

# First aid quiz.



Print out this document to test your learners' knowledge. You can also use the [interactive quizzes](#) on the website and track learners results using [My groups](#).

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.

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## Asthma attack

1

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

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

2

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

- ☐ A breather
- ☐ An ice-pack
- ☐ An inhaler
- ☐ A plaster

3

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

- ☐ Give them something to eat.
- ☐ Help them to use their inhaler.
- ☐ Give them a hug.
- ☐ 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

5

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

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



# Bleeding

**1**

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

- ☐ True
- ☐ False

**2**

**If someone is bleeding a lot, what do we need to do?**

- ☐ Wash it
- ☐ Press on it hard
- ☐ Keep it still and supported

**3**

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

- ☐ Our hand
- ☐ T-shirt
- ☐ Tea-towel
- ☐ All of the above

**4**

**How long should we press on a bleed for?**

- ☐ Until you get tired
- ☐ 5 minutes
- ☐ Until help arrives

**5**

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

- ☐ Leave it in the cut and press down hard on top of it
- ☐ Leave it in the cut and press down hard around it
- ☐ Take it out and press down hard



## Broken bone

1

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

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

2

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

- ☐ True
- ☐ False

3

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

- ☐ A cushion
- ☐ A tie
- ☐ A bag of oranges
- ☐ A book

4

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

- ☐ Leave it – it is probably fine.
- ☐ Ask an adult to get medical help.
- ☐ 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?**

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



## Burns

- 1** Which of the following is something we wouldn't burn ourselves on?
- ☐ A cup of tea
  - ☐ Cold water
  - ☐ Steam
  - ☐ A candle
- 2** If someone has a burn, they might have touched something hot and their skin might be:
- ☐ Cold
  - ☐ Pale
  - ☐ Red
- 3** What should we do to help someone who has a burn?
- ☐ Hold the burn under cold, running water
  - ☐ Give the person something to eat
  - ☐ 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.
- ☐ True
  - ☐ False
- 5** What can we pour over a burn to cool it if there isn't a tap nearby?
- ☐ A fizzy drink
  - ☐ Milk
  - ☐ Orange juice
  - ☐ All of these



# Choking

**1**

**What might somebody choke on?**

- ☐ Water
- ☐ Pizza
- ☐ Juice

**2**

**How do we know someone is choking?**

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

**3**

**How can we help someone who is choking?**

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

**4**

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

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

**5**

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

- ☐ True
- ☐ False



# Head injury

**1**

**If someone has bumped their head, which of these is not a sign of a head injury?**

- ☐ A bump
- ☐ Sneezing
- ☐ A headache
- ☐ Pain on their head

**2**

**What should we do to help someone who has hurt their head?**

- ☐ Hold something cold to the injury.
- ☐ Roll them on to their side.
- ☐ Hold something warm to the injury

**3**

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

- ☐ Frozen peas wrapped in a tea towel
- ☐ A cushion
- ☐ A wet paper towel

**4**

**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?**

- ☐ Watch TV
- ☐ Do your homework
- ☐ 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.**

- ☐ True
- ☐ False



# Unresponsive and breathing

1

**What does 'unresponsive' mean?**

- ☐ Someone is asleep
- ☐ Someone doesn't wake up if you tap or shake their shoulders or shout their name
- ☐ Someone is ignoring you

2

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

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

3

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

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

4

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

- ☐ True
- ☐ False

5

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

- ☐ Talk to them and reassure them
- ☐ Leave them
- ☐ Apply something cold to their head





# Unresponsive and not breathing

- 1** True or false: If someone is unresponsive and not breathing, we need to get help?
  - ☐ True
  - ☐ False
- 2** How should we get help if someone is unresponsive and not breathing?
  - ☐ Ring their mum
  - ☐ Call 999
  - ☐ Text their friend
- 3** If we are with an adult, what should they do while we wait for help to arrive?
  - ☐ Tell the adult to give chest compressions
  - ☐ Tell the adult to keep trying to wake the person up
  - ☐ Tell the adult to do nothing
- 4** Once someone has started giving chest compressions, when should they stop?
  - ☐ When they get tired and their arms start to ache
  - ☐ When the ambulance crew arrives, and say they will take over
  - ☐ After they've been going for a few minutes
  - ☐ All of the above
- 5** True or false: If someone is doing chest compressions, they should be pushing in the centre of the chest
  - ☐ True
  - ☐ False



## Answers

### Asthma attack

- 1 c)
- 2 c)
- 3 b)
- 4 a)
- 5 b)

### Burns

- 1 b)
- 2 c)
- 3 a)
- 4 a)
- 5 d)

### Unresponsive and breathing

- 1 b)
- 2 b)
- 3 c)
- 4 a)
- 5 a)

### Bleeding

- 1 a)
- 2 b)
- 3 d)
- 4 c)
- 5 b)

### Choking

- 1 b)
- 2 a)
- 3 b)
- 4 c)
- 5 b)

### Unresponsive and not breathing

- 1 a)
- 2 b)
- 3 a)
- 4 b)
- 5 a)

### Broken bone

- 1 b)
- 2 b)
- 3 a)
- 4 b)
- 5 d)

### Head injury

- 1 b)
- 2 a)
- 3 a)
- 4 c)
- 5 a)