



Health sciences – Term 1 (2022 – 2023)

Revision – Unit 2 (First Aid)

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1.	When should a casualty be put in the recovery position?	
	(A)	If the person has a spine or neck injury
	(B)	If the person is breathing normally, responsive and has no major injuries
	(C)	If the person is breathing normally, unresponsive and has no major injuries
	(D)	If the person is not breathing and has lost a lot of blood

2.	Give one example of personal protective equipment (PPE).	

3.	Complete the following sentences.	
	Soft _____ injuries are injuries to any skin, muscle, tendon, or ligament in the body. There are different types of these injuries. An _____ is caused by scraping or grazing the skin on a rough surface. An _____ is the complete removal of part of the body. a. abrasion b. tissue c. amputation	

4.	Which medical device is wrapped very tightly around an arm or leg and can stop a large amount of blood loss?	

5.	A casualty has cut their arm and it is bleeding. The blood is dark red and is oozing from the wound. Which blood vessel is cut?	
	(A)	Artery
	(B)	Vein
	(C)	Capillary
	(D)	Vessel

6.	What is the first thing a first aider should do at the scene of an accident?	
	(A)	Check for breathing
	(B)	Look for danger
	(C)	Move the patient
	(D)	Call for a first responder

7.	A first aider has wrapped a bandage around a patient's arm. How can you tell if the bandage is tied too tight?	

8.	Select three items that are found in a basic first aid kit.	
	(A)	Sterile eye pad
	(B)	Wheelchair
	(C)	Stethoscope
	(D)	Thermometer
	(E)	Cleansing wipes

9.	In the United Arab Emirates, you must be certified to give first aid.	
	(A)	True
	(B)	False

10.	Which type of blood vessel is responsible for returning blood to the heart?	
	(A)	Artery
	(B)	Vein
	(C)	Capillary
	(D)	Abrasion

11.	When providing first aid, what should you use to prevent any contact with hazardous substances?	
	(A)	AED
	(B)	PPE
	(C)	CPR
	(D)	ABC

12.	Give one benefit of learning first aid.	

13.	Which type of open soft tissue injury is caused by a sharp object going through the skin?	
	(A)	Avulsion
	(B)	Laceration
	(C)	Puncture
	(D)	Abrasion

14.	What is the first thing a first aider should do at the scene of an accident?	
	(A)	Check for breathing
	(B)	Look for danger
	(C)	Move the patient
	(D)	Call for a first responder

15.	Complete the following sentences.	
	Blood vessels make up most of the _____ system. They carry _____ around the body. There are three types of blood vessels: arteries, _____ and capillaries.	
	<i>a. blood b. oxygen c. nervous d. veins e. circulatory</i>	

16.	A cut _____ will bleed very fast and spurt blood out of the wound. If untreated, the person could be dead within minutes.	
	(A)	Artery
	(B)	Vein
	(C)	Capillary
	(D)	Abrasion

17.	Which type of blood vessel takes blood away from the heart to organs and tissues.	
	(A)	Artery
	(B)	Vein
	(C)	Capillary
	(D)	All of the above

18.	Soft tissue injuries are injuries to the _____ in the body.	
	(A)	Tendons, intestines and ligaments
	(B)	Bones, brain and skin
	(C)	Tendons, ligaments and skin
	(D)	Skin, muscles and bones

19.	You found a person on the ground who is unresponsive. You have already assessed the scene and it is safe to enter. The person is not breathing. What should you do next?	
	(A)	Begin cardiopulmonary resuscitation
	(B)	Press on the soft part of their chin to block their airway
	(C)	Gently place the person in the recovery position
	(D)	Roll the casualty so that they are face down on the ground

20.	How should you open the airway of an unresponsive casualty?	
	(A)	Tilt the head back and lift the chin up using the soft part of the chin
	(B)	Tilt the head back and lift the chin up using the solid part of the chin
	(C)	Tilt the head forward and make sure the chin is touching the casualty's chest
	(D)	Look to see if their chest is rising and falling for at least 5-10 seconds

21.	A friend has a cut and their blood is trickling out of the wound. By the time you have got the first aid kit, the bleeding has stopped by itself. Which type of blood vessel has been cut?	
	(A)	Artery
	(B)	Vein
	(C)	Capillary
	(D)	Abrasion

22.	Which type of soft tissue injury is deep and may go through to muscle tissue?	
	(A)	Puncture
	(B)	Avulsion
	(C)	Laceration
	(D)	Abrasion

23.	A patient has fallen off their bike and has an abrasion to their hand. The wound is bleeding lightly. What should you do?	
	(A)	Apply tourniquet straight away to reduce blood loss
	(B)	Apply a dressing to the wound to stop the bleeding
	(C)	Apply a bandage tightly and cut off the circulation to the fingers
	(D)	All of the above

24.	Which type of soft tissue injury is deep and may go through to muscle tissue?	
	(A)	Puncture
	(B)	Avulsion
	(C)	Laceration
	(D)	Abrasion

25.	What is the purpose of personal protective equipment?	
	(A)	It allows you to know if a casualty has any existing medical conditions
	(B)	It promotes the transmission of disease through exposure to hazardous substances
	(C)	It protects individual from coming into contact with hazardous substances
	(D)	It makes it easier for the parts of the body to become contaminated

26.	A person stepped on a sharp nail which has gone through their foot. What type of soft tissue injury is this?	
	(A)	Puncture
	(B)	Avulsion
	(C)	Laceration
	(D)	Abrasion

27.	For which of the following scenarios should you call the emergency services?	
	(A)	If the emergency services have arrived at the scene
	(B)	If a casualty is unresponsive and gasping
	(C)	If a casualty has a minor bleeding from their finger
	(D)	If a casualty asks for help treating a small cut and you are qualified to give first aid

28.	How long should you check to see if an unconscious casualty is breathing?	
	(A)	At least 2 seconds
	(B)	At least 20 seconds
	(C)	Between 2-3 seconds
	(D)	At least 5-10 seconds

29.	A person has a cut that is bleeding very fast and it spurting out of the wound. The blood is bright red and is not stopping by itself. Which type of blood vessel is cut?	
	(A)	Artery
	(B)	Vein
	(C)	Capillary
	(D)	Abrasion

30.	When should you use a tourniquet?	
	(A)	If a casualty is bleeding from their head
	(B)	If the bleeding can stop on its own
	(C)	If a casualty is losing a lot of blood from their leg
	(D)	If a casualty is not bleeding heavily

31.	When should you perform cardiopulmonary resuscitation (CPR) on a casualty?	
	(A)	If they are unresponsive and not breathing
	(B)	If the casualty asks for CPR
	(C)	If they respond when you ask if they are OK
	(D)	If they are unresponsive and breathing

32.	Which one is <u>NOT</u> a benefit of learning first aid	
	(A)	Life-long skills
	(B)	It doesn't save lives
	(C)	More confidence
	(D)	Benefit to your community

33.	Which one is <u>incorrect</u> – you should phone for an ambulance or 998	
	(A)	To give you a ride home
	(B)	Someone is seriously ill
	(C)	You are not sure what to do in an emergency
	(D)	You are not qualified to give first aid

34.	When checking for breathing at the scene of an emergency, you should put your _____ close to the persons nose and mouth while you look towards their chest, to see if there are any signs of breathing.	
	(A)	mouth
	(B)	ear
	(C)	nose
	(D)	hands

35.	When packing a first aid kit, what should <u>not</u> be added	
	(A)	Candy
	(B)	Scissors
	(C)	Gloves
	(D)	Safety pins

36.	What is the first step in handwashing	
	(A)	Rub hands palm to palm
	(B)	Use towel to turn off tap
	(C)	Apply enough soap to cover all hand surfaces
	(D)	Wet hands with water

37.	If your protective gloves are damaged or ripped what should you do?	
	(A)	Do not help the casualty
	(B)	Carry on
	(C)	Change your gloves with another clean pair
	(D)	Take them off and don't use any

38.	When you have finished with your protective gloves what should you do with them?	
	(A)	Put them in the bin
	(B)	Throw them on the floor
	(C)	Wash them and use them again
	(D)	Put them in a biohazard container

39.	Which one is <u>not</u> part of the circulatory system	
	(A)	Capillaries
	(B)	Muscles
	(C)	Arteries
	(D)	Veins

40.	Which vessel carries blood to the heart?	
	(A)	Capillaries
	(B)	Muscles
	(C)	Arteries
	(D)	Veins

41.	Which vessel is damaged or cut if the blood is dark red and comes out slowly or ooze?	
	(A)	Vein
	(B)	Muscle
	(C)	Artery
	(D)	Capillary

42.	The word 'Amputation' means what?	
	(A)	To use a gauze dressing
	(B)	To add a limb to the person's body
	(C)	To use a plaster
	(D)	To cut off part of a person's body

43.	_____ tissue injuries are injuries to any skin, muscle, tendon, or ligament in the body.	
	(A)	Medium
	(B)	Tough
	(C)	Hard
	(D)	Soft

44.	What would I do with a 'dressing'?	
	(A)	Eat it
	(B)	Use it to stop the bleeding
	(C)	Wear it
	(D)	Protect or cover an injury

45.	External bleeding is what?	
	(A)	Blood leaving the body
	(B)	Only bleeding a little
	(C)	Blood going into the body
	(D)	Not bleeding at all

46.	How do you know if your bandage is too tight?	
	(A)	Nothing will happen
	(B)	A different colour of skin will appear
	(C)	The injured part of the body will fall off
	(D)	You can call for an ambulance

47.	Can you choose four soft tissue injuries	
	(A)	Abrasion
	(B)	Cut
	(C)	Laceration
	(D)	Avulsion
	(E)	Scratch

48.	Circle the first four steps to applying a bandage	
	(A)	Asses the scene for dangers
	(B)	Ask permission to give first aid
	(C)	Get the first aid kit and use P.P.E such as gloves
	(D)	Start bandaging from below the gauze and work up the limb
	(E)	Tuck the bandage in at the end or tie it in a knot to secure it
	(F)	Apply direct pressure to the cut with a gauze

49.	Put the steps to put someone in the recovery position in the right order from number 1 to number 7 .	
		Remove any phones or bulky items from their pockets
		Lift the far knee up until the foot is flat on the floor.
		Take the arm closest to you and place it at a right angle to their body (with their palm facing up).
		Move the other arm across their chest and place the back of their hand on their cheek.
		Once fully over, re-adjust the head position if needed and place the top leg at a 90° angle.
		Kneel down beside the casualty.
		While keeping the casualty's hand pressed against their cheek, hold the raised knee, and roll them towards you.

50.	Put the safe removal of protective gloves in the right order from number 1 to number 5	
		Hold the inside-out glove in the other hand.
		Dispose of the gloves safely and wash your hands.
		Grasp the outside of the glove in the wrist area.
		Peel the other glove away from your body, turn it inside out and leave the first glove inside the second.
		Peel the glove away from your body, turning it inside-out.

51.	Put the process of applying a bandage when giving first aid in the right order from number 1 to number 8 .	
		Ask for permission to give first aid.
		Be careful that it is not too tight. You do not want to cut off the circulation to the rest of the limb.
		Get the first aid kit and use PPE such as gloves.
		Assess the scene for dangers.
		Wrap in a circular motion until the wound and gauze are fully covered with no gaps
		Start bandaging from below the gauze and work up the limb.
		Tuck the bandage in at the end or tie it in a knot to secure it.
		Apply direct pressure to the cut with a gauze dressing.

52.	Put the process of how to use a pre made tourniquet when giving first aid in the right order from number 1 to number 3 .	
		Make a note of the time when you applied the tourniquet and leave it until help arrives.
		Wrap the strap around 5cm above the wound.
		Tighten it using the windlass. This will cause pain to the injured person but should stop the bleeding.

53.	What is first aid?	
	(A)	Immediate care of an injured person until they receive full medical treatment
	(B)	Long term care of a patient who is in hospital
	(C)	Surgery performed on a sick patient
	(D)	Medication given to a patient after visiting a doctor

54.	What is the first thing you should do before entering the scene of an emergency?	

55.	Which of the following areas is an appropriate place to store a first aid kit?	
	(A)	A place that is difficult to find for adults
	(B)	On the wall of an area that is used often, such as a kitchen
	(C)	A place that is easily accessed by children and babies
	(D)	Hidden in a place that cannot be seen by guests

56.	How should you check for breathing in a casualty?	
	(A)	Look to see if their chest is rising and falling
	(B)	Listen over their mouth and nose for breathing sounds
	(C)	Feel their breath against your cheek
	(D)	All of the above

57.	What does bleeding from a vein look like?	
	(A)	Blood is bright red and spurts out of the wound
	(B)	Blood is bright red and oozes from the wound
	(C)	Blood is dark red and oozes from the wound
	(D)	Blood trickles out of the wound with low pressure

58.	Which open soft tissue injury is caused by scraping or grazing of the skin on a rough surface?	

59.	Why might someone wear medical information jewellery?	
	(A)	To tell others if they have an existing medical condition
	(B)	To tell others which COVID-19 vaccination they have taken
	(C)	To show they are a certified first aider
	(D)	All of the above

60.	What is an open soft tissue injury?	
	(A)	A broken bone
	(B)	An injury to an internal organ, such as the heart
	(C)	An injury where skin is not broken, causing bruising
	(D)	An injury where the skin is broken, causing blood loss

61.	Why should you not remove an object causing a puncture injury before a medical professional arrives?	

62.	A tourniquet is made of two parts: a strap and a _____.	
	(A)	bandage
	(B)	dressing
	(C)	windlass
	(D)	first aid kit

63.	When should you phone for an ambulance and ask for help?	
	(A)	If someone is seriously ill or injured
	(B)	If you are not sure what to do in an emergency
	(C)	If you are not qualified to give first aid
	(D)	All of the above

64.	What is the name given to a box that contains supplies for giving medical treatment, such as bandages and wound dressings?	

65.	If a person is breathing normally, unresponsive and has no major injuries, they should be put into the _____ position.	
	(A)	safety
	(B)	recovery
	(C)	injury
	(D)	first aid

66.	The _____ are the most common way in which germs are spread.	
	(A)	hands
	(B)	feet
	(C)	air
	(D)	eyes

67.	Which of the following is a type of open soft tissue injury?	
	(A)	Fractured bone
	(B)	Broken bone
	(C)	Amputation
	(D)	Brain damage

68.	What does bleeding from an artery look like?	
	(A)	Blood is bright red and spurts out of the wound
	(B)	Blood is bright red and oozes from the wound
	(C)	Blood is dark red and oozes from the wound
	(D)	Blood trickles out of the wound with low pressure

69.	If a patient's fingertips turn blue or purple after applying a bandage to their arm, what is this a sign of?	
	(A)	The bleeding has stopped
	(B)	The patient is still bleeding
	(C)	The bandage is too loose
	(D)	The bandage is too tight

70.	Name two items of personal protective equipment (PPE).	
	i.	_____
	ii.	_____

71.	What is the name of the wound dressing that is wrapped tightly around an arm or leg to stop large amounts of blood loss?	
	(A)	Dressing
	(B)	Bandage
	(C)	Tourniquet
	(D)	Gauze

72.	Soft tissue injuries are injuries to ____	
	(A)	Bones, brain and skin
	(B)	Skin, muscles and bone
	(C)	Tendon, ligaments and skin
	(D)	Tendons, intestines and ligaments

73.	When cut, which blood vessel will usually clot and stop bleeding by itself	
	(A)	Artery
	(B)	Vein
	(C)	Capillary
	(D)	Avulsion

74.	You have found a person on the ground who is unresponsive. You have already assessed the scene and it safe to enter. The person is breathing and has no major injuries. What should you do next?	
	(A)	Place the person in the recovery position
	(B)	Begin cardiopulmonary resuscitation
	(C)	Press on the soft part of their chin to block their airway
	(D)	Roll the casualty so that they are face down on the ground

75.	Which of the following items is commonly found in a basic first aid kit?	
	(A)	Stethoscope
	(B)	AED
	(C)	Anesthetic
	(D)	Gauze dressing

76.	What does PPE mean?	
	(A)	Personal protective equipment
	(B)	Potentially poisonous eating
	(C)	Patient private elevator
	(D)	Protective people everywhere

77.	A casualty should be put into the _____ when they are unresponsive and breathing normally. This will make sure their airway stays open.	
	(A)	safety position
	(B)	recovery position
	(C)	breathing position
	(D)	casualty position

78.	How much time should we spend washing our hands according to the World Health Organization?	
	(A)	10-15 seconds
	(B)	40-60 seconds
	(C)	3-5 minutes
	(D)	10 minutes or more

79.	What is first aid?	
	(A)	The treatment a patient receives in hospital after they finish surgery
	(B)	The process of being referred to a specialist doctor such as a cardiologist
	(C)	The emergency help given to an injured person until they get full medical attention
	(D)	The exercises given by a physiotherapist to teach a patient how to walk again

80.	Why should you put a casualty that is unresponsive and breathing normally into the recovery position?	
	(A)	To take the public's attention away from the casualty
	(B)	To reduce the casualty's ability to breathe
	(C)	To make sure the casualty's airway stays open until medical help arrives
	(D)	It is the only way to make the casualty responsive again

Believe in yourself, stay strong, do the impossible
Arwa Abdelmoneim