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| **HLTAID011** |
| **Provide First Aid** |
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| **Pre-Class Student’s Assessment** |
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# Information for students

**Introduction**

The assessment tasks for HLTAID011 Provide first aid are outlined in the assessment plan below. These tasks have been designed to help you demonstrate the skills and knowledge that you have learnt during your course.

Please ensure that you read the instructions provided with these tasks carefully. You should also follow the advice provided in the First Aid Student User Guide. The Student User Guide provides important information for you relating to completing assessment successfully

**Information for students**

Knowledge questions are designed to help you demonstrate the knowledge which you have acquired during the learning phase of this unit. Ensure that you:

* review the advice to students regarding answering knowledge questions in the *First Aid Student User Guide*
* comply with the due date for assessment which your assessor will provide
* adhere with your RTO’s submission guidelines
* answer all questions completely and correctly
* submit work which is original and, where necessary, properly referenced
* submit a completed cover sheet with your work
* avoid sharing your answers with other students

**Prior to Assessment**

Your Trainer/Assessor will advise you of your rights before and after assessments, including the right to appeal. Your Trainer/Assessor will provide you with all relevant information relating to the assessments prior to commencement, and of the appeals procedure that can be utilised if you wish to appeal against the assessment outcome or make a complaint.

**Results**

You will be informed of the outcome of your assessment as soon as possible from the date the assessment was submitted. Prompt feedback will be offered to you on the outcome of the assessment. Feedback will be delivered in written and where possible, verbal.

**Submitting Assessments**

You should submit assessment tasks with the provided cover sheet.

Assessments should be submitted on or before their due date. Extensions for individual assessment tasks may be negotiated in specific circumstances. Consultation on this must occur prior to the due date and extensions due to illness will require a medical certificate. Extensions must be confirmed by the Trainer/Assessor in writing.

**Plagiarism and Referencing**

All students are reminded that plagiarism will not be tolerated. Information, ideas etc. quoted or paraphrased from another source, must be acknowledged with “quotation marks” around the relevant words/sentences or ideas and cited at the end of the document. Sources of information, ideas etc. must be provided in alphabetical order by author’s surname (including author’s full name, name of document/ book/internet etc. and year and place of publishing) or may be included in brackets in the text.

**Assessment Cover Sheet**

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| **Student Name:** |  |
| **Student ID:** |  |
| **Contact Number:** |  |
| **Email:** |  |
| **Trainer/Assessor Name:** |  |
| **Qualification:** |  |
| **Unit of Competency:** | HLTAID011 Provide First Aid |
| **Assessment:** | ☐ **1. Task 1- Pre-class assessment-Knowledge questions**☐ 2. In-class Task 2: Observations☐ 3. In-class Task 3: First aid Management Observations |
| **Due Date:** |  | **Date Submitted:** |  |
| If your assessment is being submitted after the due date, please attach a copy of the written confirmation of extension received from the Trainer/Assessor. |
| **Declaration:** | I have read and understood the following information at the beginning of this assessment (please tick):  |
| ☐ General assessment information☐ Submitting assessments☐ Assessment results☐ Plagiarism and referencing |
| I declare this assessment is my own work and where the work is of others, I have fully referenced that material. |
|  |  |  |  |  |
| **Name (please print)** |  | **Signature** |  | **Date** |

# Pre-Class assessment task 1 – knowledge questions

Read each question carefully. Make sure you answer all questions.

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| Note: Questions may have more than one correct answer!Many questions will ask you to choose common signs and symptoms and the correct type of management of a first aid issue. Choose the answer that includes the correct types of symptoms or treatments in it. |

*Hazards and risk minimisation*

1. Which of the following are potential hazards at an emergency incident? Select all the responses that apply.
2. Exposure to blood, vomit or other bodily fluids.
3. Traffic.
4. Bystanders getting in the way.
5. Manual handling injuries.
6. Which of the following are ways of minimising risk at an emergency incident? Select all the responses that apply.
7. Wearing PPE.
8. Observing and managing bystanders.
9. Not getting involved in the incident.
10. Not lifting the casualty.
11. Which of the following can cause manual handling injuries?
12. Bending over when performing CPR.
13. Running to the scene of the incident.
14. Twisting to reach items that are behind you.
15. Bandaging a person’s hand.

*Infection control*

1. Which of the following are infection control procedures that you can apply when performing CPR?
2. Use PPE (such as a barrier device).
3. Seek the advice of a medical professional.
4. Wash your hands.
5. Ask someone to keep the area clean while you perform CPR.
6. Which of the below are standard precautions?
7. Hand hygiene.
8. Taking care of others.
9. Being careful and making sure you don’t hurt yourself.
10. Wearing PPE.
11. What is the purpose of a barrier device?
12. To place a barrier between yourself and bystanders at the scene.
13. To stop infection being spread during CPR.
14. To place a protective barrier between you and anyone else providing first aid.
15. To keep you clean while performing CPR.

*Refreshing your skills and knowledge*

1. How often does the ARC recommend that people renew their CPR and first aid training?
2. Every 6 months for CPR and every 3 years for first aid.
3. Every year for CPR and every 3 years for first aid.
4. Every 2 years for CPR and every 3 years for first aid.
5. Every 1 year for CPR and every 5 years for first aid.

*First Aid Code of Practice*

1. What information is included in the First Aid in the Workplace Code of Practice?
2. First aid kits, procedures, facilities and training for first aiders.
3. How to safely evacuate from the workplace.
4. Steps on how to perform CPR.
5. How to fight a fire in the workplace.
6. A first aid room is recommended for low-risk workplaces if they have:
7. Less than 50 workers.
8. Between 50–100 workers.
9. More than 200 workers.
10. Between 100–200 workers.
11. How many first aiders are recommended for a low-risk workplace?
12. One first aider for every 100 workers.
13. Two first aiders for every 50 workers.
14. One first aider for every 50 workers.
15. One first aider for every 20 workers.
16. How many first aiders are recommended for a high-risk workplace?
17. Two first aiders for every 100 workers.
18. One first aider for every 25 workers.
19. Three first aiders for every 40 workers.
20. One first aider for every 10 workers.
21. Which of these items should be found in a first aid kit?
22. Bandages and dressing pads.
23. Notebook and pen.
24. Disposable gloves and resuscitation masks.
25. Rehydrating drink.

*Legal, workplace and community considerations*

1. What is meant by ‘duty of care’ in regards to being a first aider in the workplace.
2. Everyone has a legal obligation to provide CPR and first aid in the workplace.
3. Duty of care means making a choice about whether to provide CPR and first aid.
4. There is no legal obligation for anyone to provide first aid in the workplace.
5. A workplace first aider must provide first aid to a person who requires it.
6. Select the correct response regarding duty of care in the public context.
7. Everyone has a legal obligation to provide CPR and first aid.
8. Duty of care means making a choice about whether to provide CPR and first aid.
9. There is no legal obligation for a person to provide first aid in a general public context.
10. A first aider in the workplace does not have a duty of care when someone is injured at work.
11. Which of the following is correct in regard to your skills and limitations.
12. You should give CPR and first aid regardless of any limitations.
13. You are not expected to be an expert in CPR and first aid – you should always consider any limitations such as physical fitness, general health and confidence.
14. You’re considered an expert once you are trained in CPR and first aid.
15. Your skills and limitations shouldn’t be considered – giving CPR is the most important issue.
16. Do you need to obtain consent to provide first aid to a conscious, competent adult?
17. Yes.
18. No.
19. If the first aid situation is an emergency (for example, a child is not responsive and is not breathing), do you need to obtain parental/guardian consent if they are not present?
20. Yes, you need to always obtain consent because the child is under 18.
21. No, it is a medical emergency.
22. Which statements are true regarding consent when providing CPR or first aid?
23. The law assumes that if a person is unable to communicate/unconscious that they would have given their permission for the emergency first aid.
24. CPR or first aid should only be provided with permission from emergency services.
25. If a person is conscious you would need to gain their consent to proceed with the first aid and stop if they ask you to.
26. CRP or first aid should only be provided with permission from relatives.
27. The general public is not allowed to give CPR or first aid.
28. What types of support is useful after providing emergency first aid and CPR?
29. Talk to a professional.
30. Self-care.
31. You don’t need any support – first aiders are supposed to be able to move on.
32. Debrief.
33. Select the correct response in regards to privacy and confidentiality.
34. It’s important to share information about the casualty to anyone that asks.
35. Always take photos of the scene in order to keep records.
36. Do not share information about the casualty to anyone except for those who need to know, such as emergency services.
37. Wait for a trained professional to advise on confidentiality.

*Chain of survival*

1. Which option below lists the chain of survival in the correct order?
2. Early Access, Early CPR, Early Defibrillation, Early Advanced Life Support.
3. CPR, First Aid, Emergency Services Care and Hospital Care.
4. Early CPR, Early Defibrillation, Early Care Procedures.
5. Early CPR, Advanced Care Procedures, Early Defibrillation.

*Cardiopulmonary resuscitation (CPR)*

1. Select the correct statement regarding contacting emergency services in an emergency incident.
2. It’s important to make the call to emergency services yourself.
3. Call 000 or ask a bystander to call.
4. Always ask a bystander to call 000.
5. Provide CPR and then call 000.
6. The ARC Guidelines state that CPR should commence when?
7. If the person is unresponsive.
8. If the person is not breathing normally.
9. If the person is unresponsive and not breathing normally.
10. If the person is pale.
11. When can you stop performing CPR?
12. When the casualty starts to respond or breathe normally.
13. When you are exhausted and cannot continue.
14. When a health care professional tells you to stop giving CPR.
15. All of the above.
16. What can you do to check if a person is not breathing normally and is unconscious?
17. Ask them what their name is and squeeze their shoulders.
18. Look at them and make an assessment.
19. Wait for emergency services to arrive to make the decision.
20. Squeeze their shoulders.
21. How do you correctly check that the airway is open for an unresponsive adult or child?
22. Leave the head in its current position and open the casualty’s mouth.
23. Use head tilt-chin lift manoeuvre.
24. Use maximum head tilt.
25. Turn the head to one side and look for foreign matter in the casualty’s mouth.
26. What is the correct method for ensuring the airway is open for an unresponsive infant?

Select the correct response.

1. Use the head tilt-chin lift manoeuvre.
2. Place the head in the neutral position and support the jaw from falling back.
3. Use the maximum head tilt.
4. Turn the head to one side and look for foreign matter in the casualty’s mouth.
5. Which is the correct compression to ventilation rate and the correct number of chest compressions to be performed per minute?
6. 30:2 and 100–120 compressions per minute.
7. 30:2 and 90–100 compressions per minute.
8. 30:1 and 100–120 compressions per minute.
9. What is the correct depth for compressions?
10. The full depth of the chest.
11. One third of the depth of the chest.
12. Half of the depth of the chest.
13. Approximately 2 cm.
14. Which is the correct method of compression for infants?
15. A one-hand or two-hand technique used on the lower-half of the sternum.
16. Two-fingers placed on the lower-half of the breastbone in middle of the chest and pressed down by one third of the depth of the chest.
17. A two-hand technique used on the upper-half of the sternum.
18. Either a one-hand or two-hand technique can be used on any part of the sternum.
19. Select the correct response for correct hand positioning for children and adults.
20. A one-hand or two-hand technique can be used on the lower-half of the sternum.
21. A one-hand technique can be used on the upper half of the sternum.
22. A two-hand technique can be used on the upper-half of the sternum.
23. Either a one-hand or two-hand technique can be used on any part of the sternum.
24. What are the anatomical and physiological differences between children and infants to adults and how does this affect the way CPR is performed?
25. The bones of children and infants are more flexible. An adult’s bones could potentially break during CPR.
26. An infant’s pulse is checked in a different place than an adult’s pulse.
27. A child has a narrower airway than an adult.
28. All of the above.

*Automated external defibrillators (AEDs)*

1. When do you use an AED?
2. When the casualty is unresponsive and not breathing normally.
3. Before starting CPR.
4. You shouldn’t – it is only used by medical professionals.
5. When the casualty has a sudden cardiac arrest.
6. If infant/paediatric pads are not available when using CPR, what should you do?
7. Use adult pads and fit them on the child as best as you can.
8. Use adult pads but place on the back and one on the front of the chest – not touching.
9. Which of the following indicate the safe use of an AED?
10. Always check for danger before using an AED.
11. Hold the casualty’s arm while shock therapy is being delivered.
12. Never use an AED on a casualty who has a detectable pulse.
13. Never use an AED on a casualty who is in contact with water.
14. Which steps should you take to ensure an AED is properly maintained after use?
15. Replace the pads with a new set.
16. Send the AED off for servicing.
17. Check the battery is working.
18. Put it away – you don’t need to do anything until you next need it.

*Breathing*

1. What procedure should you follow if a person is unconscious but breathing?
2. Place them in the recovery position.
3. Do not move them.
4. Look, listen and feel for breathing.
5. Tilt their head back.
6. What is the correct process for assessing breathing?
7. Look for movement of the upper abdomen or lower chest and listen for the escape of air
8. Feel for movement of air at the mouth and nose.
9. Look for movement of the upper abdomen or lower chest, listen for the escape of air from nose and mouth and feel for movement of air at the mouth and nose.
10. A child’s breathing can be impacted by their position. What is this called?
11. Febrile convulsion.
12. Anaphylaxis
13. Positional impediment.
14. Positional asphyxia.

*Allergic reaction*

1. According to Allergy and Anaphylaxis Australia, which of the below are the common signs and symptoms of a mild to moderate allergic reaction?
2. Swelling of face, lips and eyes.
3. Difficult/noisy breathing.
4. Tingling of the mouth.
5. Hives, welts and body redness.

*Anaphylaxis*

1. According to the ARC Guidelines, which of the below are the common signs and symptoms of anaphylaxis?
2. Swelling of face and tongue.
3. Difficult/noisy breathing.
4. Arm weakness.
5. Vomiting, abdominal pain.

*Asthma*

1. According to Asthma Australia and the ARC guidelines, what are the triggers for asthma?
2. Emotional trigger such as stress.
3. Irritants such as smoke.
4. Exercise.
5. Colds and flu.
6. What are the common signs and symptoms of mild to moderate asthma?
7. Minor difficulty breathing.
8. Gasping for breath.
9. Some coughing and wheezing.
10. Sore stomach.
11. What are the common signs and symptoms of severe asthma?
12. Cannot speak a full sentence in one breath.
13. Can walk and move around easily.
14. Need to use reliever more than once within 3 hours.
15. Sore stomach.

*Bleeding*

1. How should severe bleeding be managed?
2. Call 000 immediately.
3. Stay with the casualty and be calm and reassuring. Call 000 immediately.
4. Use pad/dressing and apply firm, direct and continuous pressure to the wound until bleeding stops. Secure pad/dressing with a thick bandage. Call 000.
5. Apply firm pressure to the wound using a pad/dressing until bleeding stops. Call 000.
6. A person has fallen and grazed their knee. What should you do?
7. Nothing – it will heal on its own.
8. Get some Dettol, apply it using a cotton wool ball and send them back out to play.
9. Clean the graze with soapy water or saline.
10. Dry the area with a clean cloth and apply a dressing if needed.
11. What are the common signs and symptoms of a nosebleed?
12. Lots of blood coming from the nose.
13. Light or heavy blood coming from the nose.
14. Light blood coming from the nose.
15. Blood on the face area.

*Burns*

1. Which of the following are included in the ARC definition of a significant burn? Select all the responses that apply.
2. Burns greater than 10% of total body area.
3. Burns to the top layer of the skin.
4. Full thickness burns greater than 5% of the body.
5. Faintness.
6. Before starting first aid, you need to stop the burning process. How do you do this?
7. Stop, drop, cover and roll and smother any flames with a blanket.
8. Stop, drop and roll.
9. Smother any flames with a blanket.
10. Spray them with water and cover them with a clean towel.

***Choking***

1. What are the common signs that a baby is choking?
2. Coughing.
3. Sweating.
4. No breathing.
5. Paleness, blue colour.
6. What are the common signs indicating a child has a complete airway blockage?
7. They grab their throat.
8. They can’t speak or make sounds.
9. They rapidly lose consciousness.
10. All of the above.
11. Which steps should be followed if an infant under one year of age is choking?
12. Put on gloves and use your fingers to remove the obstruction. Call 000 if you can’t get it out.
13. Give infant 5 firm back blows. Call 000 if you can’t get the obstruction out.
14. Call 000. Place infant on the ground and start CPR.
15. Call 000. Position infant head down across your lap. Use heel of hand to give 5 back blows. Check if the obstruction has cleared.
16. Which steps should be followed if a child has a severe airway obstruction and is responsive.
17. Put on gloves and use your fingers to remove the obstruction. Call 000 if you can’t get it out.
18. Tell the child to cough.
19. Call 000. Give up to 5 back blows. Check each time if the obstruction is removed. Then give 5 chest thrusts if the obstruction has not come out, checking after each chest thrust.
20. Call 000. Position head down your lap. Use heel of hand to give five back blows one after the other. After the five back blows, check if the obstruction has cleared.
21. Which steps should be followed if a child has a mild airway obstruction (effective cough)?
22. Put on gloves and use your fingers to remove the obstruction. Call 000 if you can’t get it out.
23. Tell the child to cough.
24. Call 000. Give up to 5 back blows. Check each time if the obstruction is removed. Then give 5 chest thrusts if the obstruction has not come out, checking after each chest thrust.
25. Call 000. Position head down your lap. Use heel of hand to give five back blows one after the other. After the five back blows, check if the obstruction has cleared.

*Diabetes*

1. What are the common early signs and symptoms of hyperglycaemia?
2. Increased thirst.
3. Tiredness.
4. Blurred vision.
5. Sweating.
6. What are the common signs and symptoms of untreated hyperglycaemia?
7. Fruity smelling breath.
8. Abdominal pain.
9. Shortness of breath.
10. All of the above.
11. How would you provide first aid to a person with hyperglycaemia?
12. Follow diabetes management plan. If the person has no plan, keep them hydrated. Seek medical assistance if symptoms do not improve.
13. Follow DRSABCD and call 000 immediately.
14. If the person has medication, offer assistance to administer it and then call 000.
15. Encourage the person to drink water. Call 000 if symptoms worsen.
16. What the common signs and symptoms indicate an emergency situation relating to hypoglycaemia?
17. Sweating.
18. Shaking.
19. Hunger.
20. Blue lips.
21. How would you provide first aid to a person with hypoglycaemia?
22. Give some carbohydrates (sandwich or milk). Call 000 if symptoms worsen.
23. Help into a resting position. Give some carbohydrates. Call 000 if symptoms worsen.
24. Help into a resting position. Give a sugary drink (fruit juice or soft drink). Call 000 if symptoms worsen. Get them to walk around to keep alert.
25. Help into a resting position. Give a sugary drink and repeat this every 15 minutes until their BGL improves. Give some carbohydrates.

*Drowning*

1. What are the common signs and symptoms of near drowning? Select all responses that apply.
2. Bluish skin.
3. Confusion.
4. Rapid breathing
5. Vomiting.
6. How would you provide first aid to a drowning victim?
7. Get the person out the water. Turn them face down so water can drain. Give them back blows. Call 000 if they don’t improve.
8. Get the person out the water, but protect your own safety. Call 000. Place the casualty on their back. Check their airway. Roll on side if they vomit. Clear airway.
9. Get the person out of the water enough that their upper body is laying on the ground. Turn them on their side and check airway. Wait for the water to come out.
10. Get the person into a sitting position and give back blows to get any water out. Give them a blanket to keep them warm until help arrives.

*Envenomation*

1. What are the common signs and symptoms of a snake bite?
2. Puncture marks at the wound.
3. Nausea, vomiting or diarrhoea.
4. Redness, swelling, bruising, bleeding or blistering around the bite.
5. Difficulty breathing.
6. How would you provide first aid for a snake bite?
7. Find the snake so you know what type it is.
8. Get the person away from the snake, call 000 and ask for an ambulance and apply a pressure immobilisation bandage.
9. Get the casualty away from the snake and wash the bite. Call 000.
10. Immediately apply a pressure immobilisation bandage.
11. What are the common signs and symptoms of a box jellyfish sting?
12. Immediate and sharp pain. Redness and swelling.
13. Vomiting.
14. Respiratory and cardiac arrest where the sting has several metres of tentacles.
15. Rapid breathing.
16. How would you provide first aid for a box jellyfish sting?
17. Spray the affected area with water from a tap for 20 seconds.
18. Apply a liberal amount of vinegar to the stung area for 30 seconds. Pick off tentacles. Apply a cold pack or ice to help with pain.
19. Where vinegar is not available, carefully pick off tentacles and rinse the area with seawater. Apply cold pack or ice to help with pain.
20. Apply a cold pack or ice to help with pain. Do not remove the tentacles. Call 000.
21. What are the common signs and symptoms of a red back spider bite?
22. Vomiting. Rapid breathing. Confusion. Headache. Swelling, redness and pain at the site of the bite. Vision disturbance.
23. Rapid breathing. Sore muscles near the bite site. Significant swelling at the bite site. No redness. Vomiting. Vision disturbance.
24. No pain at bite site. Swelling and redness at bite site. Vomiting. Headache. Difficulty breathing.
25. Immediate pain at the bite site that increases and spreads. Site bite is hot, red and swollen. Intense pain. Nausea, vomiting and abdominal pain. Profuse sweating.
26. How should you manage a red back spider bite?
27. Squeeze the area around the bite to get the venom out.
28. Keep under observation. Apply icepack or cold compress to lessen pain.
29. Douse the area in vinegar. Wrap with a bandage. Call 000.
30. Wash with soapy water and wrap in a bandage. Monitor for any changes.

*Eye injuries*

1. How would you provide first aid to a child who has a small object in their eye? Assume you can see the object.
2. Wash the eye with sterile saline or clean water. If the object doesn’t come out, cover the injured eye. Call 000.
3. Ask the child to look up. Draw down their lower eyelid. If you can see the object use the corner of a moist cloth to remove it.
4. Cover the injured eye and call 000.
5. Put on gloves and use your finger to carefully wipe away the object. Put some eye drops in after the eye is clear.
6. If you cannot get the object out of the child’s eye, what should you do?
7. Apply sterile saline or clean water to the eye. Cover the injured eye and seek medical assistance.
8. Keep flushing the eye with saline – it will come out eventually.
9. Spread the eyelids and use a clean moist cloth to wipe the eye.
10. Tell the child to keep blinking while you organise for medical assistance.

*Fractures, dislocations, sprains and strains*

1. What are the common signs and symptoms of an open fracture?
2. Intense pain.
3. Swelling and bruising.
4. The bone is not protruding from the skin.
5. Bone protruding from broken skin.
6. What are the common signs and symptoms of a dislocation?
7. Pain.
8. Swelling.
9. Reduced movement in the joint.
10. All of the above.
11. How would you respond to a dislocated limb?
12. Put it back into position.
13. Get the person into a comfortable position. Check blood flow. Call 000. Put ice pack over the joint. Use padding and bandages to support the limb.
14. Get the person to lie down. Bandage the area. Get them to the doctor as soon as you can.
15. Get the person to lie down. Call 000. Put a heat pack on the limb. Wait for the ambulance to arrive.
16. What does RICER stand for?
17. Rest. Ice. Clean. Elevate. Rewrap.
18. Restrain. Ice. Cover. Elevate. Relocate.
19. Restrain. Ice. Compression. Elevate. Refer.
20. Rest. Ice. Compression. Elevate. Refer.

*Head, neck and spinal injuries*

1. What are common signs and symptoms of a head injury?
2. Nausea.
3. Clear fluid from the nose.
4. Thirst.
5. Vision changes.
6. What is the correct way to manage a head injury for an unconscious casualty (they are bleeding from their ear)?
7. DRSABCD, call 000.
8. DRSABCD Call 000, place casualty in recovery position supporting head and neck in neutral alignment during movement, place injured side down if blood or fluid coming from the ear with a clean pad underneath, monitor for changes, control any bleeding.
9. DRSABCD, call 000, monitor for changes, control any bleeding.
10. DRSABCD, call 000, place casualty in recovery position, place injured side down if blood or fluid coming from the ear.
11. What are common signs and symptoms of a neck and spinal injury? Select all the responses that apply.
12. Pain at or below the place where the injury is.
13. Tenderness over the place where the injury is.
14. Absent or altered sensations below the place where the injury is, for example tingling in hands or feet.
15. Loss of movement or impaired movement below the place where the injury is.
16. All of the above.
17. How do you correctly manage a neck and spinal injury for a conscious casualty?
18. DRSABCD, call 000.
19. Keep the patient in the position found and only move if in danger. Make sure the patient does not move and reassure them, loosen any tight clothing, hold the head and neck steady so that there is no twisting or bending of the spine.
20. DRSABCD. Move the patient out of danger. Ask the patient not to move and reassure them, loosen any tight clothing, hold the head and neck steady so that there is no twisting or bending of the spine.
21. DRSABCD, call 000, keep the patient in the position found and only move if in danger. Make sure the patient does not move and reassure them, loosen any tight clothing, hold the head and neck steady so that there is no twisting or bending of the spine.

*Hypothermia and hyperthermia*

1. What are the common signs and symptoms of hypothermia?
2. Uncontrollable shivering. Exhaustion. Cool, pale skin.
3. Hunger. Drowsiness. Rapid breathing.
4. Shivering. Fast breathing.
5. Shivering. Pain. Excess energy.
6. What is the correct way to manage hypothermia?
7. Perform DRSABCD and keep the casualty warm using blankets, towels or clothing.
8. Perform DRSABCD and cool the casualty down. Remove excess clothing.
9. Keep the casualty cool by applying ice packs.
10. Keep the casualty warm by applying direct heat.
11. What are the common signs and symptoms of hyperthermia?
12. Sore stomach. Headache. Stiff muscles. Hot, red skin.
13. Dizziness. Nausea, vomiting or diarrhoea. High body temperature. Faintness.
14. Hot, red skin. Shivering. Dizziness.
15. Stiff muscles. Confusion. Give a cold drink.
16. What is the correct way to manage hyperthermia?
17. Perform DRSABCD and keep the casualty warm using blankets, towels or clothing.
18. Perform DRSABCD and cool the casualty down. Remove excess clothing.
19. DRSABCD. Cool the person down using cold water or ice packs.
20. Keep the casualty warm by applying direct heat.

*Minor wounds*

1. How would you classify a minor wound?
2. Little blood, a small graze or cut.
3. A lot of blood from a small graze or cut.
4. A graze or cut over 50 cm long.
5. Little blood.

*Poisoning*

1. What signs and symptoms would indicate a child has been poisoned?
2. Difficulty breathing.
3. Drowsiness.
4. Seizure.
5. Unconsciousness.
6. What is the correct procedure for first aid when someone has ingested a poisonous substance?
7. If the person is alert, rinse their mouth out and keep the product or medicine container handy. Monitor them.
8. Get the person to vomit.
9. Monitor the person.
10. Get the person to vomit and keep the product or medicine container handy. Monitor them.

*Seizures*

1. What are the common signs and symptoms of a seizure in children?
2. Difficulty breathing.
3. Staring.
4. Loss of bladder or bowel control.
5. Unconsciousness.
6. Which of the following first aid procedures would you follow in the event of a seizure?
7. Protect the person from injury.
8. Put something soft under their head.
9. Gently roll the person on their side and push the angle of the jaw forward.
10. Run to get help.

*Shock*

1. What are the common signs and symptoms of initial shock?
2. Nausea.
3. Anxiety.
4. Flushed face.
5. Faintness.
6. What are the common signs and symptoms of severe shock? Select all the responses that apply.
7. Thirst.
8. Unconsciousness.
9. Hunger.
10. Shallow, fast breathing.

*Sharps injury*

1. What is the procedure for providing first aid management for a sharps injury?
2. Bandage the area. Seek immediate medical assistance.
3. Wash the wound with soap and water.
4. Run cold water over the wound. Use antiseptic and apply a bandage.
5. Wash the wound with soap and water and if soap and water aren’t available, use alcohol-based hand rubs or solutions. Seek immediate medical assistance.

*Stroke*

1. What are the common signs and symptoms of a stroke? Select all the responses that apply.
2. Thirst.
3. Drooping face.
4. Difficulty moving arms.
5. Slurred speech.
6. The Stroke Foundation uses a mnemonic (that is, using letters to help you remember something) for strokes. What is it?
7. FLAT.
8. SAFE.
9. SLOW.
10. FAST.
11. Which of the following first aid procedures would you follow in the event of a stroke?
12. DRSABCD. Call 000. Reassure casualty. Help them to sit or lie down. Support head and shoulders on pillows. Loosen tight clothing and keep them warm. Wipe secretions from the mouth and stay with them until ambulance arrives.
13. Reassure the patient and help them to sit down. Stay with the patient until the ambulance arrives.
14. Stay with the patient until the ambulance arrives.
15. DRSABCD, call 000.

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| ASSESSOR TO COMPLETE ONLY |

\*\* Please DO NOT write anything on this page\*\*

Assessment Task 1: Checklist

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| **Student’s name:** |
| Did the student provide a sufficient and clear response that addresses the suggested response for the following? | Completed successfully? | Comments |
| Yes | No |  |
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| Task outcome: | * Satisfactory
 | * Not satisfactory
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| Assessor signature: |  |
| Assessor name: |  |
| Date: |  |

**Note: You will need to bring this assessment questions completed with you to your HLTAID011 Provide First Aid training Course**