

## General First Aid Quiz

Patrol:

1. What is first aid?
  - a. Completing a primary survey
  - b. The first help given to the victim of an accident
  - c. Assessing a victim's vital signs
  - d. Treating a victim for shock

2. What do the following letters stand for?

D

R

A

B

C

3. What number(s) should you call for the emergency services?
4. What 4 pieces of information should you give to the emergency services?

5. True or False
  - a. You should not pick out any loose foreign objects in a cut or graze
  - b. A minor wound should be rinsed with cold running water
  - c. If a cut is small the bleeding will stop quite quickly
  - d. You mustn't use cotton wool to dry the wound
6. How would you deal with major bleeding? Put the following actions into order.
  - a. Lie casualty down and raise injured limb
  - b. Examine the wound
  - c. Check for embedded objects
  - d. Apply pressure to the wound
  - e. If there is something in the wound apply pressure either side of it
  - f. Raise and support the limb
  - g. Dress the wound
  - h. If blood seeps through put another dressing on
  - i. If blood seeps through second dressing, start again
  - j. Call for the emergency services
7. What is the difference between a burn and a scald?

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8. You should go to hospital if a burn/scald
  - a. Is larger than a 50p piece, or closer than a 5p piece to an orifice (mouth, nose, ear, etc)
  - b. Extends right around an arm/leg
  - c. Involves the face, hands, feet, or genitals
  - d. All of the above
  
9. True/False
  - a. You should flood a burn with cold water for at least 10 mins or until the pain is relieved.
  - b. A burn should be covered with lotion/ointment to treat it
  - c. Cling film can be used to dress a burn/scald
  - d. You should burst any blister that appears on a burn/scald
  
10. Demonstrate the recovery position to a leader.
11. What 5 symptoms help us recognise heat exhaustion (HYPERthermia)?
  
  
  
  
  
  
  
  
  
  
12. How would you deal with heat exhaustion (HYPERthermia)? Put the following in order
  - a. Help the casualty to lie down
  - b. Give the casualty water or other non fizzy drink
  - c. Remove the casualty to a cool place
  - d. If sunburnt, cool burn with damp clothes
  - e. For heat exhaustion cool the casualty with damp clothes and fan them
  - f. If serious or you are in doubt, call an ambulance
  
13. True/False
  - a. Shivering, Disorientation, Slow Breathing, and Weakening Pulse are all signs of HYPOthermia
  - b. The body cools down 30x faster when it is wet
  - c. You should give whiskey/brandy to someone suffering from HYPOthermia
  - d. You should reheat someone suffering from HYPOthermia as quickly as possible
  
14. Prevention is better than cure. How can you make sure you don't develop HYPOthermia or HYPERthermia in the first place?

HYPOthermia

HYPERthermia