- a. Lay them on their back and start CPR.
- b. Lay them on their back and elevate their feet.
- c. Roll them onto their side and monitor their ABC.
- d. Rest the patient seated in a comfortable position and give reassurance if become unconscious call 000 and start CPR.

17. In a drowning situation, my immediate actions after the person is out of the water is to?

- a. Run to get help as the person needs to get to hospital.
- b. Just start CPR.
- c. When the casualty is out of the water turn them on to one side, open the airway and let any water/vomit drain out. Follow the Emergency Action Plan DRSABCD.
- d. None of the above.

18. What are the steps in the Chain of survival in order?

- a. Early Access and Early CPR.
- b. Early Access, Early CPR, Early Defibrillation, Early Advanced Care.
- c. Early Defibrillation with Early Access.
- d. None of the above.

19. A heart attack occurs when the coronary arteries become completely blocked due to fatty deposits or blood clots, the heart muscle or tissues then begin to die due to not getting enough oxygenated blood. What are some common signs and symptoms of a heart attack?

- a. Pain can spread to the neck, jaw or shoulders or arms (commonly left arm).
- b. A persistent dull, heavy pain in the chest region, difficulty in breathing.
- c. They may look grey/pale, cold sweaty skin, rapid pulse.
- d. All of the above.

20. Angina can look like a heart attack it can come and go and last less than 10 minutes, also it often occurs when the person is overexerting themselves e.g. physical exercise. What is the first aid treatment for someone who suffers Angina?

- a. Stop physical exertion and rest in position of comfort.
- b. Help casualty self-administer their prescribed angina medication.
- c. Beware casualty can become unconscious as medication can drop their blood pressure, Call 000 or 112 if this occurs.
- d. All of the above.

21. When managing a conscious casualty with a suspected spinal injury you must?

- a. Minimise any movement of their head, neck and spine.
- b. Turn them on their side to ensure adequate airways.
- c. Try to wake them.
- d. All of the above.

22. To manage a fracture you would?

- a. Immobilise and support the fracture.
- b. Elevate the fracture.
- c. Apply direct pressure and elevate.
- d. Run under cold water for 20 mins.

23. What first aid treatment would you provide for a casualty with a suspected dislocated shoulder?

- a. Attempt to put the shoulder back into position.
- b. Support and immobilise the injury in position of most comfort.
- c. Do not touch it as you may make it worse.
- d. Remove excess clothing.

24. Fractures are breaks in the bone tissue what are the 3 different classifications of fractures?

- a. Compound, Spiral, greenstick.
- b. Open, Closed and Complicated.
- c. Commutated, bend, hairline.
- d. None of the above.

25. A key part of skeletal injuries is immobilisation and support with a splint and sling. Immobilisation techniques may include which of the following?

- a. Support the injury where it is by packing available material around it.
- b. Apply a soft splint e.g. triangular bandage sling, pillow, folded blanket.
- c. Use another body part to support and immobilise injured body part.
- d. All of the above.

26. A person regaining consciousness following a head injury may experience.

- a. Vomiting.
- b. Blurred vision.
- c. Dizziness.
- d. All of the above.

27. A person at your workplace starts to shake and convulse before collapsing on the floor, your immediate action would be too?

- a. Protect the head and body from further damage by making the area around the person safe e.g remove objects, furniture etc.
- b. Call an Ambulance.
- c. Place an object into their mouth so they don't swallow their tongue.
- d. Commence CPR.

28. A workmate who is known to suffer diabetes is seen to be confused, disorientated and is covered in sweat you would?

- a. Call 000.
- b. Retrieve and administer their medication.
- c. Check if they have a asthma puffer.
- d. If able to swallow give the person a sweet, non-diet drink or lolly. (Diet/sugar substitute drinks do not work, as they do not contain sugar).

29. What are some common signs and symptoms of a stroke?

- a. Chest pains and ache down the left arm.
- b. Facial droop, unable to lift arm/s, difficulty in speaking, headache.
- c. Abdominal distension and bloating.
- d. Vomiting and diarrhea.

30. A 3 year old appears to be convulsing, is hot and has multiple layers of clothing, what would be the best course of action?

- a. Place the child in a bath of ice.
- b. Protect head and body from further injuries, Time the seizure, Once seizure has stopped remove excess clothing and fan the child to cool down, apply cold compress under armpits and groin, Call ambulance if seizures continue or child is unresponsive.
- c. Put more clothing on the child to warm them up.
- d. Do nothing.

31. If a diabetic is suffering from hypoglycaemia and is unconscious you should?

- a. Squirt soft drink into their mouth.
- b. Call 000 for an ambulance and place in recovery position do not put anything in their mouth.
- c. Push a sandwich into their mouth.
- d. Place a spoonful of sugar into their mouth.

32. The condition known as Shock can be life threatening and occurs when the body is unable to cope with serious illness, injuries or stressful situations. What are some of the common signs and symptoms of Shock?

- a. Pale, Cold and Clammy skin.
- b. Altered state of conscious.
- c. Rapid weak pulses associated with rapid breathing.
- d. All of the above.

33. What are some common signs and symptoms of someone with low blood sugar?

- a. Cold. pale sweaty skin.
- b. Weak, dizzy, confused, decreasing conscious state.
- c. May appear aggressive or angry.
- d. All of the above.

34. What are some common signs and symptoms of someone with high blood sugar?

- a. Excessive thirst and increase urine output.
- b. Smell of acetone on their breath.
- c. Drowsiness may become unconscious.
- d. All of the above could be present.

35. Fainting normally occurs when blood flow to the brain is temporarily reduced which can result in a semi loss or complete unconsciousness of the person. What position do we put people that are conscious if feeling faint?

- a. Recovery position.
- b. Lay flat on the ground or other flat surface.
- c. Sit them upright.
- d. None of the above.

36. A workmate is choking on a hot chip they are having for lunch, and they are unable to speak or cough you would?

- a. Try the Heimlich manoeuvre.
- b. Encourage them to cough.
- c. Bend them forward and give 5 back blows if still blocked 5 chest thrusts.
- d. None of the above.

37. You stop to assist a person who, whilst exercising started to cough, wheeze and their skin on their face is going bluish? They tell you they are Asthmatic you would?

- a. Follow their Asthma Management plan.
- b. Lay them on their back and elevate their legs.
- c. Sit them in an upright position and assist with medication if available.
- d. Answer A & C.

38. What medication does an EpiPen or Anapen contain?

- a. Antibiotics.
- b. Paracetamol.
- c. Adrenaline.
- d. Aspirin.

39. What are some common signs and symptoms of Asthma?

- a. Coughing usually dry and irritating.
- b. Wheezing when they breath.
- c. Shortness of breath, cyanosis of lips.
- d. All of the above.

40. What are some common triggers for Anaphylaxis?

- a. Venom from bites and stings.
- b. Foods e.g. Nuts, eggs, Milk products.
- c. Medications e.g. antibiotics.
- d. All of the above.

41. What are some common signs and symptoms of Anaphylaxis?

- a. Wheeze or persistent cough.
- b. Swelling of the Tongue or throat.
- c. Dizziness or collapse.
- d. All of the above.

42. Hyperventilation occurs when there is an imbalance of carbon dioxide and oxygen in the body as a result of an altered breathing pattern. What are some common signs and symptoms of hyperventilation?

- a. anxiety, fear related stress e.g. panic.
- b. Rapid shallow breathing.
- c. Numbness/pins and needles feeling in fingers or toes.
- d. All of the above.

43. Choking is the result of either a partial or total airway obstruction. If a casualty is unable to speak, cough, cry or clutching at their throat, these are common signs that you would need to assist them. What is the first aid treatment for someone with a complete airway obstruction who cannot breath, speak or cough?

- a. Let them cough it out.
- b. Use the Heimlich manoeuvre.
- c. Provide 5 back blows between shoulders blades followed by 5 chest thrusts and alternate until clear.
- d. None of the above.

44. To control external bleeding you should?

- a. Run wound under warm water.
- b. Have casualty lay in the recovery position.
- c. Apply direct pressure.
- d. Lay them on their back and elevate their legs.

45. A staff member comes to you with a long piece of metal from one of the machines embedded in their forearm. How would you treat this injury?

- a. Remove the piece.
- b. Bandage around the piece and treat them for shock.
- c. Hold the piece in place by covering it.
- d. Call the technician to repair the machine.

46. What is the first aid management for when blood exits the ear?

- a. Cover the ear and lay them on their side with the bleeding ear turned towards the ground.
- b. Cover the ear and lay them on their side with the bleeding ear turned up.

- c. Administer ear drops.
- d. Apply an ice pack.

47. If there is a major foreign object in the eye of the casualty you should?

- a. Stabilise the object in place as best as possible with resources available.
- b. Rub the eye to remove it.
- c. Ask the casualty to shake it out.
- d. Try to remove the object.

48. For soft tissue treatment, what does RICER stand for?

- a. Rest, Internal, Circulation, Environment.
- b. Rest, Ice, Compression, Elevate, Refer to doctor.
- c. Rest, Injuries, Consent, Experienced.
- d. Rest, Injection, Careful, Emergency.

49. What should you do with an open abdominal injury?

- a. Try to push the organs back in.
- b. Remove all foreign objects.
- c. Lie flat on back with knees bent and then lightly cover any protruding intestines or organs with a non-stick dressing.
- d. None of the above.

50. If a casualty is vomiting blood this is most likely caused by?

- a. A head injury.
- b. An Asthma Attack.
- c. An abdominal Injury.
- d. Heatstroke.

51. If presented with a casualty that has been crushed by a heavy object what is the best thing to do?

- a. Just treat the injuries that you can access and reassure the person.
- b. Do nothing.
- c. Call 000 immediately.
- d. Assess dangers; seek assistance to have the heavy load removed from the patient as quickly as possible. Only do so if it is reasonably safe and physically possible.

52. If a person came to you reporting they have just received a needle stick injury what would be the correct treatment?

- a. Sit down in the cool shade.
- b. Put a Band-Aid on it.
- c. Flush/Wash the injury site with soap and running water.

- d. Wear leather gloves next time.

53. What is the first aid management for a nose bleed?

- a. Put a tampon in nose to stop bleeding.
- b. Sit upright then apply pressure to nostrils for at least 10 - 20 minutes, apply cold compress to back of neck, do not pick or blow nose.
- c. Wait until it stops.
- d. None of the above.

54. What are some common signs and symptoms of an eye injury?

- a. Pain in the eye.
- b. Impaired or total vision loss.
- c. High volume of tears in the eye.
- d. All of the above.

55. What is the treatment for a heat burn?

- a. Cool the burned area under cold water for 20 minutes.
- b. Place adhesive dressing on burn so it sticks to wound
- c. Cover with Glad wrap.
- d. None of the above.

56. How would you manage a conscious person suffering from mild hypothermia once they are no longer shivering or if the ambulance is delayed?

- a. Proceed with active rewarming using wrapped hot water bottles, heating pads (if the person is dry) or other heated sources. Apply heated sources to the groin, armpits, trunk and sides of the neck. Body-to-body contact may also be used.
- b. Put them in the recovery position.
- c. Put them in warm bath.
- d. Tell them to keep moving.

57. Your neighbour has been mowing the lawn in the hot sun. They are really thirsty, they feel hot to touch and is complaining of faintness and have a headache. How would you treat them?

- a. Encourage the person to find a cool place or shelter to rest, Loosen/remove extra clothing, Moisten the skin – use a damp cloth, atomiser or fan, If fully conscious give small drinks of cool water.
- b. Offer them a beer for their hard work.
- c. Sit them up right and offer them some food.
- d. Place them into a recovery position and monitor ABC.

58. It is a very hot day and you find a runner on the side of the road confused, hot to touch and not sweating suffering heatstroke. The correct course of action would be?

- a. Call 000 for an ambulance and rest in shade and douse with cold water and cover with a wet sheet also apply cold compress to arm pits or groin.
- b. Don't move them and have them lie on the road.
- c. Give them a sip of alcohol from your hip flask.
- d. Put a blanket around them because they are in shock.

59. What are some common things or conditions that can cause burns?

- a. Heat, Chemicals.
- b. Electricity.
- c. Extreme Cold or Heat e.g. Solar radiation.
- d. All of the above.

60. How would you treat someone with a chemical burn?

- a. If available consult SDS/MSDS.
- b. Remove the chemical from the body using large amounts of cool running water for at least 20 minutes.
- c. Call an ambulance 000 or 112.
- d. All of the above.

61. To manage a venomous snake bite you would?

- a. Apply pressure and to area.
- b. Suck poison from the bite.
- c. Apply a pressure immobilisation bandage over the bite site then beginning at the limb's extremity move upwards towards armpit or groin, then immobilise casualty till help arrives.
- d. Douse with vinegar.

62. How would you manage a box jellyfish sting?

- a. Apply pressure immobilisation technique.
- b. Apply an ice pack.
- c. Use and EpiPen.
- d. Douse with vinegar and remove tentacles.

63. Ice packs can be used to treat which of the following bites and stings?

- a. Bee and wasp stings.
- b. Redback spider bites.
- c. Ants.
- d. All of the above.

64. Alcohol abuse and overdose of recreational drugs can result in?

- a. Unconsciousness.
- b. Nausea and vomiting.
- c. Cardiac arrest and death.
- d. All of the above.

65. We call the Poisons information line when someone has ingested, inhaled, injected or had a chemical or poison absorb through their skin, as long as the person does NOT have airway or breathing difficulties. What is the Posions Information hotline number?

- a. 121300.
- b. 131017.
- c. 131126
- d. None of the above

66. If bitten by a blue ringed octopus what is the first aid treatment?

- a. Rest and reassure casualty to stay calm then apply pressure immobilisation bandage and immobilise casualty till ambulance arrives.
- b. Call 000 or 112.
- c. If casualty becomes unconscious and not breathing start CPR.
- d. All of the above.

67. After an incident in the workplace it is important to participate in the debriefing process who could you speak to about any issues?

- a. Newspapers.
- b. Friends and family.
- c. Social Media.
- d. Talking to your supervisor, work colleagues or a counsellor you will be able to bring up any issues or concerns you might have had with the emergency.

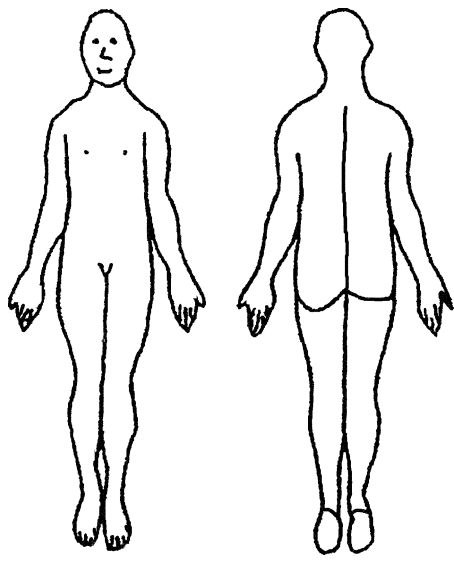
68. What information should you include in your report of an incident or give to the paramedic?

- a. Incident history, first aid treatment, casualty details if known.
- b. Incident history, pet's name, where they go shopping.
- c. Goals in life, time of incident, holiday suggestions.
- d. All of the above.

69. First aiders may experience which of the following after administering aid?

- a. Emotional stress.
- b. Psychological stress.
- c. Fatigue and lack of sleep.
- d. All of the above.

FIRST AID TREATMENT FORM				1. Original to file OHS Officer HRS 2. Copy to Nurse/Doctor/Ambulance
Details of the person receiving treatment				
Surname: _____ Given Names: _____ Date of Birth: _____ Sex: M F				
Status: Staff: <input type="checkbox"/> Student: <input type="checkbox"/> Contractor: <input type="checkbox"/> Visitor: <input type="checkbox"/>				
Details of the Illness/Injury				
Date: _____ and Time: _____ am/pm				
Where did the event happen? Be specific, e.g. room and building _____				
Witness (if appropriate) _____				
What happened:				

Allergies:			Medication:	
Observations	Time	Time	Time	Assessment
Level of Consciousness				<div style="display: flex; flex-direction: column; gap: 5px;"> Abrasion Burn Contusion Deformity Fracture Haemorrhage Laceration Pain Rigidity Swelling Tenderness </div>
<i>Fully Conscious</i>				
<i>Drowsy</i>				
<i>Unconscious</i>				
Pulse				
<i>Rate</i>				
<i>Description</i>				
Breathing				
<i>Rate</i>				
<i>Description</i>				
Skin				
<i>Colour</i>				
Other Observations				
Treatment Given				

Handed Over to: None <input type="checkbox"/> Nurse <input type="checkbox"/> Doctor <input type="checkbox"/> Ambulance <input type="checkbox"/> Hospital <input type="checkbox"/> Other <input type="checkbox"/> _____				
Outcome: Continued work/study <input type="checkbox"/> Returned next day <input type="checkbox"/> Absent more than 1 day <input type="checkbox"/> Unknown <input type="checkbox"/>				
Admitted to hospital? Yes <input type="checkbox"/> No <input type="checkbox"/>				
<u>Comments</u>				

First Aider (Print):			Time:	All accidents and workplace injuries should be reported by the person concerned to their supervisor.
Signature:			Date:	

End