

Print out this document to test your learners' knowledge. You can also use the <u>interactive quizzes</u> on the website and track learners results using <u>My groups</u>.

Every first aid skill has five questions. Print out the whole quiz or each required skill page. Correct answers can be found on the final pages. Use the links below to go to the page you want.

Asthma attack Bleeding Broken bone Burns Choking Head injury Unresponsive and breathing Unresponsive and not breathing

Answers





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Asthma attack



Which of these is not a sign someone is having an asthma attack?

- \bigcirc They may find breathing difficult.
- \bigcirc They may make a wheezing sound.
- \bigcirc They may have a bump on their head.
- \bigcirc They may cough a lot.

Which of these does someone with asthma use when they have an asthma attack?

- \bigcirc A breather
- 🔿 An ice-pack
- \bigcirc An inhaler
- \bigcirc A plaster

If someone is having an asthma attack, what is the most important thing to do to help them?

- \bigcirc Give them something to eat.
- \bigcirc Help them to use their inhaler.
- \bigcirc Give them a hug.
- \bigcirc Wrap a blanket around them.

4 True or false: If someone is having an asthma attack, it is important to help them stay calm.

🤍 True

🔾 False

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If using an inhaler doesn't make an asthma attack get better we may need to...

- \bigcirc Leave them alone to calm down.
- \bigcirc Get an adult to call 999.
- \bigcirc Help them lie down.
- \bigcirc Give them a drink.



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Bleeding



True or false: if someone is bleeding a lot, there will be too much blood for a plaster.

- ◯ True◯ False
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If someone is bleeding a lot, what do we need to do?

- 🔵 Wash it
- \bigcirc Press on it hard
- \bigcirc Keep it still and supported



Which of these items could be used to press hard on a bleed?

- \bigcirc Our hand
- \bigcirc T-shirt
- Tea-towel
- \supset All of the above

How long should we press on a bleed for?

- \bigcirc Until you get tired
- \bigcirc 5 minutes
- \bigcirc Until help arrives

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If something is stuck in the cut, what should we do?

- \bigcirc Leave it in the cut and press down hard on top of it
 - $\stackrel{\frown}{_{\sim}}$ Leave it in the cut and press down hard around it
- igracle Take it out and press down hard



Broken bone

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If someone has a bad fall, what might make you think they had broken a bone?

- \bigcirc Their skin is red and itchy.
- \bigcirc They are in a lot of pain and have swelling or bruising.
- \bigcirc They feel hungry and tired.

True or false: If you think someone has broken a bone, the most important thing is to keep the injury moving.

$\Big)$	True
~	

○ False



From the list below, which would be the best to use to support a broken bone?

- A cushion
- ◯ A tie
- \bigcirc A bag of oranges
- 🔵 A book

If someone thinks they have broken a bone but they can still move it then you should...

- \bigcirc Leave it it is probably fine.
- \bigcirc Ask an adult to get medical help.
- \bigcirc Tell them to keep moving it.

5 If you think someone has broken a bone and you have helped to keep it still and supported, what should you do next?

- \bigcirc Wait for the person to get better.
- \bigcirc Let the person carry on with what they were doing.
- \sum Relax you don't need to do anything else.
- \bigcirc Tell an adult.





Burns



Which of the following is something we wouldn't burn ourselves on?

- \bigcirc A cup of tea
- Cold water
- ◯ Steam
- \bigcirc A candle
- If someone has a burn, they might have touched something hot and their skin might be:
 - \bigcirc Cold
 - 🔿 Pale
 - \bigcirc Red

What should we do to help someone who has a burn?

- \bigcirc Hold the burn under cold, running water
- \bigcirc Give the person something to eat
- \bigcirc Leave the burn and wait for it to cool down

4 True or false: After we have cooled a burn, we should cover it with cling film.

- 🔾 False

5 What can we pour over a burn to cool it if there isn't a tap nearby?

- \bigcirc A fizzy drink
- Orange juice
- \bigcirc All of these



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Choking



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What might somebody choke on?

- ⊖ Water
- 🔿 Pizza
- 🔿 Juice

How do we know someone is choking?

- \bigcirc They are holding their throat and can't breathe.
- \bigcirc They are coughing and sneezing.
- \bigcirc They are feeling tired and thirsty.

How can we help someone who is choking?

- \bigcirc Give them some water to drink.
- \bigcirc Hit the person hard on the back.
- \supset Ask them to jog on the spot.

If we have hit someone on the back five times and they are still choking, what should we do next?

- O Wait and see if they get better
- \bigcirc Give them some water to drink
- \bigcirc Call 999

True or false: If someone is choking they will make a lot of noise.

- C True
-) False



Head injury



- If someone has bumped their head, which of these is not a sign of a head injury?
- \bigcirc A bump
- ◯ Sneezing
- A headache
- \bigcirc Pain on their head



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- What should we do to help someone who has hurt their head?
- \bigcirc Hold something cold to the injury.
- \bigcirc Roll them on to their side.
- \bigcirc Hold something warm to the injury

What would be best to hold to someone's head if they have hurt it?

- \bigcirc Frozen peas wrapped in a tea towel
- \bigcirc A cushion
- \bigcirc A wet paper towel
- If someone has hurt their head and we have found some frozen peas wrapped in a tea towel to hold against it, what else should we do?
 - \bigcirc Watch TV
 - \bigcirc Do your homework
 - \bigcirc Tell an adult and keep an eye on them
- **5** True or false? If someone has hurt their head and starts to vomit or gets sleepy or confused, we should call 999.

 - 🔵 False



Unresponsive and breathing



What does 'unresponsive' mean?

-) Someone is asleep
- \sum Someone doesn't wake up if you tap or shake their shoulders or shout their name
- \bigcirc Someone is ignoring you

Which of the following is a way of checking if someone is breathing?

- \bigcirc Looking to see if their chest is moving.
- \bigcirc Listening near their mouth.
- \bigcirc Feeling for breaths on your cheek.
- \supset All of these.

What should we do before calling 999 if someone is unresponsive and breathing?

- \bigcirc Cover them with a blanket to keep them warm.
- \bigcirc Roll them on to their side with their head tilted back.
- \bigcirc Wait to see if they wake up.

True or false? We need to tilt someone's head back to help them keep breathing.

-) False

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As well as keeping them on their side with their head back, what can we do while we wait for the ambulance to arrive?

- \bigcirc Talk to them and reassure them
- C Leave them
- \bigcirc Apply something cold to their head



Unresponsive and not breathing



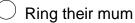
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True or false: If someone is unresponsive and not breathing, we need to get help?

\bigcirc	True
\bigcirc	False

How should we get help if someone is unresponsive and not breathing?



- \bigcirc Call 999
- \bigcirc Text their friend

If we are with an adult, what should they do while we wait for help to arrive?

- \bigcirc Tell the adult to give chest compressions
- \bigcirc Tell the adult to keep trying to wake the person up
- \bigcirc Tell the adult to do nothing

Once someone has started giving chest compressions, when should they stop?

- \bigcirc When they get tired and their arms start to ache
- \bigcirc When the ambulance crew arrives, and say they will take over
- \bigcirc After they've been going for a few minutes
- \bigcirc All of the above

5 True or false: If someone is doing chest compressions, they should be pushing in the centre of the chest

\bigcirc	True
\bigcirc	False

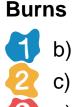


Answers

Asthma attack



c) c) b) a) b)



- 3 a) 4 a)
- 5 d)

Choking

b)

a)

b)

C)

b)

Bleeding



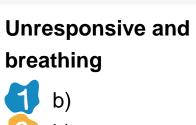
Broken bone



Head	injury



4 c) 5 a)





Unresponsive and not breathing



- 🕐 b)
- **3** a)
- 4 b)
- **5** a)



