



**HLTAID006**  
**PROVIDE ADVANCED FIRST**  
**AID**

**Student Work and Assessment**  
**Book**  
**2015**

**Version 1**

HLTAID006 - Provide advanced first aid

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# Assessment Instructions for the Learner

## **Assessment by completing questions within this book:**

This booklet contains assessment questions and tasks which will allow you to provide evidence toward gaining this qualification. If you have been able to demonstrate competence through recognition for any unit(s) then your Trainer will advise of which questions for that particular unit(s) that you will not need to complete.

## **Assessment Strategy**

Assessment Tasks to establish competency in this unit may include: self-assessment exercises; workplace scenarios; workplace tasks; short answer questions (explanation); short answer questions (analysis); short answer questions (description); case study; self-performance analysis; self-reflection/observation with checklists; reports; diary/journal; research projects; scenarios -problem solving ; plans; and multiple choice.

## **Demonstrating Competency**

To demonstrate competence you must complete all assessment tasks. Each task is linked to specific competency element/s or critical aspects of assessment.

## **Customising Assessments**

Learners may negotiate to customise assessment tasks to meet their individual needs in relation to workplace setting, interests, learning style, literacy or cultural background. The original integrity of the assessment must be maintained.

## **Assessment Task Length**

Where space/lines have been provided for addressing an assessment task, the Learner should be guided as to the length of their answer by the space provided. If more space/lines are required, the Learner should attach a separate page containing their name and with the assessment task number clearly indicated. Where no space/lines have been provided, the Learner should complete the answer on a separate page and attach it to the assessment containing their name and with the assessment task number clearly indicated.

## **Assessment**

When you have completed all assessment tasks, complete the information at the front of the booklet and submit it to your trainer. Your trainer will provide you with feedback and you will be assessed as Competent or Not Yet Competent in this unit. If you are assessed as Not Yet Competent you will have an opportunity to be reassessed.

## **Submission of Assessment**

### **HLTAID006 – Provide advanced first aid**

## How to lodge assessments:

Presentation of any written assessments is important. Remember you are trying to convince your assessor of your competency. Your written assessment or recognition portfolio should:

- Be typed or handwritten (legibly)
- Have an assessment cover page

Assessments should be provided stapled or clipped – not in a plastic sleeve or presentation folder (even though these look professional) as we cannot undertake to return all your assessments – all assessment items are retained for audit purposes as part of our quality assurance commitment. Appropriate feedback on your work will be provided back to you.

For the above reasons it is also important to keep a copy of your assessments in case they are lost in transit. All assessments tasks arriving with a completed **email address** on the cover sheet will be acknowledged on the day of receipt.

### Written work

Assessment projects are common assessment items used to measure a participants understanding. A good project should:

- Have your name on each part of the project
- Use a numbering system for referencing to attachments (and clearly label attachments)
- Focus on the set tasks
- Show that you have researched the topic thoroughly
- Cover the topic in a logical and structured manner
- Be written in simple, clear language
- Be well presented with correct grammar, punctuation and referencing (if appropriate)

# Assessment Cover Sheet

Please complete

Name: \_\_\_\_\_

Course Name: \_\_\_\_\_

Employer: \_\_\_\_\_

Postal Address: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

Unit: **HLTAID006 - Provide advanced first aid**

Date of Completion: \_\_\_\_\_

*Declaration:*

I declare that:

- No part of this assessment has been copied from another person's work, except where document or work is listed/ referenced.
- No part of this assessment has been written for me by another person.

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

Please contact me at the following email to confirm my assessment has been received.

\_\_\_\_\_

# Pre-Assessment Checklist

Learner Name:		Assessor Name:	
Date:		Location:	
<b>UNIT/S TO BE ASSESSED DURING THIS ASSESSMENT</b>			
<b>HLTAID006 - Provide advanced first aid</b>			
Please circle either:	<b>Competent</b>	<b>Not Yet Competent</b>	
<b>Checklist for Conducting the Assessment</b>			<input checked="" type="checkbox"/>
Learner confirms readiness to be assessed.			
Time and date of the assessment was diarised and agreed to by the Learner Date:                      Time:                      Location:			
Criteria against which the Learner's performance will be assessed are explained to the Learner.			
Assessment method, process and documentation have been explained to Learner.			
Has Learner any special requirements? Special requirements: _____			
Confidentiality of assessment outcome has been explained.			
Right to appeal assessment decision has been explained to the Learner.			
All hygiene, Work Health and Safety requirements have been met?			
<b>Comments:</b>			
In signing this form the Learner acknowledges that s/he is ready for assessment and that the assessment process has been fully explained. The assessment information gathered (including Learner name, but no other personal details) will be used by the training organisation for specific record keeping purposes			
<b>Learner's Signature:</b>			
<b>Assessor's Signature:</b>			

Short Questions – Answer Sheet. This is the pre-course work to be completed.

**MULTIPLE CHOICE**      **Circle the correct answer.**

**Then give reason/s for your answer in the space provided**

1. When is the best time to decide whether you will help in an emergency?
- a. Before you encounter an emergency
  - b. When you witness an accident
  - c. When you have been informed that the ambulance will be delayed
  - d. After 000 has been called

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2. In the grief process, a normal reaction is one of disbelief, which protects those who are experiencing a grieving situation. The stage is called:
- a. Scepticism;
  - b. Preservation;
  - c. Denial;
  - d. Depression.

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3. The goal of standard precautions is to:
- a. Protect you from all hazardous materials
  - b. Interrupt the transmission of germs
  - c. Prevent exposure to stressful situations
  - d. Protect you from all infectious diseases

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4. When is it appropriate to call 000?
- a. When the victim's condition is life threatening
  - b. If a spinal injury is suspected
  - c. If the patient needs equipment or skills of emergency personnel
  - d. All the responses are correct

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5. When calling 000 you should;
- a. Give the dispatcher your home address;
  - b. Give a complete list of the victim's medications;
  - c. Give the information as quickly as possible, then hang up and administer care;
  - d. Speak slowly and carefully

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6. Which of the following is a bloodborne pathogen?
- a. HIV;
  - b. Hepatitis B
  - c. Tuberculosis
  - d. Hepatitis C

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7. Why might someone hesitate to get involved during an emergency?
- a. Uncertainty of what to do for a victim;
  - b. Fear of being injured;
  - c. All of the responses are correct;
  - d. Other bystanders are at the scene.

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8. The stage of the grief process that involves trying to negotiate a postponement of death is called;
- a. Bargaining;
  - b. Contracts;
  - c. Denial;
  - d. Acceptance.



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**9.** What technique assumes that all body fluids are infectious?

- a.** Standard Precautions?
- b.** Universal infection prevention?
- c.** Body substance isolation?
- d.** Infectious disease prevention standard?

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**10.** The wrist is composed of eight small, irregularly shaped bones called:

- a.** Tarsals;
- b.** Phalanges;
- c.** Carpals;
- d.** Metacarpals.

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**11.** The sole and the instep of the foot are formed by five long \_\_\_\_\_

- a.** Metatarsals;
- b.** Carpals;
- c.** Calcaneous;
- d.** Tarsals.

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**12.** The \_\_\_\_ carry information from the brain and the spinal cord to the muscles of the body.

- a.** Plasma;
- b.** Motor nerves;

- c. Sensory nerves;
- d. Cerebrospinal fluid

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13. Blood loss from a break to the femur is often:

- a. Non-existent;
- b. Spurting from an open wound;
- c. Minimal
- d. Extensive

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14. To check the spinal cord in an unresponsive victim, you should;

- a. Pinch the earlobe;
- b. Speak loudly to the victim;
- c. Rub the sternum;
- d. Stroke the bottom of the foot toward the big toe.

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15. Which of the following would be appropriate for a first aider to say to a victim?

- a. "Crying is only going to make this situation more difficult."
- b. "We're going to take a look at your injury and get you help as quickly as possible"
- c. "That's the worst break I've ever seen."
- d. "I'm sure you are going to be fine."

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16. The "A" in SAMPLE stands for:

- a. Appetite
- b. Anxiety
- c. Allergies

**d. Airway**

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**17.** While waiting for an ambulance, the primary check should be repeated every \_\_\_\_ minutes for an unresponsive victim.

- a.** 20;
- b.** 10,
- c.** 5,
- d.** 15

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**18.** All of the following are components of cardiopulmonary resuscitation EXCEPT;

- a.** Operation of the AED;
- b.** Abdominal thrusts;
- c.** Chest compressions;
- d.** Rescue breathing.

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**19.** Once you have opened the airway of an unresponsive adult victim, you should;

- a.** Look, listen, and feel;
- b.** Check for bleeding;
- c.** Call 000 immediately
- d.** Perform rescue breathing.

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**20.** Which of the following is true regarding AED use on infants (children younger than 1 year)?

- a.** AEDs should never be used on infants;
- b.** Only manual defibrillators should be used on infants;
- c.** Manual defibrillators or AEDs with paediatric-dose attenuators are preferred for infants; if neither is available, an AED without a dose attenuator may be used;
- d.** Only Emergency Services should use an AED on an infant.

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**21.** CPR is needed:

- a.** When the victim is unresponsive and not breathing;
- b.** For stroke victims;
- c.** When the victim responds only to pain;
- d.** When the victim is still breathing.

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**22.** If an AED is immediately available, you should;

- a.** Attach the electrodes before turning on the AED;
- b.** Perform compression-only CPR while the AED is analysing the rhythm;
- c.** Stop CPR and attach the electrodes;
- d.** Perform one minute of CPR before attaching the AED.

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**23.** The most common abnormal heart rhythm in cases of cardiac arrest in adults is:

- a.** Ventricular fibrillation;
- b.** Atrial fibrillation;
- c.** Asystole;
- d.** Tachycardia.

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**24.** The heart is an organ with \_\_\_\_\_ hollow chambers;

- a.** 5;
- b.** 4;
- c.** 2;
- d.** 6.

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**25.** The AED can be safely used in children over \_\_\_\_ year(s) of age:

- a.** The AED cannot be used on children;
- b.** 1;
- c.** 8;
- d.** The AED can be used on all ages.

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**26.** What is the best reason for removing medication patches before applying the AED?

- a.** The AED may damage the patch;
- b.** The patch placement may not allow proper placement of the electrodes;
- c.** The patch may block the delivery of energy from the pads to the heart;
- d.** The electrical shock may cause the patch to release too much medication.

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**27.** An AED:

- a.** Is programmed to shock a patient in ventricular fibrillation;
- b.** All of the responses are correct;
- c.** Delivers an electric shock if necessary;
- d.** Analyses the heart rhythm.

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**28.** Anaphylaxis can result from;

- a.** Insect stings;
- b.** All of the responses are correct;
- c.** Medications;
- d.** Food.

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**29.** Which of the following type of shock occurs as the result of a severe infection?

- a.** Obstructive shock;
- b.** Anaphylactic shock;
- c.** Septic shock;
- d.** Neurogenic shock.

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**30.** The three basic causes of shock are pump failure, low fluid volume and poor vessel function. One cause of pump failure is:

- a.** Trauma to the heart;
- b.** Anaphylaxis;
- c.** Infection;
- d.** Trauma to vessels or tissues.

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**31.** Flushing, itching, and hives are signs of \_\_\_\_\_ shock:

- a.** Neurogenic;
- b.** Cardiogenic;
- c.** Hypovolaemic;
- d.** Anaphylactic

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**32.** Cardiogenic shock results from:

- a. Failure of the heart to pump sufficient blood;
- b. Damage to the nervous system;
- c. Damage to the blood vessels;
- d. The loss of a significant amount of blood.

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**33.** \_\_\_\_\_ is the most common type of bleeding

- a. Venous bleeding;
- b. Arterial bleeding;
- c. Internal bleeding;
- d. Capillary bleeding.

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**34.** When applying a pressure bandage, you should apply it;

- a. Tightly enough to control bleeding but not so tightly that you can no longer feel a distal pulse;
- b. Tightly enough to eliminate the victim's pain;
- c. Tightly enough to immobilise the associated muscles;
- d. Tightly enough to ensure circulation is cut off.

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**35.** You are tending to a victim who has vomited a substance that resembles coffee grounds. What condition do you suspect?

- a. Internal bleeding;
- b. External bleeding;
- c. Capillary bleeding;
- d. Cardiogenic shock.

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36. When treating a patient with a venous bleed on the forearm, your first step would be;

- a. Use a pressure point;
- b. Apply a tourniquet;
- c. Elevate the bleeding part;
- d. Apply direct pressure.

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37. When the gauze pad you are using to apply direct pressure to a wound becomes blood-soaked, you should;

- a. Throw it away and apply a clean dressing;
- b. Wrap the dressing with a bandage and elevate the area;
- c. Apply a tourniquet to stop the bleeding;
- d. Apply a fresh dressing over the blood-soaked dressing and continue applying direct pressure.

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38. A(n) \_\_\_\_\_ is a wound with jagged, irregular edges;

- a. Abrasion;
- b. Incision;
- c. Avulsion;
- d. Laceration.

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39. The tetanus toxin affects the:

- a. Digestive system;
- b. Respiratory system;
- c. Circulatory system;
- d. Nervous system.

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**40.** How do the physical characteristics of the bullet affect injury to the victim of a gunshot?

- a. A bullet that tumbles causes more damage;
- b. Larger bullets cause larger wounds;
- c. Soft-nose bullets cause more damage;
- d. All of the responses are correct.

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**41.** What type of wound result in the tearing of a flap of skin?

- a. Avulsion;
- b. Laceration;
- c. Incision;
- d. Amputation.

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**42.** What are two major first aid concerns in cases of open wounds?

- a. Infection and scarring;
- b. Blood loss and scarring;
- c. Blood loss and infection;
- d. Pain and scarring.

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**43.** Which type of dressing is made of large, thick, absorbent sterile materials?

- a. Trauma dressing;
- b. Gauze pads;
- c. Triangular bandages;
- d. Adhesive pads.

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**44.** Which of the following is true regarding dressings?

- a.** Dressings do not need to be sterile;
- b.** You should remove blood-soaked dressings and apply clean ones every few minutes;
- c.** It is best to use soft, fluffy cotton for dressings;
- d.** If you need to remove a dressing that is stuck to a wound, you should soak it in warm water first.

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**45.** When applying a bandage, you should NOT;

- a.** Apply a circular bandage around a patient's neck;
- b.** Apply a bandage directly over a wound;
- c.** Leave loose ends;
- d.** All of the responses are correct.

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**46.** Which of the following groups are at the highest risk for burn injuries?

- a.** Teenagers and young adults;
- b.** Teenagers and middle-aged adults;
- c.** Children younger than 5 years and adults over 55 years;
- d.** Newborn and infants.

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**47.** The first step in caring for a first-degree burn is to:

- a.** Apply ice to the burned area;
- b.** Apply an aloe vera gel;
- c.** Wrap the burned area in sterile gauze;
- d.** Immerse the burned area in cool water.

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**48.** A flash burn is also called a(n) \_\_\_\_\_ burn;

- a.** Thermal;
- b.** Arc;
- c.** Contact;
- d.** True electrical energy

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**49.** Which chemical produces the deepest and most extensive burn?

- a.** Alkalis;
- b.** Petroleum products;
- c.** Organic compounds;
- d.** Acids.

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**50.** If a knocked-out tooth cannot be reinserted, place the tooth:

- a.** On ice;
- b.** In saliva or milk;
- c.** In hot water;
- d.** In yoghurt.

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**51.** What can be done to remove a foreign object in the nose?

- a.** Deliver back blows to try and dislodge the object;
- b.** Use tweezers to pull out objects you cannot see;
- c.** Have the victim blow gently while compressing the opposite nostril;
- d.** Have the victim go to the hospital immediately

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**52.** For chemical burns of the eye, use your fingers to keep the eye open as wide as possible, and flood the eye with:

- a.** Hot water;
- b.** Salt water;
- c.** Milk;
- d.** Warm water.

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**53.** Which of the following are acids?

- a.** Drain cleaners?
- b.** None of the responses are correct;
- c.** Cleaning agents;
- d.** Ammonia.

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**54.** You should seek medical attention if the head-injury victim develops \_\_\_\_\_ within 48 hours of the injury.

- a.** Equal pupils;
- b.** Hunger;
- c.** Unsteadiness in walking;
- d.** Hives.

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**55.** How many quadrants are there in the abdomen?

- a. 2;
- b. 4;
- c. 5;
- d. 3.

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**56.** Which of the following may also be a “sucking chest wound”?

- a. Protruding organ injury;
- b. Closed chest wound;
- c. Open chest wound;
- d. Flail chest.

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**57.** How should a first aider treat a victim with a pelvic injury?

- a. Offer liquids to avoid dehydration;
- b. Pad between thighs, then tie the knees and ankles together;
- c. Do not allow the victim to lie down;
- d. Wrap the pelvic area with roller bandages.

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**58.** What sign or symptom commonly accompanies a pelvis injury?

- a. Difficulty breathing;
- b. External bleeding;
- c. Minor back pain;
- d. Shock.

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**59.** Signs and Symptoms of flail chest include:

- a.** An object penetrating the chest;
- b.** Blood oozing from the injury site;
- c.** Abnormal movement of part of the chest wall during breathing;
- d.** Lack of pain.

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**60.** One way to tell if a bone is broken is to:

- a.** Squeeze the injury firmly to gauge the level of pain;
- b.** Compare the injured part with the uninjured part;
- c.** Move the part back and forth;
- d.** Have the victim use the part for several days.

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**61.** A fracture in which the broken ends of the bone are jammed together and may function as if no fracture were present is called \_\_\_\_\_

- a.** Comminuted;
- b.** Spiral;
- c.** Greenstick;
- d.** Impacted.

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**62.** \_\_\_\_\_ is a grating or grinding sensation that can be felt and sometimes heard when bone ends rub together;

- a.** Guarding;
- b.** False movement;
- c.** Crepitus;
- d.** Greenstick.

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- 63.** Circulation in an extremity can be checked by:
- a. Feeling the posterior tibial pulse for a leg injury;
  - b. Using the capillary refill test;
  - c. Feeling the radial pulse for an arm injury;
  - d. All of the responses are correct.

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- 64.** What should be used to make swelling from a joint injury recede as quickly as possible?
- a. Gentle massage;
  - b. An ice pack;
  - c. A hot water bag;
  - d. A hot water soak.

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- 65.** Circulation, sensation, and movement (CSM) are checked using assessment of the \_\_\_\_\_.
- a. Neck;
  - b. Extremities;
  - c. Head;
  - d. Eyes.

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- 66.** Care for blood under a nail includes:
- a. Leaving it alone, you cannot treat blood under a nail;
  - b. Pressing a hot paper clip into the nail;
  - c. Injecting antibiotics under the nail;
  - d. Removing the nail completely.

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**67.** Which of the signs and symptoms may be present with a broken fibula?

- a.** The victim can walk on the leg;
- b.** All of the responses are correct;
- c.** Swelling;
- d.** Severe pain.

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**68.** If deformity, tenderness, or swelling is located in the upper or lower third of the long bone, you should assume that;

- a.** The nearest joint is injured;
- b.** The victim has tendonitis;
- c.** The muscle has been strained;
- d.** The lone bone is fractured.

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**69.** Which of the following could be used to splint a fractured femur?

- a.** All of the responses are correct;
- b.** A folded blanket;
- c.** Pillows;
- d.** Two boards.

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**70.** All fractures and dislocations should be stabilised;

- a. Only if the victim has no pain;
- b. After the fracture is reduced;
- c. After the victim is moved;
- d. Before the victim is moved.

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**71.** At a weekend gathering with friends, you notice a young woman sitting on the patio who appears to be struggling to breathe. When you ask her if she is okay, she tells you that she is having an asthma attack. She has already used her inhaler, but the symptoms do not seem to be improving. She is breathing very hard and fast and having difficulty speaking. What should you do next?

- a. Keep her talking so you can gauge her condition;
- b. Give her something to drink, liquids may ease asthma attacks;
- c. Wait another hour or so to see if she improves;
- d. Call 000 or take the victim to the emergency department

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**72.** To assess whether a victim has suffered a stroke, you should evaluate:

- a. Memory;
- b. Body temperature;
- c. Pulse and blood pressure;
- d. Speech

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**73.** Nitro-glycerine is used in cases of heart attack to:

- a. Raise blood pressure;
- b. Dilate the coronary arteries;
- c. Decrease blood flow to the heart;
- d. Constrict the coronary arteries

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**74.** The initial care of an unconscious stroke victim should include positioning the victim:

- a.** On his or her side;
- b.** On his or her back with head and shoulders slightly elevated;
- c.** On his or her back with feet elevated 20 to 30 cms
- d.** Sitting up.

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**75.** Why is it difficult to identify a victim of carbon monoxide poisoning?

- a.** The gas is tasteless and odourless;
- b.** All of the responses are correct;
- c.** The gas is invisible;
- d.** The symptoms of poisoning resemble those of the flu;

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**76.** Which of the following statements concerning alcohol is true?

- a.** Alcohol is a stimulant;
- b.** Alcohol cannot cause death;
- c.** Alcohol does not mask pain;
- d.** Alcohol is a depressant.

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**77.** Which of the following methods should be used to remove ticks?

- a.** Tweezers;
- b.** A hot match;
- c.** Fingernail polish;

d. Petroleum jelly.

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78. Which of the following is true about hydration?

- a. The darker of the colour of the urine, the better hydrated;
- b. Drinking caffeinated beverages is a good way to stay hydrated;
- c. People in cold environments should drink once they become thirsty;
- d. Hydrated status can be monitored by noting the odour of the breath.

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79. The greatest loss of body heat occurs from the \_\_\_\_\_.

- a. Head;
- b. Back;
- c. Thighs;
- d. Arms.

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80. Raise the body temperature of a victim with mild hypothermia by:

- a. Having a rescuer lie trunk to trunk with the victim;
- b. Letting the victim shiver to rewarm them self;
- c. Placing the victim in a tub of warm water;
- d. Placing hot packs against body's areas of high heat loss.

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81. You should not allow the victim of a cold injury to \_\_\_\_\_

- a. Smoke;
- b. Sit up;
- c. Drink water;
- d. Shiver.

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- 82.** Which of the following is true regarding rewarming a victim of hypothermia?
- a.** The best way to warm a victim of hypothermia is to let him or her walk around;
  - b.** You should rewarm a victim as quickly as possible to suppress shivering;
  - c.** Rewarming could cause cardiac arrest;
  - d.** Under no circumstances should you rewarm a victim of hypothermia

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- 83.** Which drugs can suppress the body's shivering response?

- a.** Alcohol;
- b.** Aspirin;
- c.** Amphetamines;
- d.** Epinephrine

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- 84.** Transport a victim of heat exhaustion to a medical facility if no improvement is seen

- a.** Immediately;
- b.** Within 10 minutes;
- c.** Within 30 minutes;
- d.** Within 3 hours.

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- 85.** A number of simple preventative measures can reduce the possibility of heat illness, such as;

- a.** Engaging in strenuous activities when it is hot to ensure the body becomes accustomed to it;
- b.** Place wet towels or ice bags on the body;
- c.** Wearing heavy clothing when outside to block the sun's rays;
- d.** Drinking liquids once you become thirsty.

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- 86.** Heat exposure that causes the ankles and feet to swell is known as;
- a. Heat syncope;
  - b. Heat exhaustion;
  - c. Heat oedema;
  - d. Prickly heat.

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- 87.** Which fluids help increase hydration?
- a. Fruit juices and cool water;
  - b. Alcoholic beverages;
  - c. Caffeinated beverages;
  - d. Cool water.

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- 88.** A spontaneous abortion is called a \_\_\_\_\_.
- a. Natural abortion;
  - b. Spontaneous delivery;
  - c. Induced abortion;
  - d. Miscarriage

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- 89.** Premature babies are always at risk for;
- a. Infection;
  - b. Shock;
  - c. Hypothermia;
  - d. Suffocation.

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- 90.** Post-delivery care includes drying the baby off, wrapping it immediately in a blanket or towel, and placing it on one side with:
- a.** Its face down;
  - b.** The head is slightly higher than the rest of the body;
  - c.** The head is slightly lower than the rest of the body;
  - d.** Its face up.

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- 91.** Until the cord is cut, you should keep the infant;
- a.** Level with the vagina;
  - b.** On its side;
  - c.** On the mother's chest so the infant can hear her heart beating;
  - d.** Wrapped tightly in a blanket.

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- 92.** Which of the following should alert you to the possibility of child abuse?
- a.** Broken arm from falling off a bike;
  - b.** A change in behaviour you cannot explain;
  - c.** A bruise on the child's arm;
  - d.** A skinned knee

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- 93.** When you encounter a person with aggressive or violent behaviour;
- a.** Run away quickly;
  - b.** Size up the situation;
  - c.** Defend yourself with a weapon;
  - d.** Be aggressive as well.

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**94.** What of the following is true of depression?

- a. It is never caused by a chemical imbalance in the brain;
- b. It rarely leads to suicide;
- c. It is best to interview a depressed person with family and friends in the room;
- d. It is one of the most common and treatable of all mental illnesses.

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**95.** A victim should be moved only if there is/are:

- a. Explosives or other hazardous materials;
- b. All of the responses are correct;
- c. A fire or danger of fire;
- d. A need to gain access to other victims who need lifesaving care.

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**96.** When a victim is electrocuted indoors, you should;

- a. Wear rubber-soled shoes to approach the victim;
- b. Wrap a rag around any frayed wires before unplugging the involved appliance;
- c. Use a broomstick to move the electrical source away from the victim;
- d. Turn off the source of the electricity before touching the victim.

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**97.** A major concern when moving a victim quickly is the possibility of aggravating a(n) \_\_\_\_\_ injury

- a. Lung;
- b. Spinal;
- c. Heart;
- d. Abdominal.

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**98.** When triaging, a person with major or multiple bone or joint injuries requires \_\_\_\_\_.

- a.** Immediate care;
- b.** Delayed care;
- c.** Urgent Care;
- d.** No care.

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**99.** What is a common late complication of near-drowning?

- a.** COPD;
- b.** Heart attack;
- c.** Hypoxia;
- d.** Pneumonia.

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**100.** Prioritising multiple victims is a process known as \_\_\_\_\_

- a.** Triage;
- b.** Simplifying;
- c.** Categorising;
- d.** Prioritising.

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# Scenarios

## True or False Circle the correct answer.

1. You are walking from house to house in an unfamiliar neighborhood collecting donated clothing for a local charitable organisation. You find no one home at a particular house but hear a loud explosion in the garage. You decide to see what happened. Upon entering the garage you find a teenage boy lying on the ground. There is a strong fuel odour. You have your mobile with you.

- |   |      |       |
|---|------|-------|
| a. This scene could be dangerous  | True | False |
| b. You should not be concerned about other possible victims   | True | False |
| c. In most areas 000 can be used to contact emergency services  | True | False |
| d. If you do not know the exact address of the emergency, be prepared to give a description of the location as best you can | True | False |

2. You are helping a friend with her human anatomy and physiology homework. Having taken the same class, you feel confident that you can help explain how the human body works. Your friend seems impressed. While explaining the different types of muscles, your friend clutches her throat and appears to be choking. You ask her if she is choking and can she talk to you. She shakes her head 'no' and continues clutching her throat. You notice that she had been eating a hotdog.

- |   |      |       |
|---|------|-------|
| a. You should not panic because she is young and with a little more time the hotdog will pass into the oesophagus             | True | False |
| b. Because your friend is alert and responsive, she can survive without breathing for over 10 minutes                         | True | False |
| c. Her face begins to turn blue and she collapses to the floor. Her chest is not moving, which is a sign she is not breathing | True | False |
| d. If your friend is not breathing, her tissues and organs are not getting enough carbon dioxide                              | True | False |

3. You are in a crowded mall doing some last-minute holiday shopping. You hear someone yelling for help at a nearby store. You are the first to arrive on the scene. Bystanders begin to approach and ask what is going on. The person who called for help witnessed the victim collapse

You are in a crowded mall doing some last-minute holiday shopping. You hear someone yelling for help at a nearby store. You are the first to arrive on the scene. Bystanders begin to approach and ask what is going on. The person who called for help witnessed the victim collapse

- |    |  |      |       |
|----|--|------|-------|
| a. | The first thing you should do is conduct a secondary check   | True | False |
| b. | Your primary check of the victim includes identifying and treating immediate life-threatening conditions such as problems with the victim's breathing and severe breathing | True | False |
| c. | When conducting a secondary check, use the APVU scale to determine physical injuries   | True | False |
| d. | The victim is responsive and alert. Ask permission from him before beginning first aid   | True | False |
| e. | The victim asks you to stay until medical help arrives. You should continue to do regular checks to the victim every 15 minutes until medical help arrives                 | True | False |
4. You are having dinner in a very crowded restaurant with your family on New Year's Eve. An elderly man is pushing a piano into the restaurant as part of the entertainment that evening. As he passes your table, he clutches his chest and falls to the floor. He is not moving.
- |    |   |      |       |
|----|---|------|-------|
| a. | If he is not breathing or is breathing abnormally, you should call 000    | True | False |
| b. | The man must be choking because he is in a restaurant                     | True | False |
| c. | Perform abdominal thrusts   | True | False |
| d. | Perform cycles of 30 chest compressions and 2 breaths                     | True | False |
| e. | Check for breathing before giving any breaths to the victim               | True | False |
| f. | Continue CPR until an AED becomes available or emergency personnel arrive | True | False |
5. Your workplace has recently implemented an AED program. You and several other employees have been trained to locate and use an AED. While at work, a coworker collapses. She is around 50 years old and you know she has a history of heart problems. You tell a coworker to call 000 and to bring the AED
- |    |  |      |       |
|----|--|------|-------|
| a. | You should establish unresponsiveness before starting anything else  | True | False |
| b. | Chest compressions should begin as soon as possible and stop only to apply the AED pads to the chest or give two breaths | True | False |
| c. | AED pads can be applied over the top of a  | True | False |

victims blouse

- d.** The AED will alert you about improper pad placement and connection      True      False
- e.** You should deliver a shock even if the AED has not alerted you to do so      True      False

**6.** You are walking up a popular bush track on a cool autumn afternoon. You hear someone call for help further up the trail, near a cliff. You jog up the track and find a hiker bent over another person at the base of a cliff. The hiker says the person lying motionless fell about 8 metres while climbing the cliff with no ropes or harness. There are no obvious signs of injury. The victim appears to be breathing and no serious bleeding is seen.

- a.** You should suspect spinal injury      True      False
- b.** You should preserve the victim's body heat, but do not use external heat sources      True      False
- c.** You should offer the victim something to eat and drink      True      False
- d.** There is no need to seek medical care for this situation      True      False

7. You are enjoying a bike ride on a paved trail with your friend. As she rounds the next bend, her bike tyres slide out on the gravel and she falls to the ground. She gets up but has a large scrape on her knee and part of her lower leg. Blood is oozing from the wound.
- a. This victim is experiencing capillary bleeding      True      False
  - b. This type of bleeding is the most common type      True      False
  - c. This type of bleeding is difficult to control and usually does not clot and stop by itself      True      False
  - d. Direct pressure will control this type of bleeding      True      False
8. You are helping your mother prepare for a barbeque on a Saturday afternoon. She is slicing tomatoes with a very dull kitchen knife. She is startled by something and cuts into her finger. The wound is bleeding and you can see the bone in the wound.
- a. This type of wound is called an avulsion      True      False
  - b. You should not be concerned about infection because she was using a clean knife      True      False
  - c. You should cover the wound with a sterile dressing but do not close the wound with tape or butterfly bandages      True      False
  - d. You decide to take her to the emergency department for possible sutures. However, both you and you mother want to wait until the next day because you don't want to miss the barbeque      True      False
9. You are enjoying a fly-fishing trip along a popular trout fishing river. It is a Saturday and there are several others fishing the same area. You and your friend decide to descend a steep riverbank to access a less crowded spot. Your friend slips down the river bank. You hurry down the bank and find her clutching her arm, which is bleeding. Another bystander arrives with a first aid kit.
- a. You should wash your hands with sanitiser and apply exam gloves from the first aid kit      **True**      False
  - b. A dressing goes directly on the wound      **True**      False

- |    |   |      |       |
|----|---|------|-------|
| c. | You can apply a roller bandage on the arm using spiral turns  | True | False |
| d. | You should start bandaging from the upper part of the arm and progress down to the wrist                              | True | False |
| e. | After applying the bandage, you see that your friend's fingers are blue. This is a sign that the bandage is too tight | True | False |
- 10.** After a long, hot day at the water park, your friend complains of severe sunburn on his back and shoulders. He failed to apply sunscreen while at the water-park. Blisters have formed, and your friend refuses to sit up in a chair and complains of severe pain.
- |    |  |      |       |
|----|--|------|-------|
| a. | The blisters and pain are signs that this is a first-degree burn         | True | False |
| b. | You should break the blisters to relieve the pressure and clean the burn | True | False |
| c. | Cool compresses can be used to relieve pain                              | True | False |
| d. | You can apply antibiotic ointment and aloe vera to keep the skin moist   | True | False |
| e. | This person does not need medical care                                   | True | False |
- 11.** While working at a construction site, you witness a fellow worker fall to the ground after being struck by a piece of wood thrown by a table saw. He was not wearing his safety glasses and you see a cut to his eyeball and eyelid
- |    |  |      |       |
|----|--|------|-------|
| a. | Apply pressure immediately to the injured eyeball  | True | False |
| b. | Tell the victim to keep both eyes closed. Both eyes can be covered with a cravat or roller bandage | True | False |
| c. | Position the victim with head elevated   | True | False |
| d. | Medical care is not necessary in this case   | True | False |

**12.** You are on the first aid team at a local scout camp. The scout leaders are conducting a funny skit on a stage at the main lodge. One of the scouts in the skit jumps in the air and lands on his side. As he runs off the stage toward you, he is in obvious pain and is clutching his side. He lies down and a knife falls to the ground. You hear a sucking sound coming from the wound on his side whenever the victim inhales.

- |  |      |       |
|--|------|-------|
| <b>a.</b> You should check the victim's breathing and treat accordingly                                    | True | False |
| <b>b.</b> Blood bubbling out of the wound during breathing is a sign of a sucking chest wound              | True | False |
| <b>c.</b> This would should be sealed on three sides to prevent air from being trapped in the chest cavity | True | False |
| <b>d.</b> If the victim begins to have trouble breathing, do not remove the seal to reapply                | True | False |
| <b>e.</b> This is a medical emergency and 000 should be called immediately                                 | True | False |

**13.** While walking through your neighborhood, you see two boys yelling for help on the sidewalk. One is on the ground in pain and clutching his arm. The other boy explains that the injured boy lost control while skateboarding and crashed. The victim said he heard a snap when he crashed and landed on his arm.

- |  |      |       |
|--|------|-------|
| <b>a.</b> You should look and feel for DOTS  | True | False |
| <b>b.</b> You notice a severe deformity on the victim's forearm but the skin is not broken. This is a closed fracture. | True | False |
| <b>c.</b> You should check the injured arm for circulation, sensation, and movement.                                   | True | False |
| <b>d.</b> You should not splint the arm because of the deformity.  | True | False |
| <b>e.</b> Applying ice helps reduce swelling   | True | False |

**14.** During a football game at a neighborhood park, your teammate is going for a sure interception. He jumps for the ball, catches it, and comes down, twisting his ankle in a small hole on the field. Your teammate is in pain and is feeling nauseous.

- |  |      |       |
|--|------|-------|
| <b>a.</b> It is difficult to distinguish between a severely sprained ankle and a fractured ankle   | True | False |
| <b>b.</b> If the victim cannot walk at least four steps and reports tenderness when you press on the ankle knob bone (malleolus), suspect a fractured ankle. | True | False |
| <b>c.</b> Heat should be applied immediately to a sprained ankle to increase blood flow and decrease pain.   | True | False |
| <b>d.</b> Swelling on both sides of the ankle usually indicates a sprained ankle.  | True | False |

**15.** You are out with your best friend at a dog park, walking her Irish wolfhound. Your friend is animated and engrossed in your conversation. Suddenly, a rabbit leaps out of the hedges and the dog lurches forward, pulling your friend and causing her to trip and let go of the leash. You call to the dog, which becomes obedient again, and then your friend complains about pain in one of her fingers that appears to be deformed.

- |   |      |       |
|---|------|-------|
| <b>a.</b> You should stabilise the finger until medical care becomes available                              | True | False |
| <b>b.</b> You should splint the finger to prevent a possible closed fracture from becoming an open fracture | True | False |
| <b>c.</b> Splinting increases blood flow to the fracture, thus speeding up the healing process              | True | False |
| <b>d.</b> If you do not have a commercial splint, you could improvise one                                   | True | False |

**16.** You are on a 5-day backpack trip in the mountains with your friends. On day three, and after several tough miles into the hike, your friend seems to be disoriented and is stumbling over rocks and tree roots on the trail. He falls to the ground and is responsive. You know that this friend has type 1 diabetes and did take his insulin in the morning.

- |  |      |       |
|--|------|-------|
| <b>a.</b> This person is very likely suffering from hyperglycaemia   | True | False |
| <b>b.</b> Low blood glucose levels can be caused by too much insulin, too little or delayed food intake, exercise, and alcohol                     | True | False |
| <b>c.</b> To give sugar in this scenario, the victim must be a known diabetic, have an altered mental status, and must be awake enough to swallow. | True | False |
| <b>d.</b> You should follow the rule of 15s when giving sugar to the victim in this scenario   | True | False |

**17.** You have been helping your sister paint three rooms in her home. While taking a break, your 2-year-old niece enters the room with a small cup of paint used for touch up. There is paint around and inside her mouth.

- |  |      |       |
|--|------|-------|
| <b>a.</b> Immediately give your niece water or milk to dilute the ingested paint.                                  | True | False |
| <b>b.</b> Use syrup of ipecac to induce vomiting.  | True | False |
| <b>c.</b> Determine how much of the paint was swallowed, when it was swallowed, and the age and size of the victim | True | False |
| <b>d.</b> Call the Poisons Information Centre for advice (131126)  | True | False |



**18.** You are enjoying an overnight campout with your family in the springtime. As you get ready for bed, you notice a small lump on your belly and are startled to find an embedded tick.

- |   |      |       |
|---|------|-------|
| <b>a.</b> You should leave the tick alone because it will cause no harm to humans                                   | True | False |
| <b>b.</b> Covering the tick with petroleum jelly is very effective for removing the embedded tick..                 | True | False |
| <b>c.</b> You should touch a hot, blown-out match to the tick.  | True | False |
| <b>d.</b> Grabbing the tick as close to the skin as possible with tweezers and pulling upward is usually effective. | True | False |
| <b>e.</b> After removing the tick, clean the wound and use an icepack to reduce pain.                               | True | False |

**19.** You are on a winter hike with five friends high in the Snowy Mountains. The snowshoeing has been great but it is very cold. At your camp site, the temperature was minus 9 degrees Celsius and it has not warmed up much during your hike. One of your friends wore only tennis shoes but has not been complaining. When you return to the camp site and begin to warm up in your car, your friend begins to complain of tingling and aching in his toes.

- |  |      |       |
|--|------|-------|
| <b>a.</b> It is difficult to determine if your friend has frostnip or frostbite                        | True | False |
| <b>b.</b> Frostbite requires freezing temperatures (below 0 degrees Celsius).                          | True | False |
| <b>c.</b> The skin and underlying tissue affected by superficial frostbite feel hard and solid         | True | False |
| <b>d.</b> As long as there is no danger of refreezing, you could begin warming his toes in warm water. | True | False |
| <b>e.</b> If you do not have warm water, you could rub his toes to increase circulation.               | True | False |

**20.** You decide to watch your children's hockey team practice before its first game in late January. The coach has the defense running sprints for the last 30 minutes without rest breaks. At the end of the sprints, all but one player walk over to the water station. That player falls to the ground and you are the first to respond. The victim is responsive and his skin is moist and clammy.

- |  |      |       |
|--|------|-------|
| <b>a.</b> The victim is most likely suffering from heatstroke  | True | False |
| <b>b.</b> The first thing you should do is to help the coach and athletic trainer move the victim out of the heat and to a cool place. | True | False |
| <b>c.</b> The victim should drink cool water or a sports drink.  | True | False |
| <b>d.</b> Giving several salt tablets, if available, should always be considered.  | True | False |
| <b>e.</b> Removing the player's jersey, and helmet and sponging him with cool water is recommended..                                   | True | False |
| <b>f.</b> The coach and/or athletic trainer should seek medical care if there is no improvement within 30 minutes                      | True | False |

**21.** You are visiting a local museum when you respond to calls for help in the exhibit hall. A young woman has gone into labour. When you arrive on scene, she tells you this is her third child and that her due date is next week. She says she thought she would have time to get to the hospital when the contractions started. However, the contractions intensified and got closer together very quickly. Contractions are now less than 2 minutes apart and last up to 60 seconds. A hospital is 10 minutes away.

- |   |      |       |
|---|------|-------|
| <b>a.</b> Labour during a third pregnancy is usually longer than in previous pregnancies.               | True | False |
| <b>b.</b> If the amniotic sac ruptures, you should assume that delivery may be imminent.                | True | False |
| <b>c.</b> With contractions less than 2 minutes apart, you should have time to get her to the hospital. | True | False |
| <b>d.</b> Call 000 and immediately prepare a delivery area.   | True | False |
| <b>e.</b> If the baby is crowning, you should not restrain or delay delivery.                           | True | False |

**22.** Your good friend has been married for about 3 years. He is normally a quiet, reserved person who cares deeply for others. Lately, you have seen him change; he has been argumentative, jokes inappropriately, and appears to have a hard time concentrating. He no longer engages in several of his hobbies and does little else when not at work. You then find out that he separated from his wife about 2 weeks ago.

- |  |      |       |
|--|------|-------|
| <b>a.</b> Your friend is exhibiting an overactive reaction | True | False |
|--|------|-------|

to his situation

- |  |      |       |
|--|------|-------|
| <b>b.</b> You should avoid being too argumentative with your friend.                                     | True | False |
| <b>c.</b> You should not give sedatives to calm him down.  | True | False |
| <b>d.</b> Supervision and perhaps even some type of professional therapy may be helpful for your friend. | True | False |
| <b>e.</b> Letting him talk to you about his situation will make things worse.                            | True | False |

**23.** You are fishing at the nearby lake. Several swimmers and others in canoes are also enjoying the lake. One swimmer decides to swim to the other side but begins to struggle about 20 metres off shore.

- |  |      |       |
|--|------|-------|
| <b>a.</b> This type of drowning situation is called distressed non-swimmer.                              | True | False |
| <b>b.</b> You are a very strong swimmer so you should immediately jump in the lake to rescue the victim. | True | False |
| <b>c.</b> You could try throwing a floating object to the victim..                                       | True | False |
| <b>d.</b> The best option in this situation would be to use a canoe to rescue the victim                 | True | False |

# Practical Assessment Instructions

<b>Learner's Name:</b>			
<b>Unit:</b>	HLTAID006 - Provide advanced first aid		
<b>Assessor's Name:</b>			
<b>Training Package:</b>			
<b>Workplace/simulated workplace:</b>			
<b>Date of assessment:</b>			
<b>Practical Assessment Instructions:</b>			
<b>ALL LEARNERS:</b>			
Skills must be demonstrated working individually, in an environment that provides realistic in-depth, industry-validated scenarios and simulations to assess candidates' skills and knowledge			
<b>Following is a list of the skills to be completed:</b>	<b>N/A</b>	<b>C</b>	<b>NYC</b>
Triage			
<ul style="list-style-type: none"> <li>Removing Gloves</li> </ul>			
<ul style="list-style-type: none"> <li>Performing a Primary Check</li> </ul>			
<ul style="list-style-type: none"> <li>Performing a Secondary Check</li> </ul>			
<ul style="list-style-type: none"> <li>Following safe manual handling techniques</li> </ul>			
<ul style="list-style-type: none"> <li>Checking for Spinal injuries in a Responsive victim</li> </ul>			
<ul style="list-style-type: none"> <li>Checking for Spinal Injuries in a Non-Responsive victim</li> </ul>			
Using an Epinephrine Auto-Injector			
First aid kits			
Administration of Medications			
Suctioning of the Airway			
<ul style="list-style-type: none"> <li>Airway Obstruction in a Responsive Infant</li> </ul>			
<ul style="list-style-type: none"> <li>Airway Obstruction in a Responsive Adult or child</li> </ul>			

	N/A	C	NYC
Checking CSM in an Extremity			
Workplace First Aid Analysis			
Care for External Bleeding			
Oxygen Resuscitation			
AED Usage			
Childbirth			
Adult CPR			
Infant CPR			
Immobilisation of fractures			
• Arm Sling for an Arm Injury			
• Splinting Upper Arm (Humerus)			
• Sling for Clavicle or Shoulder Injury			
• Splinting Lower Leg (Self-Splint)			
• Splinting a Knee in a Bent Position			
• Splinting a Knee in a Straight Position			
• Splinting Elbow in Bent Position			
• Splinting Elbow in Straight Position			
• Splinting Forearm (Radius/Ulna)			
• Splinting Lower Leg			
• Split tail method of Securing Bandages			
• Figure-Eight Method for Applying a Bandage to a Knee or Elbow			
• Figure-Eight Method for Bandaging a Hand			
• Figure-Eight Method of Bandaging an Ankle or Foot			
• Loop Method for Securing Bandages			

	N/A	C	NYC
<ul style="list-style-type: none"> <li>• Cravat Method for Applying a Bandage to the Palm of the Hand</li> </ul>			
<ul style="list-style-type: none"> <li>• Cravat Method of Bandaging the Arm or Leg</li> </ul>			
<ul style="list-style-type: none"> <li>• Cravat Method of bandaging the Head, forehead, Ear or Eyes</li> </ul>			
The RICE Procedure			
<p>In order to achieve consistency of performance, evidence should be collected over a set period of time which is sufficient to include dealings with an appropriate range and variety of situations.</p> <p>You will be required to check your progress with the trainer/ assessor at the completion of each part of the assessment before commencing the next.</p> <p>The trainer/ assessor will inform you of any significant errors or misjudgements throughout the procedure and give valuable feedback to you for the rectification of the problem.</p> <p>If the result of the assessment is that you are Not Yet Satisfactory, you may be required to retake the assessment.</p>			
<b>Respond in an emergency situation</b>			
<ul style="list-style-type: none"> <li>• By recognising an emergency situation</li> <li>• By identifying, assessing and managing immediate hazards to health and safety of self and others</li> <li>• By assessing the casualty and recognise the need for first aid response</li> <li>• By assessing the situation and seeking assistance from emergency response services where required</li> <li>• By deploying resources to appropriate locations as required in line with workplace procedures</li> </ul>			
<b>Apply appropriate first aid procedures</b>			
<ul style="list-style-type: none"> <li>• By performing cardiopulmonary resuscitation (CPR), as required</li> <li>• By providing first aid in accordance with established first aid principles</li> <li>• By displaying respectful behaviour towards casualty</li> <li>• By obtaining consent from casualty where possible</li> <li>• By using available resources and equipment to make the casualty as comfortable as possible</li> <li>• By operating first aid equipment according to manufacturer's instructions</li> <li>• By monitoring the casualty's condition and respond in accordance with first aid principles</li> </ul>			

### **Coordinate first aid activities until arrival of medical assistance**

- By identifying available resources required and establishing communication links with appropriate personnel, emergency management services and medical assistance as appropriate
- By deploying the correct amount of required resources to appropriate locations in an effective manner to ensure timely arrival
- By documenting the provision of resources and recommend modifications as required
- By monitoring the condition of casualties in accordance with first aid principles and workplace procedures
- By coordinating evacuation of casualties according to relevant evacuation procedures
- By arranging support services for personnel involved in the incident in accordance with relevant principles and procedures

### **Communicate details of the incident**

- By accurately conveying incident details to emergency response services
- By reporting details of incident in line with organisational policies
- By maintaining confidentiality of records and information in line with statutory and/or organisational policies

### **Evaluate the incident**

- By recognising the possible psychological impacts on self and other rescuers involved in critical incidents
- By participating in debriefing to address individual needs
- By evaluating management of the incident and developing an action plan in consultation with relevant parties
- By reviewing contingency planning to identify and select alternative management principles and procedures as required

# Learner Feedback Form

<b>Learner's Name:</b>		
<b>Unit:</b>	<b>HLTAID006 - Provide advanced first aid</b>	
<b>Assessor's Name:</b>		
<b>Assessment Date:</b>		
<p>Please provide us some feedback on your assessment process.          Information provided on this form is used for evaluation of our assessment systems and processes.          This information is <b>confidential</b> and is not released to any external parties without your written consent.</p>		
<b>Please tick <input type="checkbox"/> Yes or No for the questions below:</b>	<b>Yes</b>	<b>No</b>
Did you receive information about the assessment prior to the date?		
Were the instructions to the assessment clear and easy to understand?		
Did you understand the purpose of the assessment?		
Were you advised of the performance criteria?		
Were you advised of the process of the assessment?		
Were there any surprises in your assessment?		
Did you feel the assessment was fair?		
Was your assessor professional?		
Did you feel the assessment was accurate?		
Were you comfortable with the outcome?		
Did you receive feedback about your assessment?		
If you answered no to any of the above questions are you aware of the appeals process?		
<b>Comments:</b>		

**Thank you**