



**St. John Ambulance**

St. John Ambulance First Aid  
Pre-Course Resources

**1. Order the steps of emergency scene management according to the sequence they should be performed.**

**Scene Survey**

- \_\_\_\_\_ Check for hazards and make the area safe
- \_\_\_\_\_ Take Charge
- \_\_\_\_\_ Identify yourself and obtain consent
- \_\_\_\_\_ Call for help
- \_\_\_\_\_ Assess responsiveness
- \_\_\_\_\_ Determine what happened

**Primary Survey**

- \_\_\_\_\_ Assess breathing
- \_\_\_\_\_ Assess airway
- \_\_\_\_\_ Assess circulation
- \_\_\_\_\_ Give first aid for life threatening conditions

**Secondary Survey**

- \_\_\_\_\_ Perform a head-to-toe examination
- \_\_\_\_\_ Obtain casualty's history
- \_\_\_\_\_ Give first aid for injuries and illness as found
- \_\_\_\_\_ Assess vital signs

**Ongoing Care**

- \_\_\_\_\_ Give first aid for shock
- \_\_\_\_\_ Reassess ABC's and record any changes
- \_\_\_\_\_ Report to medical help on the casualty's condition and the first aid given
- \_\_\_\_\_ Record the casualty's condition and the first aid given
- \_\_\_\_\_ Do not leave the casualty

**2. Match the following terms with the correct definition by indicating the appropriate letter in the space provided.**

- \_\_\_\_\_ First Aid
- \_\_\_\_\_ First Aider
- \_\_\_\_\_ Medical Care
- \_\_\_\_\_ Casualty

- A. Care given by a medical doctor, or under the supervision of a medical doctor.
- B. A person who is injured or ill.
- C. The emergency help given to an injured, or suddenly ill person, using readily available materials.
- D. A person who takes charge of an emergency scene

**3. Check signs and symptoms which are indicators of shock.**

- Hot, sweaty skin
- Extreme thirst
- Decreased consciousness
- Strong, regular pulse
- Cool, clammy skin
- Flushed colour of skin
- Shallow breathing
- Weak, rapid pulse

**4. Check the statements below which describes the most important factor to prevent shock from becoming worse.**

- Keep the casualty warm
- Give first aid for the injury or illness that caused the shock
- Reassure the casualty and handle him gently
- Don't give the casualty anything to eat or drink

**5. After 30 compressions on a child, you are unable to make the chest rise with your two breaths. Check the following statement which best describes your next step.**

- Begin CPR immediately
- Turn the child upside down on your arm and hit them on the back until the obstruction is removed
- Reposition the head and neck to open the airway and try to ventilate again

**6. Order the steps in the following procedure for a choking infant who becomes unconscious.**

- \_\_\_\_\_ Begin compressions, and give 30 chest thrusts
- \_\_\_\_\_ Try to give two breaths, if the air does not go in, move to the next procedure.
- \_\_\_\_\_ Open the airway and look for the object. If you see it, remove it with a finger.
- \_\_\_\_\_ Repeat compressions, look for the object, and attempt ventilations.

**7. If you are called upon to assist a choking woman in the late stages of pregnancy, you should:**

- Not intervene so as not to risk damage to the baby
- Perform back blows and abdominal thrusts because obtaining a clear airway is your priority
- Perform chest thrusts in place of abdominal thrusts, followed by back blows
- Wait until she becomes unconscious before beginning first aid for choking

**8. Identify each of the following statements as characteristic of a Mild (M) or Severe (S) airway obstruction.**

- \_\_\_\_\_ The casualty can cough forcefully and speak
- \_\_\_\_\_ You may hear wheezing when the casualty tries to breathe
- \_\_\_\_\_ The casualty is blue in the face
- \_\_\_\_\_ Unconsciousness will result if the obstruction is not cleared quickly
- \_\_\_\_\_ The casualty is unable to make any sound
- \_\_\_\_\_ Coughing and gagging are weak and ineffective
- \_\_\_\_\_ You may hear high pitched sounds as the casualty tries to breathe
- \_\_\_\_\_ The casualty's face is reddish

**9. Check the situations when you would use back blows and chest thrusts on an adult casualty:**

- The casualty is much larger than the rescuer
- The casualty is in advanced stages of pregnancy
- The casualty has heavy clothes on
- The casualty is unconscious

**10. You are attending a party with co-workers when a colleague begins to have trouble breathing. She is experiencing severe shortness of breath. She thinks she may have eaten something with nuts in it. Check the statements which best describe what you will do.**

- Always call for medical help immediately
- Have the casualty stop any activity and lie on their back
- Place the casualty in a position to ease breathing and provide reassurance
- Assist the person to take prescribed medication
- Give fluids to dilute to effects of the nuts

**11. Check the signs and symptoms listed below that might indicate the casualty is suffering angina and/or heart attack.**

- Heavy, tight sensation
- Nausea and/or vomiting
- Denial
- Flushed (pink) skin
- Sudden burst of energy
- Feeling of indigestion

**12. Signs and symptoms of a stroke or transient ischemic attack (TIA) depend on what part of the brain are affected. Check the signs below which indicate the possible occurrence of a stroke.**

- Difficulty speaking
- Numbness or weakness, especially on one side of the body
- Equal pupil size
- Double vision, or loss of vision

**13. Select the most important sign of a cardiac arrest.**

- Pale, ashen skin
- Unresponsiveness
- No pulse
- No breathing

**14. Mark each of the following statements as True (T) or False (F). An Automated External Defibrillator (AED) is an electronic device:**

- \_\_\_\_\_ Programmed to shock two heart rhythms, Ventricular Fibrillation, and Pulseless Ventricular Tachycardia
- \_\_\_\_\_ That is only used by Emergency Medical Services (EMS)
- \_\_\_\_\_ That should be attached to the casualty as soon possible
- \_\_\_\_\_ That can help restore a normal heartbeat.

**15. Identify the definitions and characteristics listed below as more appropriate to either dressings (D) or bandages (B).**

- \_\_\_\_\_ A covering put on a wound to help stop bleeding, and to help prevent infection
- \_\_\_\_\_ Preferably clean (but not necessarily)
- \_\_\_\_\_ Clean, preferably sterile
- \_\_\_\_\_ Highly absorbent
- \_\_\_\_\_ May be used to hold splints in place
- \_\_\_\_\_ Made of something stable enough to provide support

**16. From the following list, check the principals involved in controlling bleeding.**

- Pressure, rest, and immobilization
- Direct pressure and rest
- Rest, cleanliness, and elevation
- Pressure, immobilization, and elevation

**17. Check the following indicators which could lead you to suspect possible internal bleeding.**

- The casualty has received a severe blow to the chest, neck, abdomen or groin
- The casualty is coughing up bright red, frothy blood
- The casualty has suffered major limb fractures (ex. Upper leg or pelvis)
- You see blood escaping from a minor wound in the abdomen
- You see blood coming from the ear canal or the nose

**18. Check the statements that describe general guidelines for examination of the eye.**

- Caution the casualty not to rub their eyes
- It is important to wash your hands thoroughly before giving first aid. If possible, you should wear latex or vinyl gloves
- Shine a light directly into the eye to locate the type and extent of the injury
- Position yourself to clearly see the eye, and provide support for the casualty's head

**19. Check the following statements which accurately describe diabetic emergencies.**

- Diabetes is a condition where, due to lack of insulin, the body cannot convert sugar into energy
- In a diabetic emergency, the casualty always has too much insulin in his body for the level of sugar
- In a diabetic emergency, the casualty always has too much sugar in his body for the amount of insulin
- In a diabetic emergency, there is a severe imbalance between the amounts of insulin and sugar in the body

**20. Identify the signs and symptoms listed below which are characteristic of seizures**

- Sudden loss of consciousness causes the person to fall
- Convulsions occur, and breathing is noisy
- Frothy saliva appears around the mouth, and the teeth may grind
- Person becomes rigid for up to a minute during which the face and neck may turn blue

**21. You are standing outside a store in the mall waiting for a friend. A man suddenly stops and appears to stand rigid for a moment before falling to the ground. He is experiencing an obvious seizure. Check the statements below which best describe what you will do.**

- Clear the area of hazards and onlookers
- Hold him on his back so you can place something between his teeth
- Carefully loosen tight clothing, and turn gently to the side
- When convulsions have stopped, place him in the recovery position and monitor ABC's

**22. Match the conditions with the related safety measures.**

\_\_\_\_\_ Heat radiates from the body into the air around it.

\_\_\_\_\_ Warm air is exhaled from the body through normal breathing

\_\_\_\_\_ Sweat evaporates from the skin causing heat loss

\_\_\_\_\_ Heat moves directly from the body to a cold object by direct contact

\_\_\_\_\_ A thin layer of warm air around the body is replaced by cooler air due to convection (wind chill)

- A. Avoid direct contact with cold surfaces (eg. Sitting on the cold ground, or wearing wet clothing)
- B. Stay dry – dress in layers in order to prevent overheating, especially when working or playing outdoors
- C. Wear windproof clothing with good collar and snug cuffs
- D. Dress for the weather and your activity – wear a warm hat
- E. Protect the body heat you have – wear a parka with a hood

**23. Mark the signs and symptoms listed below as characteristic of superficial (S) or deep (D) frostbite.**

- \_\_\_\_\_ Skin may appear greyish-blue
- \_\_\_\_\_ The casualty tells you he cannot feel his toes
- \_\_\_\_\_ Skin appears white and waxy
- \_\_\_\_\_ The casualty complains of pain in the fingers
- \_\_\_\_\_ The skin is cold and noticeably hard
- \_\_\_\_\_ The skin is firm but soft underneath

**24. Which of the following conditions is likely to result in heat illness? Check the best answers.**

- Two men have been working in the bush on a hot summer day without taking breaks for drinks or rest
- A woman is enjoying the summer afternoon reading in the shade of a large tree
- A young child is playing on the sunny beach all afternoon
- A teenager is running a marathon on a very warm summer morning
- A child runs up the street on a hot summer day to see a friend



**25. Mark the statements which best describe actions you should take to reduce the risk of heat illnesses.**

- Drink plenty of fluids when you are working or playing in the heat.
- Limit time spent in the heat or sun, especially when you are not used to the climate (eg. Winter vacations in a warm place)
- Wear as few clothes as possible if you expect to be exposed to the heat for a long period
- Get work done as quickly as possible on hot days by avoiding breaks
- Wear a hat to protect yourself from the sun

**26. Identify the degree of heat illness in the following situations as heat cramps (C), heat exhaustion (E), or heat stroke (S).**

- \_\_\_\_\_ You find a teenager unconscious in the park. He is not sweating and his skin is hot to the touch
- \_\_\_\_\_ A young boy has just completed a run at the school track meet. His skin is flushed; he is sweating heavily and complaining of a very painful “knot” in the lower leg
- \_\_\_\_\_ A woman is complaining of dizziness, and a bad headache. Her skin is cold and clammy
- \_\_\_\_\_ A man complains of feeling very tired and has been vomiting. His skin is flushed, hot and sweaty

**27. You suspect that a person has taken a poison. Which of the following should you do? Check all the correct answers.**

- Act quickly, but don't panic
- Gather any available information about the suspected poison
- If the casualty is conscious, have him drink as much water as possible
- Call the Poison Information Center, and follow their advice
- Do not give CPR to a casualty if you suspect a poisoning
- Place the unconscious, breathing casualty into the recovery position

**28. Identify the severity of the following burns scenario as either Critical (C), Moderate (M), or Mild (Mi) burns:**

- \_\_\_\_\_ A steam burn to the face
- \_\_\_\_\_ An electrical burn to the hand
- \_\_\_\_\_ A superficial sunburn to a teenager's forearms
- \_\_\_\_\_ A hot water scald with blistering to an adult's forearm
- \_\_\_\_\_ A sunbather falls asleep, and gets a "sunburn" over their entire back and legs
- \_\_\_\_\_ A plumber gets a drop of molten solder on their pant leg

**29. Match the following terms with the correct definition by indicating the appropriate letter in the space provided.**

- \_\_\_\_\_ Closed fracture
- \_\_\_\_\_ Ligament
- \_\_\_\_\_ Sprain
- \_\_\_\_\_ Dislocation
- \_\_\_\_\_ Open fracture
- \_\_\_\_\_ Strain
- \_\_\_\_\_ Tendon
- \_\_\_\_\_ Splint

- A. The skin over the fracture is intact
- B. The skin over the fracture is broken
- C. Stretching or tearing injury to a ligament
- D. Where two bones come apart at a joint
- E. A tough tissue that connects two bones at a joint
- F. A rigid, padded, support that prevents movement
- G. A tough tissue that connects muscle to bone
- H. Stretching or tearing to a tendon

**30. The acronym R.I.C.E. stands for:**

- R: \_\_\_\_\_
- I: \_\_\_\_\_
- C: \_\_\_\_\_
- E: \_\_\_\_\_

## First Aid Self Study Question – Answer Sheet

1. **Order the steps of emergency scene management according to the sequence they should be performed.**

### **Scene Survey:**

- 2- Check for hazards and make the area safe
- 1- Take Charge
- 4- Identify yourself and obtain consent
- 6- Call for help
- 5- Assess responsiveness
- 3- Determine what happened

### **Primary Survey:**

- 2 – Assess breathing
- 1 – Assess airway
- 3 – Assess circulation
- 4 – Give first aid for life threatening conditions

### **Secondary Survey:**

- 3 – Perform Head-To-Toe exam
- 1 – Obtain casualty's history
- 4 – Give first aid for injuries found
- 2 – asses vital signs

### **Ongoing Casualty Care:**

- 1 – Give first aid for shock
- 3 – Reassess ABC's for any changes
- 5 – Report to medical help on casualty's condition and the first aid given
- 2 – Record the casualty's condition and the first aid given
- 4 – do not leave the casualty

**2. Match the following terms with the correct definition by indicating the appropriate letter in the space provided.**

C – First Aid

D – First Aider

A – Medical Care

B – Casualty

**3. Check signs and symptoms which are indicators of shock.**

- Extreme thirst
- Decreased consciousness
- Cool, clammy skin
- Shallow breathing
- Weak, rapid pulse

**4. Check the statements below which describes the most important factor to prevent shock from becoming worse.**

- Give first aid for the injury or illness that caused the shock.

**5. After 30 compressions on a child, you are unable to make the chest rise with your two breaths. Check the following statement which best describes your next step.**

- Begin CPR immediately

**6. Order the steps in the following procedure for a choking infant who becomes unconscious.**

1. Begin Compressions
3. Try to give two breaths
2. Open the airway
4. Repeat chest compressions

**7. If you are called upon to assist a choking woman in the late stages of pregnancy, you should:**

- Perform chest thrusts in place of abdominal thrusts

**8. Identify each of the following statements as characteristic of a Mild (M) or Severe (S) airway obstruction.**

- M, M, S, S, S, S, S, M

**9. Check the situations when you would use back blows and chest thrusts on an adult casualty:**

- The casualty is much larger than the rescuer
- The casualty is in advanced stages of pregnancy
- The casualty is unconscious (you are doing chest compressions but not back blows)

**10. You are attending a party with co-workers when a colleague begins to have trouble breathing. She is experiencing severe shortness of breath. She thinks she may have eaten something with nuts in it. Check the statements which best describe what you will do.**

- Always call for medical help immediately
- Place the casualty in a position to ease breathing and provide reassurance
- Assist the person to take prescribed medication

**11. Check the signs and symptoms listed below that might indicate the casualty is suffering angina and/or heart attack.**

- Heavy tight sensation
- Nausea and/or vomiting
- Denial
- Feeling of indigestion

**12. Signs and symptoms of a stroke or transient ischemic attack (TIA) depend on what part of the brain are affected. Check the signs below which indicate the possible occurrence of a stroke.**

- Difficulty speaking
- Numbness or weakness, especially on one side of the body
- Double vision or loss of vision

**13. Select the most important sign of a cardiac arrest.**

- No breathing

**14. Mark each of the following statements as True (T) or False (F). An Automated External Defibrillator (AED) is an electronic device:**

- T, F, T, T

**15. Identify the definitions and characteristics listed below as more appropriate to either dressings (D) or bandages (B).**

- D, B, D, D, B, B

**16. From the following list, check the principals involved in controlling bleeding.**

- Direct pressure and rest

**17. Check the following indicators which could lead you to suspect possible internal bleeding.**

- The casualty has received a severe blow to the chest, neck, abdomen or groin
- The casualty is coughing up bright red, frothy blood
- The casualty has suffered major limb fractures
- You see blood coming from the ear canal or nose

**18. Check the statements that describe general guidelines for examination of the eye.**

- Caution the casualty not to rub the eyes
- It is important to wash your hands thoroughly before giving first aid. If possible, you should wear latex or vinyl gloves
- Position yourself to clearly see the eye, and provide support for the casualty's head

**19. Check the following statements which accurately describe diabetic emergencies.**

- In a diabetic emergency, there is a severe imbalance between the amounts of insulin and sugar in the body

**20. Identify the signs and symptoms listed below which are characteristic of seizures**

- Sudden loss of consciousness
- Convulsions occur
- Frothy saliva
- Person becomes rigid

**21. You are standing outside a store in the mall waiting for a friend. A man suddenly stops and appears to stand rigid for a moment before falling to the ground. He is experiencing an obvious seizure. Check the statements below which best describe what you will do.**

- Clear the area of hazards and onlookers
- When convulsions have stopped, place him in the recovery position and monitor ABC's

**22. Match the conditions with the related safety measures.**

- D. - Heat radiates from the body into the air around it.
- E. - Warm air is exhaled from the body through normal breathing
- B. - Sweat evaporates from the skin causing heat loss
- A. - Heat moves directly from the body to a cold object by direct contact
- C. - A thin layer of warm air around the body is replaced by cooler air due to convection (wind chill)

**23. Mark the signs and symptoms listed below as characteristic of superficial (S) or deep (D) frostbite.**

- D, D, S, S, D, S

**24. Which of the following conditions is likely to result in heat illness?**

- Two men have been working in the bush...
- A young child is playing on the sunny...
- A teenager is running a marathon

**25. Mark the statements which best describe actions you should take to reduce the risk of heat illnesses.**

- Drink plenty of fluids...
- Limit time spent in the heat or sun...
- Wear a hat...

**26. Identify the degree of heat illness in the following situations as heat cramps (C), heat exhaustion (E), or heat stroke (S).**

- S, C, E, S

**27. You suspect that a person has taken a poison. Which of the following should you do? Check all the correct answers.**

- Act quickly but don't panic
- Gather any available information about the suspected poison
- Call the Poison Information Centre and follow their advice
- Place the unconscious, breathing casualty into the recovery position

**28. Identify the severity of the following burns scenario as either Critical (C), Moderate (M), or Mild (Mi) burns:**

- C, C, Mi, M, C, Mi

**29. Match the following terms with the correct definition by indicating the appropriate letter in the space provided.**

- A - Closed fracture
- E - Ligament
- C - Sprain
- D - Dislocation
- B - Open fracture
- H - Strain
- G - Tendon
- F - Splint

**30. The acronym R.I.C.E. stands for:**

- R: Rest
- I: Immobilize
- C: Cold
- E: Elevate