

First aid quiz.



Print out this document to test your learners' knowledge. You can also use the [interactive quizzes](#) on the website and track learners results using [My groups](#).

Every first aid skill has five questions. Print out the whole quiz or each required skill page. Correct answers can be found on the final pages. Use the links below to go to the page you want.

[Asthma attack](#)

[Bleeding heavily](#)

[Broken bone](#)

[Choking](#)

[Head injury](#)

[Heart attack](#)

[Hypothermia](#)

[Meningitis](#)

[Poisoning/ harmful substances](#)

[Seizures/ epilepsy](#)

[Severe allergic reaction](#)

[Strains and sprains](#)

[Stoke](#)

[Unresponsive and breathing](#)

[Unresponsive and not breathing](#)

[Unresponsive and not breathing \(and AED\)](#)

[Answers](#)





Asthma attack

1

During an asthma attack, a person uses a 'what'... to help them breathe?

- Auto-injector
- Ice pack
- Inhaler

2

During an asthma attack which of the following statements is true:

- A person's airways narrow
- A person's airways expand
- A person's airways stay the same size

3

Rosie's sister is having an asthma attack. What should Rosie do to help her first?

- Help her take her inhaler
- Calm her down
- Help her lie down

4

What else can someone do to help a person that might ease their asthma attack?

- Lie them down, reassure them
- Give them a brown paper bag to breathe in and out of
- Sit them down, reassure them
- Give them back blows

5

If someone is having an asthma attack, they...

- Will be breathing easily
- Won't be experiencing any change in their breathing
- Will be finding it difficult to breathe normally



Bleeding heavily

- 1** When someone is bleeding heavily, what key action can we take to stop or slow down the bleeding?
- Put pressure on the wound
 - Keep the injury supported
 - Apply an ice pack to the wound
- 2** If someone is bleeding heavily from a wound, should we call 999?
- Yes, we should call 999 but only after waiting for 15 minutes to see if the bleeding stops
 - No, the bleeding will stop eventually
 - Yes, we should call 999 as soon as possible, or get someone else to do it
- 3** When we apply pressure to a bleeding wound we are acting like a...?
- Plug
 - Hose
 - Drain
- 4** While making lunch, Lee's friend has cut their hand and it is bleeding heavily, what should Lee try to do first?
- Clean the wound to prevent infection
 - Try to stop or slow down the bleeding
 - Get them to calm down
- 5** Which of the following everyday items would be most effective for putting pressure on a bleeding wound?
- A rolling pin
 - A frying pan
 - Cling film
 - A tea towel



Broken bone

1 Bea is at home, when she hears her mum fall down the stairs. Her mum is in a lot of pain. What else might tell Bea she has broken a bone?

- Bruising of the limb
- Swelling of the limb
- All of these
- The limb is out of shape

2 If someone has a broken bone, which of the following statements is true?

- If we do not support the limb it may cause further injury and pain
- If we do not support the limb the person will be able to move the limb more easily and reduce the pain
- If we do not support the limb, it doesn't matter. The bone will just naturally heal on its own.

3 If someone has broken a bone, what is the key action we can take to help them?

- Put the injury in a splint
- Make the person keep still
- Keep the injury still and supported

4 Which of these things could we use to support a broken bone?

- Someone's hand
- All of these
- Some clothing
- A cushion

5 Frankie is helping someone she suspects has a broken arm. She has supported the injury. Should she...

- Not seek medical help, the bone will just heal on its own
- Only get medical help if it gets more painful
- Leave it for an hour and then get medical help
- Get medical help immediately



Burn

1 Mo is helping his grandma make some soup, when he tips the boiling stock over her arm. He knows he has to quickly cool the burn. How does this action help her?

- Reduces the pain and risk of scarring
- Prevents infection
- Prevents further injuries

2 After we have cooled a burn, what everyday item can we use to cover it?

- Kitchen foil
- Cling film
- Cotton wool
- Kitchen roll

3 Sasha is camping with a friend, when they get a burn from their hot chocolate. There is no tap nearby. Which of the following could they use immediately to cool the burn?

- Fizzy drinks
- Tepid old coffee
- Dirty washing up water
- None of these

4 If someone has a burn, what is the key action to take to help?

- Cover the burn
- Cool the burn
- Clean the burn

5 Jay's sister has a burn and only puts it under cold water very briefly. How long should she run a burn under cold water for?

- At least twenty minutes
- At least ten seconds
- At least one minute



Choking

1 If someone is choking, we give back blows between their shoulder blades. What does this do?

- It makes them sick, which creates pressure and pushes the object out of their airway.
- It makes them swallow air, which creates pressure and pushes the object down their airway.
- It creates a vibration and pressure, which pushes the object out of their airway

2 Tasha realises her dad is choking, what is her key action to help him?

- Give him back blows and if needed abdominal thrusts
- Give him a drink
- Make him sick

3 If someone is choking, what do we need to help them do?

- Cool down
- Hold their breath until help arrives
- Breathe normally again
- Stop panicking

4 Which of the following statements is true if someone is choking?

- They will be able to speak and cough but not breathe
- They will be able to breathe but not speak or cough
- They will be able to breathe but not speak or cough
- They won't be able to speak, cough or breathe

5 If a person is choking, which of the following should we use to give back blows?

- The heel of our hand
- Our fist
- A hard object



Head injury

1

When someone has a head injury, which of these items can be used to help reduce swelling and pain?

- A bag of frozen vegetables
- A large, flexible plastic bottle of fizzy drink or milk from the fridge
- All of these
- An ice pack

2

If a person with a head injury starts to feel sick, dizzy or confused, what should we do?

- Make sure they seek medical attention
- Make sure they drink lots of water
- Make sure they continue to rest

3

After applying something cold to a head injury, what should we ask the person to do?

- Go straight to A&E
- Take some painkillers
- Rest and seek medical attention if needed

4

What's the key action if someone has a head injury?

- Apply something cold to the injury
- Lie the person down
- Give the person a painkiller

5

Jo's friend has banged their head and Jo needs to help them. What is the key thing they need to do?

- Get them up and about again as quickly as possible
- Stop them panicking
- Reduce swelling and pain around the injury



Heart attack

1

Sitting someone down on the floor is a step we can take when someone is having a heart attack. How does this help them?

- It will allow them to breathe normally
- It will stop them from fainting
- It eases the strain on their heart
- It will prevent cramp in their legs

2

A person having a heart attack would only ever feel pain in their chest: true or false?

- True
- False

3

If someone is having a heart attack, the common description of the pain is...

- Vague
- Intermittent
- Passing
- Persistent

4

Bianca's next door neighbour is experiencing persistent chest pain and she thinks they are having a heart attack. What is Bianca's key action?

- Call 999
- Call a pharmacy
- Call their GP

5

Raj think's someone is having a heart attack, so they've called 999. What else can they do while they wait for help to arrive?

- Get them to sit comfortably and give them something to drink
- Get them to sit comfortably and continue to reassure them
- Get them to sit comfortably and then leave them on their own to rest
- Get them to lie down and then leave them on their own to rest



Hypothermia

1

A person with hypothermia may be very cold, shivering and pale. What else might they be described as?

- Charming
- Cross
- Confused
- Clear-headed

2

If someone has hypothermia, how should we help warm them?

- Put the person in a hot bath
- Give them a hot water bottle
- Wrap them in a blanket or extra clothing
- Place them next to an open fire

3

If a person with hypothermia has wet clothes on, what should we do?

- Remove all their wet clothes and wrap them in whatever else is available
- Leave them in their wet clothes and wrap them in a blanket or other clothing
- Remove some of their wet clothes and give them some of our clothes

4

If someone has hypothermia, giving them alcohol is a good way to help warm them up: true or false?

- False
- True

5

Tom realises his friend has hypothermia and calls 999. What is the key action Tom can take to help them?

- Lie them down
- Warm them
- Get them up and active



Meningitis

1

If someone has meningitis, their temperature will...

- Be lower than normal
- Be higher than normal
- Show no changes

2

Olivia's friend is feeling ill and she thinks they might have meningitis. What are they particularly sensitive to?

- Light
- Sound
- Touch
- Smell

3

Why is it important to get help immediately if someone has meningitis?

- Meningitis symptoms don't last for long
- The person is contagious and may spread the infection
- The person needs immediate treatment to prevent permanent damage

4

Tara's younger sibling is showing signs of having meningitis. What is the key action to take?

- Call 999
- Call a pharmacy
- Make a doctor's appointment

5

If someone has meningitis, which of the following statements is true?

- The person may only show some of the signs and symptoms to have meningitis
- The person must show all the signs and symptoms to have meningitis



Poisoning/ harmful substances

1

When someone has swallowed something harmful, why is finding out what a person has taken, when they took it and how many they have taken so important?

- So the person can get the right medical treatment
- To put the substance away so no one else might swallow it
- To inform the police

2

When someone has swallowed something harmful, we need to get help quickly. Should we...

- Call 999 or get someone else to do it
- Go to a pharmacy
- Call their GP

3

If someone has swallowed something harmful, which of the following are the questions we need to answer

- When? Why? How many?
- When? Why? Where?
- What? When? Why?
- What? When? How many?

4

Bobby's younger sibling has swallowed something harmful. What is Bobby's key action?

- Find out what they have taken, when and how much
- Think about what they might have swallowed
- Keep them awake so they can talk to the ambulance person

5

Miles' friend has swallowed something harmful, other than asking them, what else might help him find out more information?

- Calls they might have recently made
- Websites they might have been browsing
- Selfies his friend might have taken
- Packaging near his friend or in the house



Seizure/ epilepsy

- 1** After a seizure has passed, what should be done?
- Leave the person on their back
 - Roll the person on to their side
 - Don't touch the person at all
 - Roll the person on to their front
- 2** Should we restrain someone having a seizure?
- Yes, restrain them for 5 minutes then let go
 - No, don't restrain them
 - Yes, restrain them until the seizure has passed
- 3** Sajid's friend is having a seizure and an ambulance is on the way. What can he do to help them?
- Make them safe and prevent injury
 - Help them take their medication
 - Take a video to show them what happened later
 - Leave them alone and give them privacy
- 4** During a seizure, a person may make jerky movements and have froth around their mouth. Their body might be described as...
- Stretchy
 - Supple
 - Stiff
 - Slack
- 5** If someone is having a seizure, we should put something in their mouth to prevent them from biting their tongue: true or false?
- True
 - False



Severe allergic reaction

1 Anna has a severe allergy and carries an auto-injector. Choose the true statement.

- Only Anna can use their auto-injector during a severe allergic reaction
- Anyone can help Anna to use their auto-injector during a severe allergic reaction
- People must have specific training to help Anna use their auto-injector during a severe allergic reaction

2 Which of these things are common causes of severe allergic reactions?

- Peanuts and other nuts
- All of these
- Shellfish, like prawns or mussels
- Latex (a sort of rubber), for example rubber gloves

3 How might someone's skin change during an allergic reaction?

- It may become itchy and develop a red, blotchy rash
- It may become itchy and go very pale
- It may become itchy and bruise easily
- It may become itchy and cold and clammy to touch

4 When someone is having a severe allergic reaction, getting help is the key thing to do. How should we do this?

- Call a friend
- Call 999
- Call their GP

5 If an allergic reaction is very severe, a person might...

- Be unable to taste
- Be unable to breathe
- Be unable to hear
- Be unable to see



Strains and sprains

1

When helping someone who has a strain or a sprain, where should we place the ice pack or bag of frozen vegetables?

- Wrapped in material and close to but not touching the injury
- Unwrapped and close to but not touching the injury
- Wrapped in material and directly to the injury
- Unwrapped and directly on the injury

2

Yolanda's sibling has fallen and twisted their ankle, what is the key action she can take to help?

- Apply something cold to the injury
- Alternate applying something hot and cold to the injury
- Apply something hot to the injury

3

Nic has a strain or sprain and they apply something cold to the injury. Why?

- It will reduce the risk of scarring
- It will help to keep the joint still
- It will reduce swelling and pain
- It will calm the person down

4

When someone has a strain or a sprain they can relieve the pain by walking it off for 10 minutes: true or false?

- True
- False

5

What are the signs to look for if we think someone has a strain or a sprain?

- Bruising
- Swelling
- Pain
- All of these



Stroke

1 The **A** in **F.A.S.T** stands for 'Arms'. Using this test, if a person has had a stroke they will be able to....

- Raise both arms at the same time
- Raise one arm at a time
- Raise only one arm
- Raise neither arm

2 A woman at the bus stop is behaving strangely and Bex thinks they might be having a stroke. Bex knows that they need to do a **F.A.S.T** test. What does this stand for?

- Face. Arms. Speech. Time
- Face. Arms. Sight. Time
- Feet. Arms. Speech. Time
- Fingers. Arms. Speech. Time

3 In the **F.A.S.T** test, the **S** stands for Speech. What do we need to look for in relation to someone's speech?

- Their speech may be hard to understand
- Their speech will be easily understood
- There will be no change in their speech

4 Someone is having a stroke, what is the key action?

- Call 999
- Make a doctor's appointment
- Visit a pharmacy

5 Which of the following statements about strokes is true?

- Strokes can affect both sides of the body at the same time
- Strokes only affect the left side of the body
- Strokes only affect the right side of the body
- Strokes can affect either side of the body

Unresponsive and breathing

1

After the person who is unresponsive and breathing has been moved onto their side, we should...what?

- Sit with but do not touch the person again. If they move, it is just them starting to wake up
- Stay with the person and keep checking their head is tilted back to allow them to keep breathing normally
- Leave the person alone now they are comfortable, they'll wake up soon

2

If someone is unresponsive, which three senses can we use to tell if they are breathing?

- Sight, smell, sound
- Sight, sound, touch
- Sound, smell, touch
- Smell, touch, taste

3

If someone is unresponsive and breathing, what is the key action we can take to help them?

- Move them onto their back and tilt their head back
- Move them onto their front and tilt their head to the side
- Move them onto their side and tilt their head back

4

Why is it important to move someone who is unresponsive and breathing onto their side?

- It helps to keep their airway clear and allows them to continue breathing normally
- Moving the person may help wake them up
- We can check for injuries to their body

5

One morning Casey finds their older sister and they think she is unresponsive and breathing. Aside from calling for help, what is the priority in this situation?

- Help her continue to breathe normally until help arrives
- Call someone and get them to help
- Find out what has happened to her





Unresponsive and not breathing

1

If someone is unresponsive and not breathing, how long should we give chest compressions for?

- Until your arms get tired
- Until you have done 100 compressions
- Until help arrives and someone else takes over

2

Why is it important to start chest compressions as quickly as possible, if someone is unresponsive and not breathing?

- A person's brain and other vital organs cannot survive for long without a supply of blood
- It may wake them up, and they will start to breathe again
- The rhythmic action can be reassuring to a person who needs help

3

Someone is unresponsive and not breathing. We should call 999, and....what?

- Give the call handler a quick summary of what's happened and hang up straight away
- Answer the call handler's questions as fully as possible and stay on the phone until help arrives
- Tell the call handler as much information as possible and hang up

4

What is the key action if someone is unresponsive and not breathing?

- Give chest compressions
- Raise their feet above their head
- Try to breathe into their mouth

5

Vi's grandfather has collapsed and they don't think he is breathing. They can tell this because his 'what' are not moving?

- His stomach and shoulders
- His chest and stomach
- His mouth and cheeks



Unresponsive and not breathing (and AED)

2

Billie is out shopping with their mum when they come across someone collapsed on the floor. The person doesn't respond when Billie shakes their shoulders and calls out to them. What do they need to do first?

- Check if they are breathing by tilting their head in front of their mouth to feel for breaths
- Check if they are breathing by putting their head on their chest to check for movement
- Check if they are breathing by tilting their head back and looking, listening and feeling for breaths

2

If someone is unresponsive and not breathing, what key action can we take to help them while someone gets an AED?

- Protect them from injury by putting something under their head and clearing the space around them
- Turn them on their side and tilt their head back
- Give them chest compressions

3

If we need to use an AED, what is the key thing to remember?

- Follow all the voice prompts
- Read the instruction booklet before using the AED
- Wait for someone medically trained to give you instructions on how to use it

4

Which one of the following statements about AEDs is true?

- AEDs are available for anyone to use in lots of public places, like stations, gyms and shopping centres
- AEDs are kept locked for staff use only in public places, like stations, gyms and shopping centres
- AEDs are available in public places, like stations, gyms and shopping centres for use by medically trained people only

5

When you use an AED, does it...?

- Shock the person's lungs to get their heart back into normal rhythm
- Shock the heart back into a normal rhythm
- Massage the heart back into a normal rhythm

Answers

Asthma attack

-  c)
-  a)
-  a)
-  c)
-  c)

Bleeding heavily

-  a)
-  c)
-  a)
-  b)
-  d)

Broken bone

-  c)
-  a)
-  c)
-  b)
-  d)

Burns

-  a)
-  b)
-  a)
-  b)
-  a)

Choking

-  c)
-  a)
-  c)
-  d)
-  a)

Head injury

-  c)
-  a)
-  c)
-  a)
-  c)

Heart attack

-  c)
-  b)
-  d)
-  a)
-  b)

Hypothermia

-  c)
-  c)
-  a)
-  a)
-  b)

Meningitis

-  b)
-  a)
-  c)
-  a)
-  a)





Poisoning/Harmful substances

- a)
- a)
- d)
- a)
- d)

Severe allergic reaction

- b)
- b)
- a)
- b)
- b)

Unresponsive and breathing

- b)
- b)
- c)
- a)
- a)

Seizures/Epilepsy

- b)
- b)
- a)
- c)
- b)

Strains and sprains

- c)
- a)
- c)
- a)
- d)

Unresponsive and not breathing

- c)
- a)
- b)
- a)
- b)

Stroke

- c)
- a)
- a)
- a)
- d)

Unresponsive and not breathing (and AED)

- c)
- b)
- a)
- a)
- b)

