Provide First Aid

Workbook Learning Guide

Name: __________________________________________
Address: __________________________________________
______________ Postcode: __________
Phone: __________________________________________

Course Date: __________________________________________
Course Location: __________________________________________
Training Officer: __________________________________________
Training Officer discussed workbook and signed: _______________________

<table>
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<tr>
<th>Written workbook</th>
<th>Not Yet Satisfactory</th>
<th>Satisfactory</th>
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## INSTRUCTIONS

Provide first aid is delivered in a one day face to face format. This workbook learning guide is not part of the assessment. First Aid Accident & Emergency recommends this workbook as an additional learning tool for students completing first aid for the first time. This workbook learning guide may also be used by the assessor to ensure students have a complete understanding of the Provide first aid course. You will receive instructions from your assessor on the day if this is required. The workbook learning guide is to be used in conjunction with the ABC First Aid Guide where all answers can be found.
1. Essential First Aid

1. What are the signs and symptoms of an unconscious patient?

2. What is the best position for an unconscious patient and how can you support their neck?

3. You have turned up to an accident scene, when would you call an ambulance?

4. If you have commenced CPR on a patient, what is the correct chest depth and what is the recommended ratio of breaths to compressions?

5. When would you apply a defibrillator to a patient?

6. What is the correct position for the placement of defibrillation pads on a patient?

7. You come across a patient that is choking, he is coughing and looks distressed, what do you do?
8. Is it an advantage to give breaths and compressions to patient that has drowned? Give reasons.

__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________

9. List some of the dangers you may come across when you complete an initial check of a patient?

__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________

2. Trauma

1. What would be considered a soft tissue injury and how do you treat this condition?

__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________

2. What is the correct care and treatment for fractures and what must you check every 15 minutes?

__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________

3. Name 3 types of upper limb slings:

__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________

4. For sprained ankles the treatment is?

__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________

5. How would you position a patient with pelvic injuries and what type of bandage would you apply to immobilise them?

__________________________________________________________________________
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__________________________________________________________________________
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__________________________________________________________________________
__________________________________________________________________________
6. What is the care and treatment for bleeding?

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__________________________________________________________

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7. How do you treat a blood nose?

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__________________________________________________________


8. Minor amputations can be treated with direct pressure, but an amputated limb may not stop bleeding. If this happened, how would you treat?

__________________________________________________________

__________________________________________________________

__________________________________________________________

__________________________________________________________


9. Name 2 causes of shock and the care and treatment for both.

__________________________________________________________

__________________________________________________________

__________________________________________________________

__________________________________________________________


10. What is Crush Injury Syndrome?

__________________________________________________________

__________________________________________________________

__________________________________________________________

__________________________________________________________


11. Name 5 types of burns and the treatment for each:

1. ___________________ Treatment ____________________________

2. ___________________ Treatment ____________________________

3. ___________________ Treatment ____________________________

4. ___________________ Treatment ____________________________

5. ___________________ Treatment ____________________________
12. What is the difference between a 1st degree, 2nd degree and 3rd degree burn?

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

13. When managing multiple casualties, always manage an______________________
casualty first.

14. You attend a car accident with 2 cars involved, there are multiple casualties. Car 1
has powerlines over it and car 2 is in a safe area. In what order do you treat
casualties and how far from car 1 should you stay?

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________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

15. What is a sucking chest wound and how do you treat this condition?

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

16. How do you treat an abdominal wound and what is the best position for the
conscious casualty?

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

17. How do you treat the following types of eye injuries?

Burns: __________________________________________________________
________________________________________________________________________

Foreign Bodies: ______________________________________________________
________________________________________________________________________
Penetrating Injury: __________________________________________________________

________________________________________________

Direct Blow: ______________________________________________________________

18. A patient has splashed petrol in their eyes, how do you treat and who do you call?

________________________________________________

________________________________________________

19. When would you move a patient with head and neck injuries and how would you position them?

________________________________________________

________________________________________________

20. When rolling an unconscious patient into recovery position with possible spinal injuries, what are some key points to remember?

________________________________________________

________________________________________________

21. When would you remove a helmet from a motorcycle patient?

________________________________________________

________________________________________________

3. Medical Emergencies

1. Heart attack victims are often given aspirin. You would NOT give aspirin if the victim is taking ____________________, is allergic to aspirin, or has a history of asthma.  

2. What is the correct treatment for Asthmatics?

________________________________________________

________________________________________________

3. Can you administer an asthma reliever to a patient with breathing difficulties if they do not have asthma? ________________________________
4. Croup is a throat infection in young children. If it has a rapid onset resulting in breathing difficulty, how do we treat this?

________________________________

________________________________

5. What is fainting and what is the best position for someone who faints?

________________________________

________________________________

6. When treating a patient that is having a seizure, what steps would you follow?

________________________________

________________________________

________________________________

7. How do you cool a child with febrile convulsions?

________________________________

________________________________

________________________________

8. Febrile convulsions are seizures in young children and often involve a high body temperature. Treatment includes cooling, but not to the extent where ________________ occurs.

9. What is diabetes?

________________________________

________________________________

10. Treatment of a diabetic would usually involve what?

________________________________

________________________________

__________________________

11. What is hyperventilation and how do we treat?

________________________________

________________________________

________________________________

________________________________
12. Grandma is at risk of a stroke. What would her signs and symptoms be if she has a stroke? What would you do for her?

__________________________________________
__________________________________________
__________________________________________
__________________________________________

13. What is the normal temperature of the human body? ________________

14. Someone exposed to excessive heat is at risk of heat stroke, list you treatment for this.

__________________________________________
__________________________________________
__________________________________________
__________________________________________

15. Someone suffering from cold exposure can be rewarmed by applying heat packs to ____________, ____________, ____________ and side of neck.

16. State the primary treatment for the creatures below by placing a tick in the appropriate box:

<table>
<thead>
<tr>
<th></th>
<th>Cold Pack</th>
<th>Hot Water</th>
<th>PIT</th>
<th>Vinegar</th>
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<tbody>
<tr>
<td>Red Back Spider</td>
<td></td>
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<td></td>
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<tr>
<td>Stonefish</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Insect</td>
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<td></td>
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<tr>
<td>Blue Ringed Octopus</td>
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<tr>
<td>Snake</td>
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<tr>
<td>Box Jelly Fish</td>
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<tr>
<td>Cone Shell</td>
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<tr>
<td>Stingray</td>
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<td></td>
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</tr>
<tr>
<td>Funnel Web Spider</td>
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17. What do you do for someone who has been poisoned?

__________________________________________
__________________________________________
__________________________________________
__________________________________________
18. Can you administer a blue grey puffer to a patient having an anaphylactic reaction?

____________________________________________________________

19. If a child is suffering an allergic reaction and breathing is severely affected, you should administer an auto injector. List the steps for correct administration:

EpiPen: ______________________________________________________

____________________________________________________________

Anapen: ______________________________________________________

____________________________________________________________

4. General First Aid

1. What are the four ‘P’s of First aid
   1. ______________________________________________________
   2. ______________________________________________________
   3. ______________________________________________________
   4. ______________________________________________________

2. When you call 000 /112, what must you tell them?

____________________________________________________________

____________________________________________________________

3. Do you have to gain consent from a patient before treating?

____________________________________________________________

4. List some other ways a patient can give consent without talking

____________________________________________________________

____________________________________________________________

____________________________________________________________

5. What document would you fill out after conducting first aid on a patient in the workplace? ______________________________________________________

____________________________________________________________
6. Who would you talk to after a major first aid incident if you needed help?

______________________________________________________________

______________________________________________________________

7. When would you wear gloves for first aid?

______________________________________________________________

______________________________________________________________

8. List some effective ways you can limit injuries to yourself by observing manual handling?

______________________________________________________________

______________________________________________________________

______________________________________________________________

9. What is a secondary survey and when would you conduct this?

______________________________________________________________

______________________________________________________________

______________________________________________________________

______________________________________________________________

10. Are you required to have a first Aid kit in your workplace? ______

11. List some ways you can reduce the risk of a needle stick injury?

______________________________________________________________

______________________________________________________________

______________________________________________________________