



# Workplace First Aid (New Zealand)

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## Practice Questions

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**1. In the DRSABCD action plan, what does the first 'D' stand for?**

- A. Danger
- B. Defibrillation
- C. Diagnosis
- D. Drugs

**2. What is the recommended ratio of chest compressions to rescue breaths in CPR for all ages?**

- A. 15 compressions to 2 breaths
- B. 30 compressions to 2 breaths
- C. 5 compressions to 1 breath
- D. 10 compressions to 2 breaths

**3. A conscious adult is choking but can still cough forcefully and speak. What should you do?**

- A. Give 5 hard back blows immediately
- B. Encourage them to keep coughing and watch closely
- C. Lay them on the floor
- D. Give them water to drink

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**4. What is the most effective first action to control severe external bleeding?**

- A. Apply a tourniquet straight away
- B. Apply firm, direct pressure over the wound
- C. Wash the wound under a tap
- D. Give the casualty a drink



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**5. The acronym FAST helps recognise a stroke. What does it stand for?**

- A. Fever, Aches, Sweating, Tiredness
- B. Face, Arms, Speech, Time
- C. Fall, Awake, Stand, Talk
- D. Fast pulse, Anxiety, Shaking, Thirst

**6. What is anaphylaxis?**

- A. A mild skin rash
- B. A severe, life-threatening allergic reaction
- C. A type of headache
- D. A common cold

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**7. What is the correct first aid for a thermal (heat) burn?**

- A. Apply ice directly to the burn
- B. Cool the burn under cool running water for 20 minutes
- C. Spread butter on the burn
- D. Cover it with a tight bandage straight away

**8. What does 'duty of care' mean for a first aider?**

- A. You must carry a first aid kit at all times
- B. Once you begin helping, you should continue to a reasonable standard until you hand over care
- C. You are legally required to help every stranger
- D. You must pay for the casualty's treatment

**9. Due to the essential nature of washing your hands, how much time is recommended to wash your hands?**

- A. 4 minutes
- B. 1 minute
- C. 10 seconds
- D. 20 seconds

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**10. What is the correct order of the DRSABCD action plan?**

- A. Danger, Response, Send for help, Airway, Breathing, CPR, Defibrillation
- B. Danger, Breathing, Response, Airway, CPR, Send for help, Defibrillation
- C. Response, Danger, Airway, Breathing, Send for help, CPR, Defibrillation
- D. Danger, Airway, Response, Breathing, CPR, Defibrillation, Send for help

**11. What is the recommended rate of chest compressions?**

- A. 40 to 60 per minute
- B. 60 to 80 per minute
- C. 100 to 120 per minute
- D. 140 to 160 per minute

**12. A conscious adult has a SEVERE airway obstruction and cannot breathe, cough or speak. What do you do?**

- A. Give up to 5 back blows, then up to 5 chest thrusts, alternating
- B. Give abdominal thrusts (Heimlich)
- C. Lay them down and start CPR
- D. Offer them a drink

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**13. After applying pressure to a heavily bleeding arm (no fracture), you should also:**

- A. Lower the arm below the heart
- B. Raise/elevate the limb and call 111
- C. Remove the dressing to check the wound
- D. Apply heat to the area

**14. You suspect someone is having a stroke. What should you do?**

- A. Let them rest and see if it passes
- B. Call 111 immediately because time is critical
- C. Give them aspirin
- D. Give them a hot drink

**15. Which of these is a sign of anaphylaxis?**

- A. A sore knee
- B. Difficulty breathing, swelling of the tongue/throat, wheeze, hives or collapse
- C. A small bruise
- D. Hiccups



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**16. Cooling a burn under running water is still helpful if started within:**

- A. 10 seconds only
- B. Up to 3 hours of the injury
- C. Up to 24 hours
- D. It is never helpful after the burn

**17. Before treating a conscious adult casualty, you should:**

- A. Treat them straight away without asking
- B. Obtain their consent to help
- C. Wait for a relative's permission
- D. Take a photo first

**18. You come upon a person who has lost a significant amount of blood, has a very pale skin color, and is confused. What do you suspect the cause to be?**

- A. Seizure
- B. Shock
- C. Stroke
- D. Low blood sugar

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**19. What is the very first thing you should do on arriving at an emergency scene?**

- A. Start chest compressions
- B. Check the area for danger to yourself and others
- C. Call the casualty's family
- D. Move the casualty to a comfortable position

**20. How deep should chest compressions be on an adult?**

- A. About 1 cm
- B. At least one third of the chest depth (about 5 cm)
- C. As deep as possible, about 10 cm
- D. Just enough to feel the ribs



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**21. Which technique do current New Zealand (NZRC) guidelines NOT recommend for choking?**

- A. Back blows
- B. Chest thrusts
- C. Abdominal thrusts (the Heimlich manoeuvre)
- D. Calling 111

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**22. Blood soaks through the dressing on a wound. What should you do?**

- A. Remove it and start again
- B. Add more dressings on top and keep applying pressure
- C. Leave the wound uncovered
- D. Wash it off

**23. Which set of signs is typical of a heart attack?**

- A. Itchy skin and sneezing
- B. Chest pain or pressure, pain spreading to the arm/jaw/back, shortness of breath, nausea and sweating
- C. A sore throat and cough
- D. Cramping in the legs only

**24. What is the first-line treatment for anaphylaxis?**

- A. Antihistamine tablets only
- B. An adrenaline (epinephrine) auto-injector such as an EpiPen, and call 111
- C. A glass of water
- D. Wait and watch

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**25. Which should you NOT put on a burn?**

- A. Cool running water
- B. Ice, butter, creams or ointments
- C. A loose, non-stick dressing
- D. Nothing



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**26. If a casualty is unconscious, consent to treat is:**

- A. Impossible, so you cannot help
- B. Implied; you may act in their best interests
- C. Only given by police
- D. Required in writing

**27. A six-month-old child who was given marbles is gagging, his mouth area is turning blue and he's unable to take a breath or cry out. What would you do first?**

- A. Attempt rescue breaths then compressions
- B. Deliver back blows and chest thrusts
- C. Begin CPR
- D. Blind finger sweep

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**28. How should you check whether a collapsed person is responsive?**

- A. Shout from across the room only
- B. Talk to them and gently squeeze their shoulders ('talk and touch')
- C. Shake them as hard as you can
- D. Splash water on their face

**29. Where do you place your hands for chest compressions on an adult?**

- A. On the upper chest near the collarbone
- B. On the lower half of the breastbone (sternum), centre of the chest
- C. Over the stomach
- D. On the left side over the heart

**30. Where do you deliver back blows to a choking casualty?**

- A. On the lower back
- B. Between the shoulder blades with the heel of your hand
- C. On the top of the head
- D. On the stomach



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## Answer Key & Explanations

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**1. A — Danger**

DRSABCD begins with Danger. Always check for hazards to yourself, the casualty and bystanders before approaching.

**2. B — 30 compressions to 2 breaths**

For a single lay rescuer, the ratio is 30 compressions to 2 breaths for adults, children and infants.

**3. B — Encourage them to keep coughing and watch closely**

With a mild (partial) obstruction the person can still move air. Encourage coughing and monitor in case it becomes severe.

**4. B — Apply firm, direct pressure over the wound**

Firm, direct pressure over the wound is the first and most effective way to control most external bleeding.

**5. B — Face, Arms, Speech, Time**

FAST = Face (drooping), Arms (weakness), Speech (slurred), Time (call 111 immediately).

**6. B — A severe, life-threatening allergic reaction**

Anaphylaxis is a severe, potentially fatal allergic reaction that affects breathing and/or circulation and needs immediate treatment.

**7. B — Cool the burn under cool running water for 20 minutes**

Cool the burn under cool (not icy) running water for 20 minutes. This limits the damage and relieves pain.

**8. B — Once you begin helping, you should continue to a reasonable standard until you hand over care**

Duty of care means that once you start first aid, you should continue providing reasonable care until you can hand over to someone equally or more qualified.

**9. D — 20 seconds**

**10. A — Danger, Response, Send for help, Airway, Breathing, CPR, Defibrillation**

DRSABCD stands for Danger, Response, Send for help, Airway, Breathing, CPR, Defibrillation, in that order.

**11. C — 100 to 120 per minute**

Compress at 100 to 120 per minute. This keeps blood flowing to the brain and heart.

**12. A — Give up to 5 back blows, then up to 5 chest thrusts, alternating**

For severe choking give up to 5 sharp back blows between the shoulder blades, then up to 5 chest thrusts, alternating.

**13. B — Raise/elevate the limb and call 111**

Raising the limb (if no fracture) helps reduce blood flow to the wound. Call 111 for severe bleeding.



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**14. B — Call 111 immediately because time is critical**

Stroke is a time-critical emergency. Call 111 at once; early treatment greatly improves the outcome.

**15. B — Difficulty breathing, swelling of the tongue/throat, wheeze, hives or collapse**

Signs include breathing difficulty, throat/tongue swelling, wheeze, widespread hives, and collapse. This is a medical emergency.

**16. B — Up to 3 hours of the injury**

Cooling provides benefit if begun within about 3 hours of the burn, though sooner is better.

**17. B — Obtain their consent to help**

A conscious, competent adult must give consent before you treat them. Introduce yourself and ask if you can help.

**18. B — Shock**

**19. B — Check the area for danger to yourself and others**

Checking for danger first protects you, the casualty and bystanders. An injured rescuer cannot help anyone.

**20. B — At least one third of the chest depth (about 5 cm)**

Compress at least one third of the depth of the chest, roughly 5 cm in an average adult.

**21. C — Abdominal thrusts (the Heimlich manoeuvre)**

New Zealand guidelines use back blows and chest thrusts. Abdominal thrusts are not part of the standard NZRC choking approach.

**22. B — Add more dressings on top and keep applying pressure**

Do not remove the soaked dressing, as this disturbs clotting. Add more pads on top and maintain firm pressure.

**23. B — Chest pain or pressure, pain spreading to the arm/jaw/back, shortness of breath, nausea and sweating**

Heart attack signs include central chest pain/pressure that may spread to the arm, jaw or back, with breathlessness, nausea and sweating.

**24. B — An adrenaline (epinephrine) auto-injector such as an EpiPen, and call 111**

Adrenaline given by auto-injector is the first-line treatment. Give it without delay and call 111.

**25. B — Ice, butter, creams or ointments**

Avoid ice (it can deepen injury) and butter/creams/ointments (they trap heat and increase infection risk).

**26. B — Implied; you may act in their best interests**

When a casualty is unconscious, consent is implied and you may provide first aid in their best interests.

**27. B — Deliver back blows and chest thrusts**

**28. B — Talk to them and gently squeeze their shoulders ('talk and touch')**

Check response by talking and touching: give a simple command and gently squeeze the shoulders. Never shake a casualty violently.

**29. B — On the lower half of the breastbone (sternum), centre of the chest**

Place the heel of your hand on the lower half of the sternum in the centre of the chest, with the other hand on



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top.

**30. B — Between the shoulder blades with the heel of your hand**

Deliver sharp back blows between the shoulder blades using the heel of your hand.



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