



Public Safety and Aquatic Rescue Self assessment and review questions



Chapter 6 First Aid – part 1

Candidate's name: _____

Introduction

The questions in this document are designed to assist candidates for the Surf Lifesaving Bronze medallion to better understand some of the information included in the 33rd edition manual, "Public Safety and Aquatic Rescue". These questions are for review and self-assessment only – they are not an assessable part of your training program.

For this section, the answers to these questions appear in Chapter 6 of the 33rd edition Bronze Manual, "Public Safety and Aquatic Rescue".

FIRST AID

1.1 Introduction

a) What are the five aims of first aid?

P

P

P

P

P

b) What is meant by the term "implied consent"?



- c) True or false? Australian law says that everyone has a duty of care to provide assistance to someone in need.

- d) Why is it essential that all incidents and patients are documented?

- e) When should first aid supplies in a first aid kit be restocked?

- f) In what position should an unconscious but breathing patient be carried?

- g) Give two examples of patients who SHOULD be sent to hospital as soon as possible.

- h) What is the item of personal protective equipment that SLSA recommends you wear for every First Aid case?

1.2 DRABCD and body check

- a) Basic Emergency care management assessment is summarised by the acronym DRABCD – which stands for ... ?

D _____

R _____

A _____

B _____

C _____

D _____
- b) What is the normal heart rate range for a well perfused adult?



c) How should oxygen bottles be stored?

d) Is it acceptable to allow a conscious patient to hold the oxygen mask themselves?

e) Name three things a rescuer is looking for when doing a body check (secondary assessment).

1.3 Bleeding, cuts and abrasions, shock

a) Complete this sentence: "The best control method for bleeding is applying ... " ?

b) Should a bleeding limb be raised or lowered?

c) If a dressed wound continues to bleed, what is the correct procedure?

d) What do you use to clean a wound or abrasion?



- e) True or false: To treat a nosebleed, have the patient lie down with their head tilted back. _____
- f) How long would you allow a nosebleed to continue bleeding before seeking medical assistance? _____
- g) Name three causes of shock: _____

- h) Name three signs or symptoms of shock: _____

