



1st Aid Quiz



1. What initials help you remember the steps to take at an incident ?

A. CDR BOND

B. DR ABC

C. ABCDEF

D. ABC123

E. DR SEUSS



2. What is the first thing you do when assessing an incident ?

A. Shout at friends to do something

B. Call for an ambulance

C. Check for danger before approaching

D. Update the Accident Book

E. Go and get your first aid supplies



3. In the acronym DR ABC, what does the “ABC” stand for ?

- A. Ambulance, Breathing, Control
- B. Aid, Bypass, Cardiogram
- C. Airway, Breathing, Circulation
- D. Assess, Breathing, Circulation
- E. American Broadcasting Corporation



4. You should put butter on a burn

A. True

B. False

The only thing you should put on a burn is cold water - keep the butter for cooking.

Put the affected area under cold running water for at least 10 minutes.



5. How should you start an assessment of a casualty and/or situation ?

- A. Do a body check on the first casualty you see
- B. Take history, note signs, listen to symptoms
- C. Look for any external bleeding
- D. Open first aid box and check contents
- E. Check casualties wallet for identity



6. What is the main aim of a person giving first aid ?

- A. To gain Respect from fellow Scouts
- B. Start casualty on road to recovery
- C. To save life and if possible, prevent injury from getting worse
- D. To help paramedics when they arrive
- E. To apply the correct dressings



7. The best way to treat bleeding is to put the wound under a tap

A. True

B. False

If you put a bleeding wound under a tap, you wash away the body's clotting agents and make it bleed more.

If nothing in wound, press on it over a clean pad, bandage and raise above level of heart



8. Do not rush to remove any object that is embedded in a wound

A. True

B. False

The object in the wound could be blocking further blood loss, so if you pull it out you could be dealing with a major haemorrhage.

The aim is to build a 'bridge' over the object while keeping pressure on the wound.

Apply padding to either side of the object, then bandage over **without** pressing on it. Call for an ambulance.



9. The best way to treat a nose bleed is by tilting the head back and pinching the nose

A. True

B. False



Tilting the head back will encourage the blood to run down the back of the throat and possibly into the stomach, inducing vomiting.

Sit the person down, reassure them and pinch the tip rather than the hard bit of the nose. Discourage them from coughing or swallowing until the bleeding stops. It may be helpful to place a bowl on the floor to catch any dripping blood



10. Why do you put an unconscious casualty into the recovery position ?

- A. It is easier to carry out a body check
- B. It is more comfortable when they wake up
- C. To assist their circulation
- D. To keep their airway clear and reduce risk of inhaling vomit
- E. In case they are in shock



11. What is the main reason our body needs oxygen ?

A. Helps us to keep fit

B. It keeps us alive: without it we die

C. Allows us to think clearly

D. Helps with the digestive process

E. Reduces the need for medication



12. With an unconscious casualty, why is it life saving to tilt their head back and lift their chin up ?

- A. To check up their nose for any bleeding
- B. To assist the casualty to hear the 1st Aider
- C. To steady the position of the casualties head
- D. To make it easier to do a body check
- E. To open their airway fully



13. You are by yourself. When should you leave an unconscious casualty to phone for an ambulance, without giving any first aid ?

- A. If after checking, they are NOT breathing with a history of collapse only, & no other injury
- B. If they are breathing, and the breathing is clear
- C. If they are breathing, and the breathing is noisy
- D. If they have choked on some food
- E. Never: a 1st Aider should always render 1st Aid and hope someone comes along



14. How can you tell if a person is breathing effectively ?

- A. By checking for a pulse in their wrist
- B. By listening to their heart to feel if it is beating
- C. Noting a change of colour – they will be very flushed
- D. Noting a change of colour – they will be very pale
- E. By looking at their chest/abdomen, listening & feeling for breath on your cheek



15. One of your friends has cut his arm and is bleeding severely. What do you do ?

A. Put the injured limb in cold water

B. Give him an aspirin

C. Apply direct pressure to the wound

D. Get a sponge to clean the floor

E. Ask him whether it hurts



16. Which of the following is NOT a symptom of hypothermia ?

- A. Shivering; cold, pale skin
- B. Apathy and disorientation
- C. Slow and shallow breathing
- D. Severe thirst
- E. Slow and weakening pulse



17. In first aid terms, what is shock ?

- A. When the casualty is scared
- B. When the casualty panics
- C. When the 1st Aider doesn't know what to do
- D. When the casualty feels sick
- E. When not enough blood is supplying the vital organs



18. Which of the following is NOT a symptom of a stroke (or 'brain attack') ?

A. Facial weakness; drooping eyes / mouth

B. Weakness in one arm

C. A sharp pain in the chest

D. Slurred speech

E. Dizziness, blurred vision



19. Your ESL is complaining of a tight pain in the chest & breathlessness. You suspect a heart attack. What should you do?

- Get him to lay down flat
- Encourage him to have a tot of whiskey from his hip-flask
- Make him stand up and move around slowly
- Sit him in a comfortable position, then get help
- Suggest you all play twister



20. Which of the following is NOT an emergency service ? (from UK Tourist Information!)

A. Mountain Rescue

B. Cave Rescue

C. Lifeboat

D. Coastguard

E. The AA



First Aid - DR ABC

- D** Danger: to you, others, casualties
- R** Response: speak to casualty, gently shake, can pinch ear lobe
- A** Airway: Is blockage in throat? Is head in suitable position (tilt head back)
- B** Breathing: Can the casualty breathe okay ?
- C** Circulation: Is there a pulse ? If not, CPR may be required (30:2 compressions to breaths)



The Three P's for First Aid

Preserve life – *the Main Aim !*

Prevent further harm – *could be external (move them away from danger) or applying first aid techniques*

Promote recovery – *maybe as simple as applying a plaster !*



Treatment for Stroke is **F A S T**

F Face – unable to smile, eye and/or mouth is droopy

A Arm – weakness, unable to raise one arm

S Speech – unable to speak clearly or has problems understanding

=

T Time to call 999/112 for emergency help



HypOthermia – too COLD

Core temp drops below 35°C (95°F)

Symptoms

Shivering; cold, pale skin

Apathy & disorientation

Slow & shallow breathing

Slow & weakening pulse

Action

Spot early: keep warm

Keep/get dry

Drink hot coffee/tea
with sugar

GET HELP



Hyperthermia – too HOT

Core temp goes above 37.5–38.3°C (100–101°F)

Symptoms

Hot, dry skin

Nausea & vomiting

Headaches/fainting/dizzy

Confused or hostile

May appear drunk

Action

Drink water

Get in shade

Fresh air

GET HELP

