

1. A skier has collapsed on the bank in front of you and appears unconscious. After assessing for Dangers, and checking for a Response, your next action would be to:
 - (a) Check the patient's airway.
 - (b) Check for a pulse and see if the patient is breathing.
 - (c) Commence Expired Air Resuscitation.
 - (d) Control any bleeding.

2. An adult patient is unconscious and show no signs of life at what rate would you perform CPR: 2 breaths and
 - (a) 5 compressions in 10 seconds.
 - (b) 15 compressions in 10 seconds.
 - (c) 30 compressions in 30 seconds.
 - (d) 30 compressions in 20 seconds.

3. When assessing an unconscious patient, which is the preferred location for finding a pulse:
 - (a) The carotid pulse in the neck.
 - (b) The femoral pulse in the groin.
 - (c) The radial pulse in the wrist.
 - (d) The pupils to see if they react to light.

4. When performing Cardio Pulmonary Resuscitation by yourself on an adult, the correct ratio of compressions to breaths is:
 - (a) 10 Compressions and 5 Breaths.
 - (b) 30 Compressions and 2 Breaths.
 - (c) 15 Compressions and 5 Breaths.
 - (d) 15 Compressions and 2 Breaths.

5. A young man trips over a large tree trunk on the river bank. He has a deep laceration to the calf of his right leg, which is bleeding heavily. You would initially:
 - (a) Clean it quickly with diluted antiseptic and bandage firmly.
 - (b) Apply firm pressure directly onto the bleeding wound and elevate the leg.
 - (c) Apply a tourniquet and call an ambulance.
 - (d) Run it under cool water until the bleeding stops.

6. You are about to make a coffee on the river bank when a male skier returns to the bank looking very unwell complaining of severe pain in the chest that radiates up their neck and down their left arm. He is pale, sweaty and quite distressed. He says he has never felt anything like this before. Which of the following is the most appropriate action:
 - (a) Contact a local doctor for an appointment.
 - (b) Arrange for someone to drive him to hospital.

- (c) Call friends over and get them to make short black for you're the unwell skier.
 - (d) Arrange for an ambulance to attend ASAP.
7. Whilst working on a boat engine an observer's arm comes into contact with a hot exhaust manifold. Your initial first aid management would include:
- (a) Applying ice to the area that is burnt.
 - (b) Cooling their arm under moving water in the river.
 - (c) Applying a sterile dressing and bandaging the burn.
 - (d) Get them to put sunburn cream on the arm.
8. Whilst out at a ski race, a friend who is an asthmatic is feeling a 'bit wheezy'. They have used their 'Ventolin' puffer a number of times without any relief. Over the next 5 minutes your friend is only able to speak in short sentences of one or two words. You should:
- (a) Sit with the person for another 10 minutes to see if they get better.
 - (b) Drive the person to hospital yourself.
 - (c) Take the person to a local doctor's clinic.
 - (d) Call an ambulance immediately.
9. When calling for an ambulance by telephone you need to dial 000. Is this the correct number?
- (a) No.
 - (b) Yes.
10. Whilst On arrival early ion the morning at a boat ramp you find a person lying face down above the water line. Your first action as a First Aider would be to:
- (a) Check for dangers.
 - (b) Check their conscious state.
 - (c) Check for a pulse.
 - (d) Check their breathing.
11. A skier is in the water after a high speed fall. They say they are ok except for some back pain and a tingling sensation in both legs. Your actions would include:
- (a) Assisting them into the boat for a rest.
 - (b) Lifting them out of the water and placing them in a position of comfort.
 - (c) Get them to swim to the bank as that will stretch the back out and reduce swelling
 - (d) Advising them to keep still and call for assistance and support the person in the water.
12. One of the basic principles of fracture management includes:
- (a) Cooling the patient's body temperature via cold drinks.

- (b) Protect the fracture site minimize movement.
 - (c) Give the patient sugar to ensure blood sugar levels stay high.
 - (d) Ensuring the patient has had a drink to take their mind off the pain.
13. You should not continue performing Cardio Pulmonary Resuscitation when:
- (a) Patient shows signs of life (i.e. breathing)
 - (b) A rib fractures.
 - (c) The pupils remain constricted.
 - (d) An ambulance has been called.
14. You suspect a person has had a heart attack. Whilst waiting for an ambulance the person collapses and becomes unconscious. You should immediately:
- (a) Undertake a Secondary Survey.
 - (b) Follow the principles of the “DRABC”.
 - (c) Complete a Vital Signs Survey.
 - (d) Try to give the person fluids to drink.
15. You are performing Cardio Pulmonary Resuscitation. You find the patient has regained a weak and irregular pulse, and starts breathing. You would:
- (a) Check for a response by pinching the patient.
 - (b) Continue chest compressions to try to establish a regular heart beat.
 - (c) Place the patient on their side.
 - (d) Stop the chest compressions, but continue with Expired Air Resuscitation.