



PLEASE RETURN TO:
First Aid Accident & Emergency
Po Box 554
MIAMI QLD 4220
Ph: 07 55205068
admin@firstaidae.com.au

Provide First Aid Workbook Learning Guide

Name: _____

Address: _____

_____ Postcode: _____

Phone: _____

Course Date: _____

Course Location: _____

Training Officer: _____

Training Officer discussed workbook and signed: _____

Written workbook	Not Yet Satisfactory	Satisfactory
1. Essential First Aid		
2. Trauma		
3. Medical Emergencies		
4. General First Aid		

CONTENTS

Introduction

1. Essential First Aid

Unconscious
DRSABCD
CPR
Choking
Drowning

2. Trauma

Soft Tissue Injury &
Fracture
Upper Limb Injury
Lower Limb/Pelvic Injury
Bleeding
Shock
Crush Injury
Burns

Electric Shock
Multiple
Casualties/Prioritizing
Chest
Abdomen
Eye
Head Injury
Spinal Injury

3. Medical Emergencies

Heart Conditions
Asthma
Croup/Epiglottitis
Faint
Seizure/Epilepsy
Febrile Convulsion
Diabetes

Stroke
Hyperventilation
Heat Exposure
Cold Exposure
Bites and Stings
Poisons
Allergy/Anaphylaxis

4. General First Aid

Principles of First Aid
Legal Issues
Communication/Reports
Record Keeping/Self-Help
Safe Manual Handling/Hygiene
First Aid Kits/Needlestick Injury

INSTRUCTIONS

Provide first aid is delivered in a one day face to face format. This workbook learning guide is not part of the assessment. First Aid Accident & Emergency recommends this workbook as an additional learning tool for students completing first aid for the first time. This workbook learning guide may also be used by the assessor to ensure students have a complete understanding of the Provide first aid course. You will receive instructions from your assessor on the day if this is required. The workbook learning guide is to be used in conjunction with the ABC First Aid Guide where all answers can be found.

1. Essential First Aid

1. What are the signs and symptoms of an unconscious patient?

2. What is the best position for an unconscious patient and how can you support their neck?

3. You have turned up to an accident scene, when would you call an ambulance?

4. If you have commenced CPR on a patient, what is the correct chest depth and what is the recommended ratio of breaths to compressions?

5. When would you apply a defibrillator to a patient?

6. What is the correct position for the placement of defibrillation pads on a patient?

7. You come across a patient that is choking, he is coughing and looks distressed, what do you do?

**8. Is it an advantage to give breaths and compressions to patient that has drowned?
Give reasons.**

9. List some of the dangers you may come across when you complete an initial check of a patient?

2. Trauma

1. What would be considered a soft tissue injury and how do you treat this condition?

2. What is the correct care and treatment for fractures and what must you check every 15 minutes?

3. Name 3 types of upper limb slings:

4. For sprained ankles the treatment is?

5. How would you position a patient with pelvic injuries and what type of bandage would you apply to immobilise them?

6. What is the care and treatment for bleeding?

7. How do you treat a blood nose?

8. Minor amputations can be treated with direct pressure, but an amputated limb may not stop bleeding. If this happened, how would you treat?

9. Name 2 causes of shock and the care and treatment for both.

10. What is Crush Injury Syndrome?

11. Name 5 types of burns and the treatment for each:

1 _____	Treatment _____
2 _____	Treatment _____
3 _____	Treatment _____
4 _____	Treatment _____
5 _____	Treatment _____ <input type="checkbox"/>

12. What is the difference between a 1st degree, 2nd degree and 3rd degree burn?

13. When managing multiple casualties, always manage an _____ casualty first.

14. You attend a car accident with 2 cars involved, there are multiple casualties. Car 1 has powerlines over it and car 2 is in a safe area. In what order do you treat casualties and how far from car 1 should you stay?

15. What is a sucking chest wound and how do you treat this condition?

16. How do you treat an abdominal wound and what is the best position for the conscious casualty?

17. How do you treat the following types of eye injuries?

Burns: _____

Foreign Bodies: _____

Penetrating Injury: _____

Direct Blow: _____

18. A patient has splashed petrol in their eyes, how do you treat and who do you call?

19. When would you move a patient with head and neck injuries and how would you position them?

20. When rolling an unconscious patient into recovery position with possible spinal injuries, what are some key points to remember?

21. When would you remove a helmet from a motorcycle patient?

3. Medical Emergencies

1. Heart attack victims are often given aspirin. You would NOT give aspirin if the victim is taking _____, is allergic to aspirin, or has a history of asthma.

2. What is the correct treatment for Asthmatics?

3. Can you administer an asthma reliever to a patient with breathing difficulties if they do not have asthma? _____

4. Croup is a throat infection in young children. If it has a rapid onset resulting in breathing difficulty, how do we treat this?

5. What is fainting and what is the best position for someone who faints?

6. When treating a patient that is having a seizure, what steps would you follow?

7. How do you cool a child with febrile convulsions?

8. Febrile convulsions are seizures in young children and often involve a high body temperature. Treatment includes cooling, but not to the extent where _____ occurs.

9. What is diabetes?

10. Treatment of a diabetic would usually involve what?

11. What is hyperventilation and how do we treat?

12. Grandma is at risk of a stroke. What would her signs and symptoms be if she has a stroke? What would you do for her?

13. What is the normal temperature of the human body? _____

14. Someone exposed to excessive heat is at risk of heat stroke, list you treatment for this.

15. Someone suffering from cold exposure can be rewarmed by applying heat packs to _____, _____, _____ and side of neck.

16. State the primary treatment for the creatures below by placing a tick in the appropriate box:

	Cold Pack	Hot Water	PIT	Vinegar
Red Back Spider				
Stonefish				
Insect				
Blue Ringed Octopus				
Snake				
Box Jelly Fish				
Cone Shell				
Stingray				
Funnel Web Spider				

17. What do you do for someone who has been poisoned?

18. Can you administer a blue grey puffer to a patient having an anaphylactic reaction?

19. If a child is suffering an allergic reaction and breathing is severely affected, you should administer an auto injector. List the steps for correct administration:

EpiPen: _____

Anapen: _____

4. General First Aid

1. What are the four 'P's of First aid

1. _____

2. _____

3. _____

4. _____

2. When you call 000 /112, what must you tell them?

3. Do you have to gain consent from a patient before treating?

4. List some other ways a patient can give consent without talking

5. What document would you fill out after conducting first aid on a patient in the workplace? _____

6. Who would you talk to after a major first aid incident if you needed help?

7. When would you wear gloves for first aid?

8. List some effective ways you can limit injuries to yourself by observing manual handling? _____

9. What is a secondary survey and when would you conduct this?

10. Are you required to have a first Aid kit in your workplace? _____

11. List some ways you can reduce the risk of a needle stick injury?

