

Leeds DA Youth Test

First Aid



This is a questionnaire to prepare you for your Youth Test. All the answers can be found in the fundamentals & first aid book.

These are only examples of questions that might be asked during your test. You will need to read up on the whole first aid section from the book so you are fully informed and ready for any questions that might be asked of you.

Know your limitations

When giving first aid REMEMBER to always keep your own safety in mind, you must never put yourself IN DANGER. You are not a professional doctor or nurse, a first aider should confidently be able to aid a casualty using basic first aid and if necessary until the casualty can get to a hospital or doctor.

1. In any situation where you come across a person needing first aid, what should you never do to yourself?

Clue: You should never put yourself in:

2. You go into a room and see a casualty lying on the floor? Bearing in mind the previous question, What obvious things might you look for first?

3. What does DRAB stand for?

D=

R=

A=

B=

4. You come into a room and you see a casualty lying on the floor, thinking about the DRAB sequence describe the order in which you would check the casualty and why;

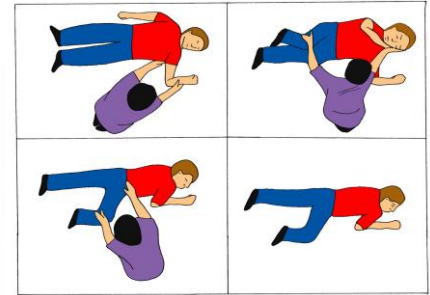
D.....

R.....

A.....

B.....

5. You find that the casualty is breathing, before putting them in the recovery position, what would you do next?



6. Describe how you would put someone into the recovery position;

7. Having performed the DRAB sequence you establish that the casualty is NOT breathing. What MUST YOU DO NEXT before anything else? (3 Words)

_____ FOR _____

CPR (Cardio Pulmonary Resuscitation) is the term used for chest compressions with rescue breaths. When giving chest compressions, if you sing the “Nelly the elephant” tune..... That’s the recommended speed to use.



8. How do you perform CPR?

9. How many chest compressions to breaths do you perform?

10. The casualty starts to breathe & recover, what do you do?

Practice the recovery position as per your first aid book. Were you able to do this without referring to your book? And did you feel confident. Remember to tilt the head back to ease breathing and check breathing frequently. If you need to leave the casualty ensure that the mouth/head is positioned so if the casualty is sick, the fluid drains out & away so casualty doesn’t choke.

11. What are the 4 main signs of Asthma?

1.

2.

3.

4.

And how would you treat a casualty?

12. What is the first thing you should do before treating a casualty who is bleeding? (See picture for clue)



Apply direct pressure on external wounds with sterile cloth or your hand, maintaining pressure until bleeding stops

ADAM

13. The casualty has cut their finger deeply while preparing their meal, what are the 2 things that would slow down the bleed?

P - - - - -

&

E - - - - -

14. What could you use from your first aid kit to elevate the bleed?

15. The casualty has a large object sticking out of a wound (ie Glass)...

a. How would you treat it?

b. What shouldn't you do?

14. How would you treat the following burns?

A) Someone is alright after catching their arm on their stove:

B) Casualty has burned their arm on a hot pan:

C) Why would you cover a burn?

D) What would you use? And what would you not use?

15. You are running a burn under cold water, how long is it recommended that you cool the burn down for?



Run cool water over area of burn

ADAM.

16. How long would you run cold water over a chemical burn?

17. On a campsite a camper accidentally knocks over a pan of boiling water on his friend.. What would you do?

18. The casualty has suffered a burn where their clothing has melted & stuck to them...

a. What would you do?

b. And what would you not do?

18. What should the first aider keep a good look out for when attending a casualty?

19. How do you recognise shock and how do you treat it?

20. You're sat at a table in a cafe and the person at the table next to you starts to choke on some food. What would you do?

21. What is an Anaphylactic Shock?

22. What are the 6 signs of heat/sun stroke?

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

23. How do you treat someone with heat/sun stroke?

24. If your casualty who you are treating for heat stroke loses consciousness, what should you do?



25. How would you treat hyperthermia?

26. You're enjoying a camping weekend with a friend and they faint, what should you do?



27. You walk into a room and someone is lying on the floor, there is an iron & ironing board next to them. What might have happened and what's the first thing you should do after checking for any danger to yourself?

28. You are asked to look at a patient who has the following signs? *Central pain from the chest to the neck & arms, ashen skin, blue lips, cold & clammy, breathless, faintness & nausea and they have suddenly collapsed.*

- a. What do you suspect has happened?
- b. Would you call 999?
- c. How would you treat them?
- d. What could you give the casualty?