

You must have read the student learning pack before completing this worksheet, there is information in the learning pack required to complete this fully



Student learning worksheet

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Student Name

1. Primary Assessment

1.1 DRSABCD

Complete the DRSABCD acronym:

Dangers
R
S
A
B
C
Defibrillator

1.2 DRSABCD

How would you check a patient for a response?

S _____ on approach
T _____, S _____ and S _____

1.3 DRSABCD

What should you do if a patient is unresponsive and not breathing? (tick all that apply)

- Dial 111
- Place them in the recovery position
- Begin CPR
- Send for a defibrillator

1.4 Safety

How would you protect yourself from the following hazards?

Blood
Electricity
Slippery Surface

1.5 Approaching an accident scene

You should move a patient only if:

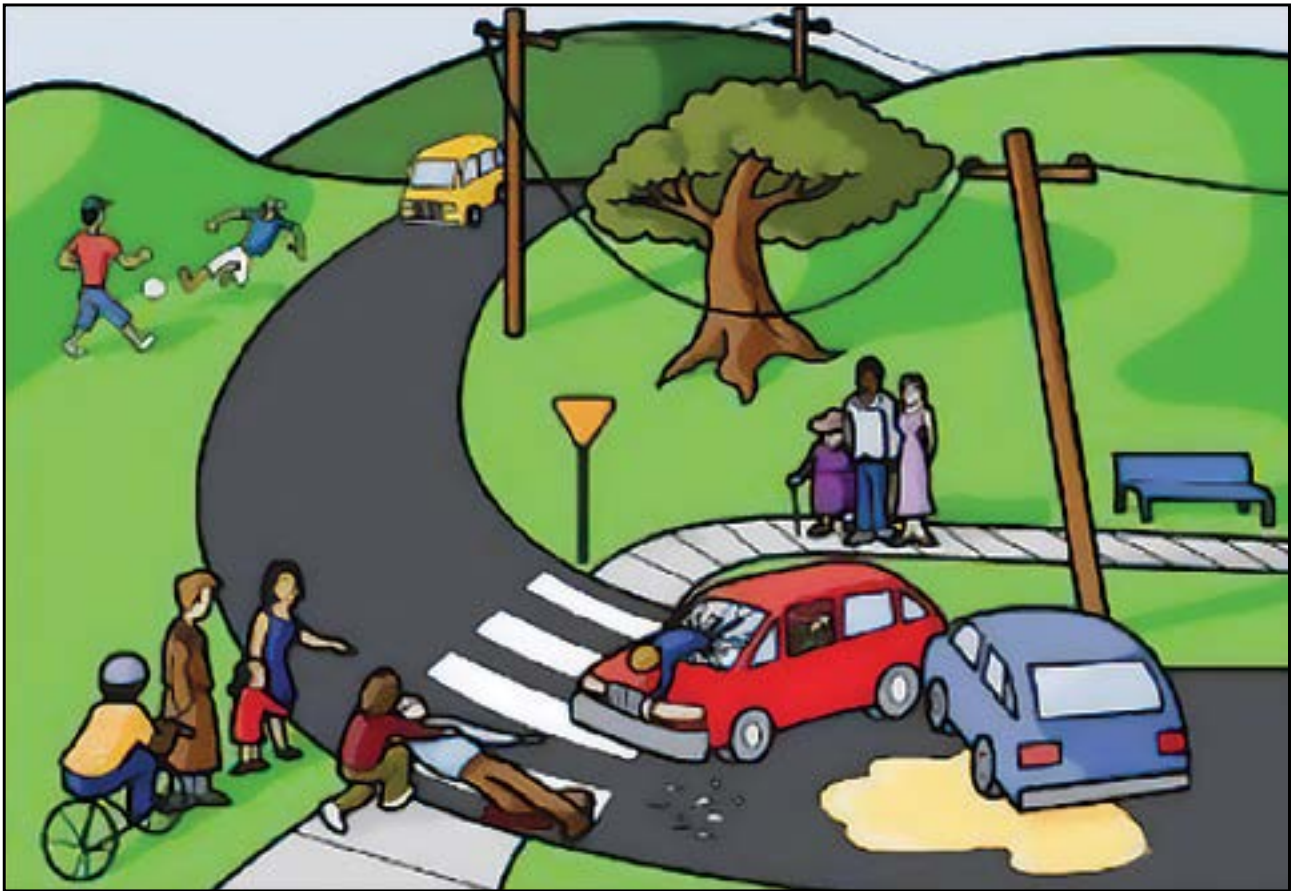
1.6 Approaching an accident scene

What are two things you would take with you when approaching a patient (if available)?

1.
2.

1.7 Safety

Identify at least three hazards and possible controls for the car accident scene below.



Car Accident Scene

Imagine you are the first person to approach this car accident scene.

The purpose of this task is to make you think about hazards that might be present in such a situation and what you could do to control them to prevent harm.

Complete the table below by:

- i. identifying hazards to yourself / patient / bystanders
- ii. describing how you could control each hazard

Hazards identified	Hazard control: ideas for eliminating or minimising this hazard
1. Traffic	Minimise – use bystanders to divert traffic
2.	
3.	
4.	
5.	

2. Common First Aid Conditions

2.1 Knowing when to call for help

For which of the following conditions would you immediately Dial 111? (tick all that apply)

- Shock
- Surface burn
- Angina
- Arterial bleeding
- Head injury – patient drowsy and confused
- Stroke

2.2 Shock

Which of the following can be a sign of shock? (tick all that apply)

- Skin is hot and flushed
- Skin is pale and cool
- Confusion
- Thirst
- Nausea
- Deformity

2.3 Fractures

Which signs or symptoms would lead you to suspect a fracture? (tick all that apply)

- Pain and/or swelling is present
- Deformity is present
- The patient cannot use the limb

2.4 Soft tissue injuries

What is the treatment for soft tissue injuries?

Prevention
R
I
C
E
Diagnosis

2.5 Asthma

For an asthma patient, you would dial 111 if:

They do not improve after _____ minutes.

They can't speak more than _____ words in one breath.

2.6 Poisoning

For a suspected poisoning, who should you call if: Patient is conscious

Patient is unconscious

What should you do with any pills or other substances found with the patient?

2.7 Heart attack

While waiting for help, you should:

_____ and reassure patient

_____ tight clothing

Move into comfortable position

Keep patient _____

Monitor breathing and document signs and symptoms

2.8 Seizures

When would you dial 111 for a seizure patient? (tick all that apply)

- Seizure lasts more than 5 minutes
- Patient has no known history of seizures
- Seizure occurs as a result of an injury
- Another seizure starts before the patient has recovered from the first

2.9 Stroke

Fill in the gaps for the FAST check assessment for recognising the signs and symptoms of a stroke.

F ace	Can they _____ ? Has their face drooped?
A	Raise both _____ . Is one side weaker?
S	Can they _____ ? Slurred? Jumbled?
T ime	Act fast - dial _____

2.10 Anaphylaxis (severe allergic reaction)

What is the treatment for anaphylaxis?

Check for _____ bracelet/necklace, lie patient flat, follow _____ , assist with administering _____ . If needed, repeat dose after _____ minutes.

3 Real-life scenarios

Scenario 1: Mountain bike accident:

Based on the information in scenario 1, what are two hazards you would expect to need to manage at the accident scene?

1.
2.

If bystanders were on hand, what are two tasks you could assign to them while treating the patient?

1.
2.

Scenario 2. Injured tourist

When treating the patient in scenario 2, what are three First Aid items you would make use of (if available)?

1.
2.
3.

Scenario 3. Man loses foot

Based on the information in scenario 3, what are two hazards you would expect to need to manage at the accident scene?

1.
2.

In addition to bleeding, what other condition would you check the patient for?

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Scenario 4. Children trapped in burning car

Based on the information in scenario 4, what are two tasks you could assign to bystanders while treating the patients?

1.
2.

For how long should you cool a burn with running water?

at least _____ minutes.

What should you cover a burn with (if available)?

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Scenario 5. Boy saves mum

Based on the information in scenario 5, why would you dial 111 for this patient?

Scenario 6. Girl swallows battery

Considering the information in scenario 6, what number would you call if you saw a child swallow a battery?

If you did not witness the child swallowing the battery, what are two signs / symptoms which might lead you to suspect internal bleeding?

1.
2.



For each of the real-life scenarios please rate your current confidence and skills in dealing with that type of medical emergency. The purpose of this is for you to reflect on where you are now and in which areas you would like to become more skilful and confident. There is no right or wrong answer and we do not expect you to rate yourself highly as this reflects you before your class time session.

Confidence and skills

Real-life scenario 1: Mountain bike accident

very low 1 2 3 4 5 6 very high

Real-life scenario 2: Injured tourist

very low 1 2 3 4 5 6 very high

Real-life scenario 3: Man loses foot

very low 1 2 3 4 5 6 very high

Real-life scenario 4: Children trapped in burning car

very low 1 2 3 4 5 6 very high

Real-life scenario 5: Boy saves mum

very low 1 2 3 4 5 6 very high

Real-life scenario 6: Girl swallows battery

very low 1 2 3 4 5 6 very high

Real-life scenario 7: Cardiac arrests - saved twice

very low 1 2 3 4 5 6 very high

Your First Aid course is designed to move you up the scale or, if you already consider yourself highly confident and/or skilful, maintain and strengthen this rating.

Student Learning Pack checklist

- I have read all information in this Student Learning Pack
- I have completed all tasks set in this Student Learning Pack



Remember to complete your worksheet before your practical class time session!

Student Name

Student Signature

Date