

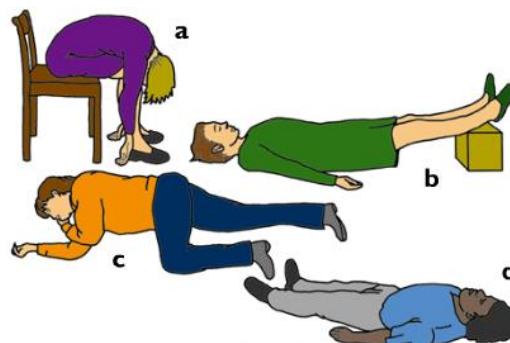
# Emergency Aid Badge – Stage 2 – First Aid Quiz

## 1. Know What To Do At The Scene Of An Accident

Put these boxes (steps) in the correct order by writing a number under it...

|                             |                       |          |               |
|-----------------------------|-----------------------|----------|---------------|
| Keep the Casualty Breathing | Stay Safe & Keep Calm | Call 999 | Stop Bleeding |
|-----------------------------|-----------------------|----------|---------------|

## 2. Which one of these is the 'Recovery Position'?



## 3. What's the benefit of the 'Recovery Position'?

|                                                          | x |
|----------------------------------------------------------|---|
| a. It is a safe and comfortable position                 |   |
| b. If they vomit, it drains out rather than choking them |   |
| c. It allows the tongue to fall forward                  |   |
| d. All of the above                                      |   |

## 4. You're walking home and you see a women lying on the ground. You ask her if she's okay but she doesn't respond. What should you do next?

|                                   | x |
|-----------------------------------|---|
| a. Run to a phone                 |   |
| b. Check that her airway is clear |   |
| c. Begin CPR                      |   |

## 5. To open an airway what do you tilt and lift?

|                      | x |
|----------------------|---|
| a. The head and chin |   |
| b. The neck and chin |   |
| c. The arms and head |   |

## 6. How can you check for breathing?

|                                                          | x |
|----------------------------------------------------------|---|
| a. Lift the head                                         |   |
| b. Press the chest                                       |   |
| c. Look along the chest, and listen and feel for breaths |   |

## 7. One of your friends has cut his arm and is bleeding severely. How do you treat his injury?

|                                  | x |
|----------------------------------|---|
| a. Give him a pain killer        |   |
| b. Apply pressure over the wound |   |
| c. Put his arm in some water     |   |

## 8. On a severe cut if the pad that you placed on it becomes soaked with blood should you take it off and apply another one?

|                                 | x |
|---------------------------------|---|
| a. No, place another one on top |   |
| b. Yes, use a clean one         |   |

## 9. When someone is bleeding severely why should you raise and support their injured limb above the level of their heart?

|                                                      | x |
|------------------------------------------------------|---|
| a. To reduce blood loss                              |   |
| b. To make them comfortable                          |   |
| c. To let other people know there is something wrong |   |

## 10. When someone is bleeding severely why would you raise their legs?

|                             | x |
|-----------------------------|---|
| a. To make them comfortable |   |
| b. To ease shock            |   |

**11. What's the best dressing to use for a small cut?**

|                                |          |
|--------------------------------|----------|
|                                | <b>x</b> |
| a. Bandage                     |          |
| b. Sterile dressing or plaster |          |
| c. Tissue                      |          |

**12. You are in an emergency situation where someone has a large cut and bleeding severely you don't have any dressing to stop the bleeding, what could you use instead?**

|                                          |          |
|------------------------------------------|----------|
|                                          | <b>x</b> |
| a. Dirty rag you've seen on the pavement |          |
| b. A piece of your clothing              |          |

**13. How long should you hold a burn under cold water for?**

|               |          |
|---------------|----------|
|               | <b>x</b> |
| a. 2 minutes  |          |
| b. 10 minutes |          |
| c. 1 hour     |          |

**14. For minor burns what should you cover it with to protect from infection?**

|                              |          |
|------------------------------|----------|
|                              | <b>x</b> |
| a. Sterile dressing          |          |
| b. Clean non fluffy material |          |
| c. Any of the above          |          |

**15. If a burn is severe should you go to hospital?**

|        |          |
|--------|----------|
|        | <b>x</b> |
| a. Yes |          |
| b. No  |          |

**16. Is it okay to cover a burn with a cling film to reduce the risk of infection?**

|        |          |
|--------|----------|
|        | <b>x</b> |
| a. Yes |          |
| b. No  |          |

**17. Your friend has burnt their self, is it a good idea to carefully, remove any rings, watches, and tight clothing from the injured area before any swelling develops?**

|        |          |
|--------|----------|
|        | <b>x</b> |
| a. Yes |          |
| b. No  |          |

**18. Your friend has a severe burn and has something sticking to it should you remove it?**

|        |          |
|--------|----------|
|        | <b>x</b> |
| a. Yes |          |
| b. No  |          |

**19. In which of these situations should you call 999?**

|                                   |          |
|-----------------------------------|----------|
|                                   | <b>x</b> |
| a. If someone has severe bleeding |          |
| b. If someone has a severe burn   |          |
| c. If someone is unconscious      |          |
| d. All of the above               |          |

**20. Which of these should you do in an emergency?**

|                                       |          |
|---------------------------------------|----------|
|                                       | <b>x</b> |
| a. Call 999 <b>and</b> get adult help |          |
| b. Get adult help <b>or</b> call 999  |          |
| c. Treat the patient yourself         |          |

**21. If you are helping someone that's injured what must you always do?**

|                                                |          |
|------------------------------------------------|----------|
|                                                | <b>x</b> |
| a. Call your mum and tell her you will be late |          |
| b. Make sure the injured person has some water |          |
| c. Keep yourself safe                          |          |

**22. When calling the emergency services what must you always do?**

|                             |          |
|-----------------------------|----------|
|                             | <b>x</b> |
| a. Give every little detail |          |
| b. Keep calm                |          |
| c. Speak quickly            |          |

**23. When calling the emergency services what should you say first?**

|                                               |          |
|-----------------------------------------------|----------|
|                                               | <b>x</b> |
| a. What service you want i.e. Ambulance, Fire |          |
| b. Where you are                              |          |
| c. Your surname                               |          |

**24. When calling the emergency services what should you say after you have told them what service you want?**

|                                       |          |
|---------------------------------------|----------|
|                                       | <b>x</b> |
| a. Your telephone number and location |          |
| b. Surname                            |          |
| c. What's happened                    |          |

**25. When calling the emergency services what should you say after you have told them what service you want and you've given them your number and location?**

|                                                 |          |
|-------------------------------------------------|----------|
|                                                 | <b>x</b> |
| a. Whether you want an ambulance or fire engine |          |
| b. A brief explanation of the injury            |          |
| c. Your surname                                 |          |

**26. A member of your family is complaining of breathlessness and a tight pain in the chest. You suspect a heart attack. What should you do?**

|                                                |          |
|------------------------------------------------|----------|
|                                                | <b>x</b> |
| a. Sit him in a comfortable position           |          |
| b. Get them to stand up and move around slowly |          |
| c. Get them to lay down flat                   |          |

**27. Name 5 things you might find in a first aid box...**

|    |  |
|----|--|
| 1. |  |
| 2. |  |
| 3. |  |
| 4. |  |
| 5. |  |

**28. If you suspect someone is having an 'Asthma Attack' what should you do first?**

|                                                            |          |
|------------------------------------------------------------|----------|
|                                                            | <b>x</b> |
| a. Get them to walk around                                 |          |
| b. Reassure them and ask them to breathe slowly and deeply |          |
| c. Get them to lay down flat                               |          |

**29. Give two signs of someone having an 'Asthma Attack'?**

|    |          |
|----|----------|
|    | <b>x</b> |
| a. |          |
| b. |          |

## Activity

Once you have finished the quiz.  
Demonstrate once again to your leader how to put a person into the recovery position. If you have finished first you may have to wait a little or demonstrate this on your leader.