



First Aid at Work (HSE, UK)

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Practice Questions

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1. In the DR ABC 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. What is the first step you should take in an emergency situation?

- A. Call for help immediately
- B. Check the casualty's pulse
- C. Ensure the scene is safe
- D. Start CPR

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10. What is the correct order of the DR ABC primary survey?

- A. Danger, Response, Airway, Breathing, Circulation (CPR)
- B. Response, Danger, Breathing, Airway, Circulation
- C. Airway, Danger, Response, Breathing, Circulation
- D. Danger, Breathing, Response, Circulation, Airway

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 999
- 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 999 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. What should you do if a casualty is choking and cannot speak?

- A. Perform back blows and abdominal thrusts
- B. Give them water to drink
- C. Lay them flat on their back
- D. Start chest compressions

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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. For an adult who is choking and cannot cough, speak or breathe, UK first aid guidance is to give:

- A. Abdominal thrusts only
- B. Chest compressions straight away
- C. Up to 5 back blows, then up to 5 abdominal thrusts
- D. A drink of water

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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 999
- 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. What should you do if a casualty is bleeding heavily?

- A. Apply pressure to the wound
- B. Wash the wound with water
- C. Leave it alone and wait for help
- D. Apply ice to the area

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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

DR ABC 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 999 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. C — Ensure the scene is safe

10. A — Danger, Response, Airway, Breathing, Circulation (CPR)

DR ABC stands for Danger, Response, Airway, Breathing, Circulation (CPR), in that order — the primary survey taught in UK first aid.

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 999

Raising the limb (if no fracture) helps reduce blood flow to the wound. Call 999 for severe bleeding.



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14. B — Call 999 immediately because time is critical

Stroke is a time-critical emergency. Call 999 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. A — Perform back blows and abdominal thrusts

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 — Up to 5 back blows, then up to 5 abdominal thrusts

UK guidance (Resuscitation Council UK / St John Ambulance) for a choking adult: alternate up to 5 sharp back blows between the shoulder blades with up to 5 abdominal thrusts until the obstruction clears. Call 999 if it does not.

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 999

Adrenaline given by auto-injector is the first-line treatment. Give it without delay and call 999.

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. A — Apply pressure to the wound

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.



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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 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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