

## KRAŽIŲ ŽYGIMANTO LIAUKŠMINO GIMNAZIJA

Erasmus+ projekto „BE AWARE FOR YOUR FUTURE“ /Projekto dotacijos sutarties numeris

2018-1-PL01-KA299-050959\_4

### First aid quiz

1. How might someone's skin change during an allergic reaction?

- It may become itchy and go very pale
- It may become itchy and develop a red, blotchy rash
- It may become itchy and cold and clammy to touch
- It may become itchy and bruise easily

2. Which of these things are common causes of severe allergic reactions?

- All of these
- Latex (a sort of rubber), for example rubber gloves
- An insect sting, from a bee or wasp
- Shellfish, like prawns or mussels
- Peanuts and other nuts

3. Which of the following statements about strokes is true?

- Strokes can affect either side of the body
- Strokes only affect the left side of the body
- Strokes can affect both sides of the body at the same time
- Strokes only affect the right side of the body

4. Your colleague is behaving strangely and you think they might be having a stroke. You know that you need to do a F.A.S.T test. What does this stand for?

- Face. Arms. Speech. Time
- Feet. Arms. Speech. Time
- Face. Arms. Sight. Time
- Fingers. Arms. Speech. Time

5. You know that the A in F.A.S.T stands for 'Arms'. Using this test, If a person has had a stroke they will be able to....

- raise one arm at a time
- raise neither arm
- raise both arms at the same time
- raise only one arm

After a seizure has passed, what should you do?

- Roll the person on to their front
- Don't touch the person at all
- Leave the person on their back
- Roll the person on to their side

6. Should you restrain someone having a seizure?

- No, don't restrain them
- Yes, restrain them until the seizure has passed
- Yes, restrain them for 5 minutes then let go

7. During a seizure, a person may make jerky movements and have froth around their mouth. Their body might be described as...

- stretchy
- supple
- slack
- stiff

8. Your friend is having a seizure and an ambulance is on the way. What can you do to help them?

- Leave them alone and give them privacy
- Help them take their medication
- Take a video to show them what happened later
- Make them safe and prevent injury

9. Which of these things could you use to support a broken bone?

- All of these
- A cushion
- Someone's hand
- Some clothing

10. If someone has a broken bone, which of the following statements is true?

- If you do not support the limb it may cause further injury and pain
- If you do not support the limb, it doesn't matter. The bone will just naturally heal on its own
- If you do not support the limb, the person will be able to move the limb more easily and reduce the pain

11. If someone has broken a bone, what is the key action you can take to help them?

- Keep the injury still and supported
- Make the person keep still
- Put the injury in a splint

12. You're at home, when you hear your mum fall down the stairs. She is in a lot of pain. What else might tell you she has broken a bone?

- Swelling of the limb
- Bruising of the limb
- All of these
- The limb is out of shape

13. During an asthma attack, a person uses a 'what' ... to take their medication?

- Auto-injector
- Ice pack
- Inhaler

14. You realise your sister is having an asthma attack. What can you do to help her?

- Help her lie down
- Calm her down
- Help her take her medication

15. What else can you do to help a person that might ease their asthma attack?

- Sit them down, reassure them
- Give them back blows
- Give them a brown paper bag to breath in and out of
- Lie them down, reassure them

16. During an asthma attack which of the following statements is true:

- A person's airways expand
- A person's airways stay the same size
- A person's airways narrow

17. If someone has swallowed something harmful, which of the following are the questions you need to answer...

- When? Why? How many?
- When? Why? Where?
- What? When? Why?
- What? When? How many?

18. Your younger sibling has swallowed something harmful. What is your key action?

- Keep them awake so they can talk to the ambulance person
- Think about what they might have swallowed
- Find out what they have taken, when and how much

19. Why is it important to move someone who is unresponsive and breathing onto their side?

- You can check for injuries to their body
- Moving the person may help wake them up
- It helps to keep their airway clear and allows them to continue breathing normally

20. If someone is unresponsive, which three senses can you use to tell if they are breathing?

- Sight, smell, sound
- Sight, sound, touch
- Smell, touch, taste
- Sound, smell, touch

21. After you've moved a person who is unresponsive and breathing onto their side, you should...what?

- sit with but do not touch the person again. If they move, it is just them starting to wake up
- stay with the person and keep checking their head is tilted back to allow them to keep breathing normally
- leave the person alone now they are comfortable, they'll wake up soon

22. If someone is unresponsive and breathing, what is the key action you can take to help them?

- Move them onto their side and tilt their head back
- Move them onto their back and tilt their head back
- Move them onto their front and tilt their head to the side

23. Why is it important to start chest compressions as quickly as possible, if someone is unresponsive and not breathing?

- The rhythmic action can be reassuring to a person who needs help
- You may wake them up, and they will start to breathe again
- A person's brain and other vital organs cannot survive for long without a supply of blood

24. If someone is unresponsive and not breathing, how long should you give chest compressions for?

- Until help arrives and someone else takes over

- Until you have done 100 compressions
- Until your arms get tired

25. What is your key action if someone is unresponsive and not breathing?

- Raise their feet above their head
- Give chest compressions
- Try to breathe into their mouth