

Learning outcome 1

Understand the role and responsibilities of a first aider

Identify the role and responsibilities of a first aider

AC 1.1 achieved?

Y

N

1. Identify the role of a first aider.

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2. Which of the following is the first aider's responsibility? (tick all that are correct)

Assess casualty	<input type="checkbox"/>
Report incident to HSE	<input type="checkbox"/>
Complete accident/incident report form	<input type="checkbox"/>
Treat injuries appropriately	<input type="checkbox"/>
Make area safe	<input type="checkbox"/>
Restock first aid kit	<input type="checkbox"/>

Identify how to minimise the risk of infection to self and others

AC 1.2 achieved?

Y

N

3. Risk of infection can be minimised by: (tick all that are correct)

Washing your hands before dealing with a casualty	<input type="checkbox"/>
Wearing disposable protective gloves	<input type="checkbox"/>
Covering up any cuts you may have	<input type="checkbox"/>
Washing your hands immediately after dealing with a casualty	<input type="checkbox"/>
Opening a window to improve ventilation	<input type="checkbox"/>
Disposing of soiled dressings in a yellow 'clinical waste' bag or follow company procedure	<input type="checkbox"/>
Asking your casualty to remove clothing	<input type="checkbox"/>

Learning outcome 1

Understand the role and responsibilities of a first aider

Identify the need for consent to provide first aid

AC 1.3 achieved?

 Y N

1. Identify why ongoing consent should be obtained before first aid is provided.

SAMPLE

Learning outcome 2

Be able to assess an incident

Summon appropriate assistance when necessary

AC 2.3 achieved?

 Y N

2. When should you call for help during a first aid emergency?

SAMPLE

Learning outcome 3

Be able to provide first aid to an unresponsive casualty

Identify when to administer Cardiopulmonary Resuscitation (CPR)

AC 3.1 achieved?

Y N

1. You should start CPR if the casualty is: (tick all that are correct)

Unresponsive but breathing normally	<input type="checkbox"/>
Unresponsive and not breathing normally	<input type="checkbox"/>
Unresponsive and not breathing	<input type="checkbox"/>
Responsive and choking	<input type="checkbox"/>
Tick to confirm that you have completed the below as part of your CPR training.	
Correct placement of AED pads.	<input type="checkbox"/>
Following the AED instructions.	<input type="checkbox"/>

Justify when to place a casualty into the recovery position

AC 3.3 achieved?

Y N

2. It is important to place an unresponsive casualty into the recovery position:

To identify casualty to ambulance service	<input type="checkbox"/>
To maintain an open airway (prevent the tongue from falling to the back of the throat)	<input type="checkbox"/>
To keep casualty warm	<input type="checkbox"/>
To prevent infection	<input type="checkbox"/>

Identify how to administer first aid to a casualty who is experiencing a seizure

AC 3.5 achieved?

Y N

3. When managing a seizure, you should: (tick all that are correct)

Ensure the area around the casualty is free from danger	<input type="checkbox"/>
Cushion and protect the casualty's head to prevent injury	<input type="checkbox"/>
Encourage the casualty to stand up	<input type="checkbox"/>
Stay with the casualty until their recovery is complete	<input type="checkbox"/>
Reassure the casualty	<input type="checkbox"/>
Record the length of the seizure	<input type="checkbox"/>
Encourage the casualty to swallow tablets	<input type="checkbox"/>

Learning outcome 4

Be able to provide first aid to a casualty who is choking

Identify when choking is mild or severe

AC 4.1 achieved?

Y

N

1. Which of the following indicates whether a casualty has a mild (M) airway blockage or a severe (S) blockage?

Casualty is red faced but able to speak, cough and breathe.	<input type="checkbox"/>
Casualty cannot speak, cough or breathe.	<input type="checkbox"/>

Learning outcome 5

Be able to provide first aid to a casualty with external bleeding

Identify the severity of external bleeding

AC 5.1 achieved?

Y

N

2. Fill in the blanks.

Bright red, spurting blood would be an example of bleeding from _____.

Darker/duller blood that gushes from a wound would be an example of bleeding from _____.

Blood that oozes or trickles from a wound would be an example of bleeding from _____.