

# 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 40 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 49 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 over 1 hour period in a classroom setting directly 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. Stay with the person until relieved by another first aider.
  - 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. Age
  - b. Gender
  - 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 unconscious breathing casualty

**8. While aiding a casualty, a bystander arrives. What will be the first thing you would ask them to do?**

- 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, Defibrillation
- d. Dangers, Responsive, Airway, Breathing, Circulation, Defibrillation.

**10. According to the ARC Guidelines, when performing CPR for an adult, 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, the depth of each compression should be?**

- a. As deep as you can go.
- b. 1/3 depth of the chest
- c. Not to deep or you will crack the ribs.
- d. ½ 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. The three things you should look for when looking for a Response:**

- a. Ask their name, check their pulse, check their eyes.
- b. Look, Listen and feel
- c. Squeeze their shoulders, shout their name and check pulse.
- d. Look wait ask.

**14. Once you commence CPR, you should only stop when:**

- a. You are fatigued.
- b. Returns of signs of life (pulse and breathing).
- c. Emergency response personnel arrive and take over care.
- d. All off the above

**15. General instructions for using an 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 casualty in a comfortable position and give reassurance and call 000.

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

- a. Check their airway and breathing and commence CPR straight away.
- b. Run to get help as the person needs to get to hospital.
- c. Remove water and debris if present and follow DRSABCD.
- d. None of the above

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

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

**19. To manage a fracture, you would:**

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



20. In a dislocated shoulder, should I?

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

21. A person regaining consciousness following a head injury may experience:

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

22. **A person at your workplace starts to shake and convulse before collapsing on the floor, you immediately would:**

- a. Call 000
- b. Clear the surrounding area so they do not hurt themselves.
- c. Place an object into their mouth so they don't swallow their tongue.
- d. Commence CPR

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

- a. Offer them a sugary drink then monitor them.
- b. Retrieve and administer their medication.
- c. Check if they have an asthma puffer
- d. Call 000

24. **What are signs and symptoms of 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 diarrhoea

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

- a. Place the child in a bath of ice.
- b. Remove excess clothing and fan the child to cool down.
- c. Put more clothing on the child to warm them up.
- d. Do nothing.

**26. 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.
- c. Push a sandwich into their mouth.
- d. Place a spoonful of sugar into their mouth.

**27. 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 over and give 5 back blows followed by 5 chest thrusts.
- d. None of the above

**28. You stop to assist a person who, while 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 and call 000
- 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

**29. What drug does an EpiPen contain?**

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

**30. To control external bleeding on the arm, 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.

**31. A staff member comes to you with a long metal piece from one of the machines embedded in their forearm, you?**

- 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.

**32. First aid management for blood exiting the ear is?**

- a. Cover the ear and lay them on their side with the bleeding ear turned down.
- 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.

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

- a. Place a cup over the entire eye.
- b. Rub the eye to remove it.
- c. Ask the casualty to shake it out.
- d. Try to remove the object.

**34. 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

**35. What should you do with an open abdominal injury?**

- a. Try to push the organs back in
- b. Remove all foreign objects
- c. Start CPR
- d. None of the above

**36. If a casualty is vomiting blood, this most likely caused by?**

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

**37. 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 and get some help and try and lift the object of the person immediately.
- d. Seek assistance from 000 immediately and report the situation.

**38. If a person came to you reporting that they have just received a needle stick injury, what would you do?**

- 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

**39. Which of the following should you NOT do when treating burns?**

- a. Place adhesive dressing on the wound
- b. Place wound under cool running water
- c. Cover with Glad wrap
- d. None of the above

**40. How would you manage a conscious person suffering from mild hypothermia?**

- a. Give them warm fluids.
- b. Put them in the recovery position.
- c. Wrap their hand and feet so they stay warm.
- d. Tell them to keep moving.

**41. Your neighbour collapses while mowing the lawn in the sun. Their face is red and swollen, they have cramps and are complaining of a headache you would?**

- a. Remove them to a shaded area, lay them flat, loose clothing, and offer sips of clear fluid.
- 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.

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

- a. Call 000 for an ambulance and rest in shade and place cold packs in arm pits or groin or wet cloth at least 15 minutes.
- 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.

**43. 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 entire limb, beginning at the limb's extremity.
- d. Douse with vinegar

**44. How would you manage a box jelly fish sting?**

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

**45. An ice pack would be used for:**

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

**46. Alcohol abuse and overdose of recreational medications can result in?**

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

**47. After an incident you could seek feedback from which of the following sources?**

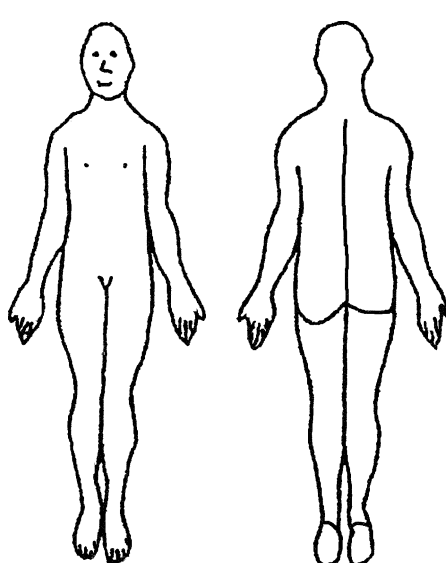
- a. Managers
- b. Paramedic.
- c. Work Health & Safety or health workers.
- d. All off the above.

**48. What information should you include in your report of an incident, or give to the paramedics?**

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

**49. 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 off the above

<b>FIRST AID TREATMENT FORM</b>				1. Original to file OHS Officer HRS 2. Copy to Nurse/Doctor/Ambulance
<b>Details of the person receiving treatment</b>				
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"/>	
<b>Details of the Illness/Injury</b>				
Date: _____ and Time: _____ am/pm				
Where did the event happen? Be specific, e.g. room and building _____				
Witness (if appropriate) _____				
<b>What happened:</b>				
_____				
_____				
_____				
Allergies:			Medication:	
Observations	Time	Time	Time	Assessment
Level of Consciousness				
<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				Abrasion Burn Contusion Deformity Fracture Haemorrhage Laceration Pain Rigidity Swelling Tenderness
<b>Treatment Given</b>				
_____				
_____				
_____				
<b>Handed Over to:</b> None <input type="checkbox"/> Nurse <input type="checkbox"/> Doctor <input type="checkbox"/> Ambulance <input type="checkbox"/> Hospital <input type="checkbox"/> Other <input type="checkbox"/> _____				
<b>Outcome:</b> 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**

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