

**St John
Ambulance**



First aid self-teach workbook

Participants name:

eDofE ID:

DofE level: Bronze/Silver/Gold

Start date:



The Duke of Edinburgh's Award (DofE) and St John Ambulance

A toolkit for using first aid from St John Ambulance for your DofE skill section.

Thank you for choosing the very important skill of first aid for your DofE award. St John Ambulance teaches people first aid so they can be the difference between life and death and that includes you.

By choosing to learn first aid you are not only developing a new talent but you will also boost your self-esteem, develop practical and social skills and learn how to set and rise to a challenge. If this isn't enough, it should also be good fun too!

The first aid DofE toolkit from St John Ambulance will give you everything you need to learn lifesaving skills at your pace as part of your DofE award. You will find suggested activities, worksheets and activities to put together your own schedule of activity to help meet the aim of your DofE section.

Timescales

Each activity should last for on average 1 hour a week for the minimum times suggested below. This pack is specifically designed for the Bronze award section lasting 3 months, however this can be extended to meet the below timelines for the Silver and Gold award.

Level	Minimum time	Notes
Bronze	3 to 6 months	You need to do one of your Volunteering, Physical or Skills sections for 6 months, the others for 3.
Silver	6 to 12 months	You need to do either the Physical or Skills section for 6 months, the other for 3. If you haven't achieved Bronze you must extend your Volunteering or the longer of your Physical or Skills sections to 12 months.
Gold	6 to 18 months	You need to do either the Physical or Skills section for 12 months, the other for 6. If you haven't achieved Silver you must extend your Volunteering or the longer of your Physical or Skills sections to 18 months.

I will be learning first aid for the skills section of my DofE award for: _____ months.

Choosing your assessor

Just like every other section of your DofE award you will need to enlist the help of an Assessor for this section. This role is to check and assess what you are doing for an activity. They should be a skilled, qualified or experienced person on the topic of first aid. For example you may ask a St John Ambulance volunteer, anyone else who holds a valid first aid certificate such as a teacher or youth leader or a health care professional such as a paramedic, nurse or Doctor. It is important you share your completed workbook with your assessor when you have completed the section.

My assessor is: _____

Assessor's guidance notes

Thank you for your time and commitment offering to assess for the Skills section of this DofE programme. For this section of their DofE programme, the participant has to show development of practical, social or personal skills over a set period of time, and first aid encompasses all of this. The participant will need to regularly do first aid averaging at least one hour a week.

In your role you will help the participant in the following ways:

- Help them set some goals and understand what they want to get out of learning first aid.
- Act as a subject matter expert in first aid by providing advice, supervision, feedback and training as needed. This could be virtually such as looking through answers on a first aid worksheet or face to face such as showing the correct technique for the recovery position.
- Review all of the work the participant completes including case studies, worksheets, quizzes, posters, etc.
- Support and encourage the participant while they are learning a new skill.
- Monitor progress.
- Do a final assessment at the end which should include the practical demonstration of a first aid skill such as treating a major bleed.

Young people have met the DofE requirements if they've undertaken their activity regularly, averaging at least one hour a week over the agreed time and have demonstrated effort, perseverance and improvement.

Once they have completed this you should produce an Assessor's report. What you write will celebrate the achievement of the young person and will form part of their permanent record of their DofE programme. So please make your comments personal, positive and engaging. Remember to include the activity start and end dates.

To enter your report online, visit www.DofE.org/assessor and follow the instructions. You will need the participant's name, their eDofE ID number, their DofE level and the section you have assessed.

For more information and support please speak to your DofE Leader or contact DofE@sja.org.uk

Activity

The following table provides an example programme for a Bronze DofE Skills section. The programme you develop should be relevant and appropriate to you and can include many other different activities, averaging at least one hour a week. Remember first aid is a practical skill so the more you physically practice these skills and techniques the better. Completing a first aid course is highly recommended to ensure you can have supervision from an expert in first aid to check your skills.

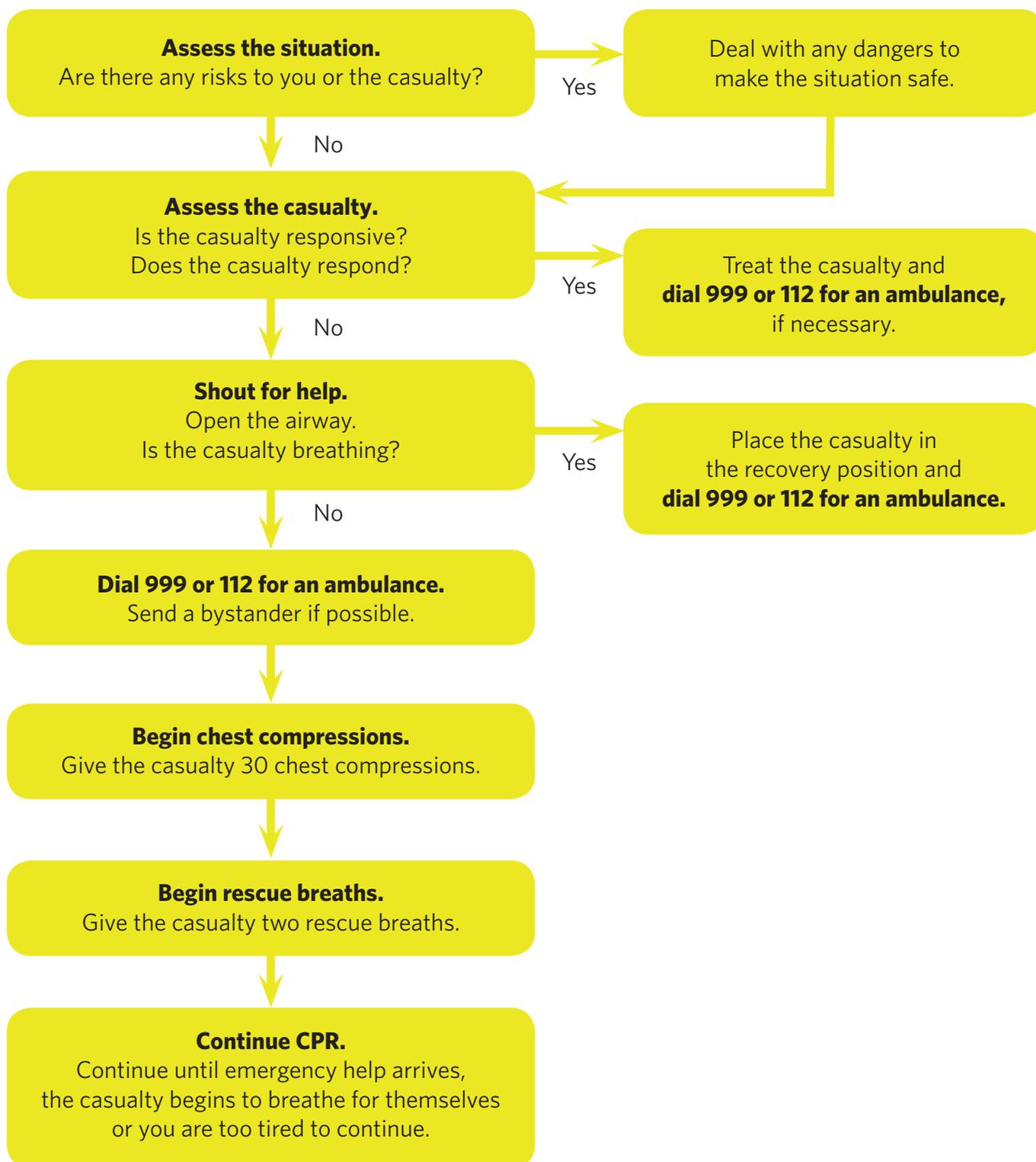
As you go through the programme ensure you are gathering evidence to upload into eDofE. For example you could upload photos of you practicing to treat a patient, photos of completed worksheets, write ups of what you have learnt, certificates etc.

Week 1	Coping in an emergency, Primary Survey and Recovery Position <ul style="list-style-type: none">• Learn about unresponsive and breathing casualties on the SJA website and watch the videos.• Complete the coping in an emergency worksheet.• Practice putting friends and family in the recovery position.
Week 2	Asthma <ul style="list-style-type: none">• Learn about Asthma on the SJA website and watch the video.• Complete the Asthma quiz worksheet.• Using the word 'asthma' create an acrostic to remember the first aid response for asthma.• Research the frequency of asthma among your friends and investigate the common triggers.• Practice treating someone who is suffering from an Asthma attack.
Week 3	Bones, Muscles and Joint Injuries <ul style="list-style-type: none">• Learn about 'Broken bones and fractures', 'Dislocated joints', 'Spinal injury' and 'Sprains and strains' on the SJA website and watch the videos.• Complete the bone, muscle & joint injuries & spinal injury quiz worksheet.• Practice putting a sling on your friends and family.
Week 4	Chest Pain <ul style="list-style-type: none">• Learn about Heart Attacks on the SJA website and watch the video.• Complete the chest pains true or false quiz.• Practice the treatment position for someone who has chest pains on friends and family.• Draw a diagram of the heart showing the damage caused by the blood clot of a heart attack and narrowing of the arteries in angina.
Week 5	Low Blood Sugar <ul style="list-style-type: none">• Learn about low blood sugar on the SJA website and watch the video.• Complete the Low Blood Sugar quiz.• Find out more about diabetes including what causes it, the symptoms to look for and how it is treated.
Week 6	Bleeding <ul style="list-style-type: none">• Learn about Bleeding on the SJA website and watch the video.• Complete the Bleeding and Shock quiz worksheet.• Practice putting a plaster and a bandage on a friend or family member.• Design a pocket-sized leaflet to give advice about how to treat bleeding.

Week 7	Extremes of Temperature <ul style="list-style-type: none"> • Learn about Hypothermia, Heat Exhaustion and Heat Stroke on the SJA website. • Complete the Hypothermia Quiz worksheet. • Complete the Hypothermia cross word. • Create a poster showing how to treat hypothermia on a DofE expedition.
Week 8	Choking <ul style="list-style-type: none"> • Learn about Choking on the SJA website and watch the video. • Watch the SJA Chokeables campaign to learn how to stop a baby from choking. • Create a poster showing how you would recognise if someone was choking and how you would respond. • Practice treating someone who is choking. *Be careful if practicing these skills on a person.
Week 9	Case Studies <ul style="list-style-type: none"> • Review and act out case studies 1-10 and record what you would do in each situation. You can use the First Aid Manual & St John Ambulance website to help. • Compare your answers to the notes page.
Week 10	Fainting <ul style="list-style-type: none"> • Learn about Fainting on the SJA website and watch the video. • Complete the fainting quiz worksheet. • Practice the treatment position for fainting on family or friends. • Design an advice leaflet to help others recognise the signs of fainting so that they can understand how they might prevent it.
Week 11	Poisons <ul style="list-style-type: none"> • Learn about Poisoning on the SJA website and watch the videos. • Complete the poisons worksheet. • Create a flowchart of the treatment for poisoning. • Carry out the following experiment to show how poisons spread through the body once they have been absorbed. Add food colouring to a container of water and then place a pale flower in to the dyed water (white carnations or daffodils work well). Watch and record how colour spreads to the flower.
Week 12	Case Studies <ul style="list-style-type: none"> • Review and act out case studies 11-20 (or more if you have time) and record what you would do in each situation You can use the First Aid Manual and St John Ambulance website to help. • Compare your answers to the notes page.
Week 13	First Aid Course <ul style="list-style-type: none"> • Attend a St John Ambulance community first aid course as your final piece of evidence. More information can be found on our website. <p>*If under the age of 16, you must attend with a responsible adult member of the family or guardian (two young people per adult). The adult attending with you would need to pay and would need to stay with you for the duration of the session.</p> <ul style="list-style-type: none"> • If you cannot access a first aid course you can complete a final practical assessment with your assessor, or complete any remaining case studies. • Complete feedback form & request your certificate: http://bit.ly/SJADofEWorkbookFeedback



PRIMARY SURVEY FLOWCHART



Note: If the casualty is a child or has drowned,
refer to the current edition of the *First Aid Manual*.

COPING IN AN EMERGENCY QUIZ

NAME: _____

1 Fill in the gaps using the following words (each word may be used more than once):

help response injured dangers yourself bystanders
accident casualty information emergency aid assess

If you come across an emergency situation when someone has had an _____ or has been _____, as a first aider you must quickly _____ the situation. It is very important to find out what has happened. You must make sure that you remove any _____ to the _____, any _____ or to _____. Never rush straight in to help, as you may make the situation worse if you do not realise the _____. For example, many people panic when they see an accident, run straight into the road and get themselves _____ by a passing car. Once you are sure that there is no further danger, you should check the _____ from the casualty to decide if they are responsive or not. The appropriate _____ should then be applied. Once you have gathered all the _____ you need, get _____.

2 Unscramble the words to find out how to cope in an emergency:

SASSES HET OATNIISTU _____

KAEM EHT AERA ESAF _____

GEIV EGEENYRMC IDA _____

TEG LPHE FMOR SHEOTR _____

ASTHMA QUIZ

NAME: _____

1	Name three factors that may trigger an asthma attack	
2	When do people with asthma usually use the preventer inhaler?	
3	When do people with asthma usually use the reliever inhaler?	
4	Make a list of the symptoms of asthma (they can be different for different people)	
5	How long does it take for an inhaler to work?	
6	How could you help someone who is having an asthma attack?	
7	What should you do if the person's inhaler doesn't work or their asthma attack gets worse?	
8	If the casualty becomes unresponsive, what should you do?	

BONES, MUSCLES & JOINTS QUIZ

NAME: _____

We use RICE to help us remember how to treat a sprain or a strain.
Next to each of the letters, complete the word and draw a picture that represents that word.

R _ _ _	
I _ _	
C _ _ _ _ _ _ _ _ _ _ _ _ _ _	
E _ _ _ _ _ _ _	

BONES, MUSCLES & JOINTS QUIZ

NAME: _____

1 Unscramble the following letters to find the names of common bone, muscle and joint injuries:

UEFTRRCA _____

IPSRNA _____

NTSIAR _____

CIODNIOATSL _____

2 List three features of a sprain and a strain:

3 List three features of a broken bone:

4 What does each of the following letters stand for when treating a sprain or strain?

R _____ I _____ C _____ E _____

5 Describe how the treatment of a fractured bone may be different to the treatment of a strain or a sprain:

SPINAL INJURY QUIZ

NAME: _____

1 What is the spine?

2 List three causes of a spinal injury:
1 _____

2 _____

3 _____

3 Number these sentences in the correct order to show how to treat someone who may have a spinal injury:

- a Continue to support the casualty's head until medical help arrives.
- b Kneel behind the casualty's head.
- c Monitor vital signs until medical help arrives.
- d Without moving the casualty's head, support it at either side, making sure not to cover the casualty's ears.
- e Steady the casualty's head so it does not move.
- f Advise the casualty not to move.
- g Dial 999 or 112 for an ambulance.

4 You are alone with a casualty who has a spinal injury and is struggling to breathe. What would you do? Tick the correct box.

- Leave them in their current position.
- Put them in the recovery position.
- Leave them and phone for help.
- Move their head to a position that might help them to breathe.

CHEST PAINS QUIZ

NAME: _____

Which of these statements are true and which are false?

TRUE/FALSE

1		The risk of a heart attack is increased by eating a fatty diet and being overweight
2		A lot of exercise is dangerous for the heart as it may pump too fast
3		Smoking is dangerous to the lungs but not to the heart
4		When someone has a heart attack they always collapse and become unresponsive
5		Someone having a heart attack looks very pale, and possibly blue, in the face
6		Someone having a heart attack may have a lot of pain in the chest and sometimes also in the arms
7		If someone is unresponsive and breathing, you should put them in the recovery position
8		If possible, the first aider should stay with the casualty and ask someone nearby to dial 999 or 112 for an ambulance
9		The function of the heart is to pump blood around the body
10		When you call for an ambulance, you should never tell the emergency operator that you think it may be a heart attack in case you are wrong
11		As a first aider, your main priorities in a heart attack case, if the casualty is responsive, are to make the casualty comfortable and to get them to hospital urgently.

LOW BLOOD SUGAR QUIZ

NAME: _____

1 Which of the following may be a sign that someone has low blood sugar?

(More than one answer may be correct)

- Strange actions
- Sweating with cold and clammy skin
- Diabetic's warning card/medic alerts
- Persistent headache
- Swollen ankles
- Angry and confused
- Muscle tremors.

2 What may cause low blood sugar?

3 Name three suitable products to give a person with low blood sugar:

4 Are the following statements true or false?

TRUE/FALSE

1		You should pour a sweet drink in to an unresponsive casualty's mouth
2		Low blood sugar is infectious
3		Someone with low blood sugar will improve if they are left to sit quietly.



WHAT TO DO IF SOMEONE IS BLEEDING

1. Press it

- Apply direct pressure to the wound



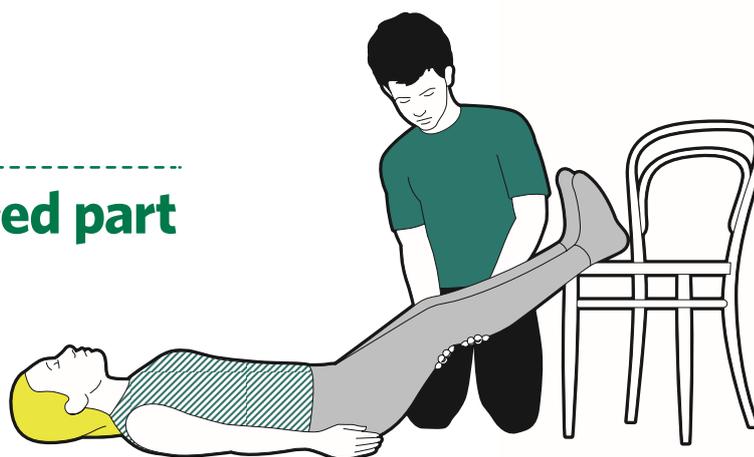
2. Call 999/112 for emergency help

3. Firmly secure dressing with a bandage



4. Treat for shock

5. Support the injured part



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BLEEDING & SHOCK QUIZ

Tick the correct answers

(more than one answer may be correct).

NAME: _____

1 What are the two most important things we need to do as first aiders to help someone who is bleeding heavily?

- Get them to hospital
- Keep them warm
- Stop the bleeding
- Try to prevent infection entering the body by covering with a clean dressing or other clean material.

2 What are the two best ways to stop or slow the bleeding?

- Press very firmly directly on the wound
- Put a dressing on the wound
- Raise the injured part (above the casualty's heart)
- Raise the casualty's legs. Apply dressing or other clean material
- Put the casualty in the recovery position.

3 What do you do if you notice there is a piece of glass sticking in a wound?

- Pull it out quickly
- Leave it in and put a dressing firmly over it
- Leave it in and ask the casualty to firmly press on each side of the object, pushing the edges of the wound together.

4 If blood soaks through a dressing what should you do?

- Take the dressing off and put a clean one on
- Keep the injured part raised
- Put another dressing on top of the soaked one
- Tie a plastic bag over it.

5 If the casualty is in shock, what signs and symptoms would they show?

- Nausea
- Grey-blue skin
- Shallow breathing
- Weakness
- Thirst.

6 It is common for someone with severe blood loss to also have which conditions?

- Blood poisoning
- Haemophilia
- Shock
- Headache
- Asthma

HYPOTHERMIA QUIZ

NAME: _____

Which of these statements are true and which are false?

TRUE/FALSE

1		You should give a casualty alcohol to warm them up
2		Hypothermia is when your body temperature gets too high
3		Always place someone with hypothermia next to a heater
4		The elderly and very young are most likely to get hypothermia
5		A casualty with hypothermia can be placed in a hot bath to warm them up
6		You should give a casualty with hypothermia chocolate and warm drinks
7		If you are outside, you should give a casualty with hypothermia some of your own clothing
8		Someone is more likely to develop hypothermia on a windy day.

HYPOTHERMIA QUIZ

NAME: _____

Solve the crossword:

Across

- 3** This is a good drink to give someone with hypothermia (3)
- 4** If these are wet, they should be replaced with dry ones (7)
- 6** When you warm someone with hypothermia, you should do it like this (6)
- 7** You should protect a casualty from this if they are outside (4)
- 9** This group of people is likely to develop hypothermia (7)
- 10** You should never give this to someone with hypothermia (7)

Down

- 1** This type of food could be given to someone with hypothermia (9)
- 2** If someone has hypothermia, their skin may appear like this (4)
- 5** The rate of breathing of someone with hypothermia (4)
- 8** This may occur if hypothermia is not treated (5)

	1					2				
				3						
	4						5			
6										
							7			
				8						
	9									
10										

Case Study 1

Your teammate was sucking a boiled sweet when they tripped on a tree root.

They clutch their throat and can't talk.

What would you do?

Case Study 2

It is a beautiful sunny day and your group have just walked up a steep hill.

One of your team mates is only wearing a t-shirt and shorts.

You stop for lunch at the top of the hill and they start to shiver.

What would you do?

Case Study 3

It is a hot sunny day and your DofE group are just finishing a particularly hard leg. One of your teammates has been complaining of a headache, they are hot, flushed and have dry hot skin.

What would you do?

Case Study 4

Your expedition team stop for a snack and share around a bag of fruit and nut. One of your team starts to experience difficulty in breathing, has swelling around the mouth and a red rash starts to appear.

What would you do?

Case Study 5

You and your team are walking along a bridleway. You notice your friend's eyes are running, they are sniffing and sneezing a lot.

What would you do?

Case Study 6

After a long days walk you get into your tent with your tent mate and take your boots off. You notice an unusual pea sized lump stuck to your friends leg.

What would you do?

Case Study 7

It is raining and you and your team are walking down a slippery hillside. Your team mate slips and rolls on their ankle. The ankle is swollen and appears painful.

What would you do?

Case Study 8

After a short rest break your team mate is putting their heavy rucksack back on, they drop it and scream in pain. You notice their arm is hanging at an odd angle and the joint looks funny.

What would you do?

Case Study 9

You are walking along a field boundary when you come across a stile.

One of your team members trips over the top and lands heavily on their arm.

They scream out in pain.

What would you do?

Case Study 10

You and your team are very tired after day 1 of your expedition. One person is cooking your boil in the bag meals whilst the rest of the team put the tents up.

You hear a scream and notice your team mate has tripped over a guy rope knocking the boiling water onto her arm.

What would you do?

FAINTING QUIZ

NAME: _____

1 What is a 'faint'?

2 Explain why laying someone down and raising their legs helps someone who is feeling faint:

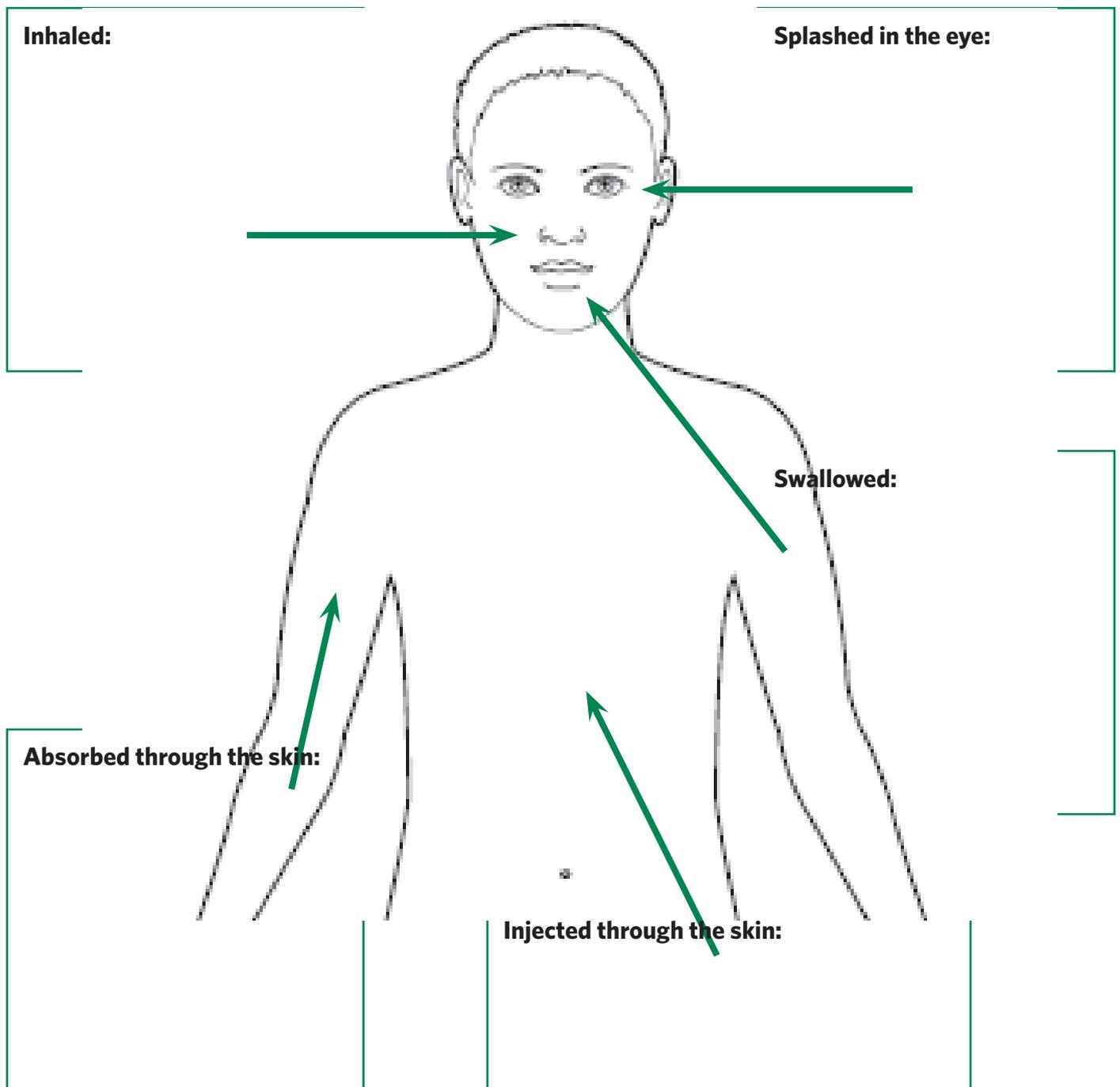
3 Number these statements to show the order of treatment for someone who feels faint:

- a Reassure the casualty and help them to sit up slowly
- b Advise the casualty to lay down
- c Make sure the casualty has plenty of fresh air
- d If the casualty starts to feel faint again, advise them to lie down
- e Kneel down, raise their legs and support the casualty's ankles on your shoulder.



POISONS QUIZ

Write the names of poisons around the body, to show how each poison can enter



Case Study 11

You are walking across a field for approximately 6km on a hot, sunny day. You notice your team mate looks extremely red and has not been wearing a hat.

What would you do?

Case Study 12

You are cycling towards your lunch stop and have been looking for somewhere to stop for water for the last 3 hours.

Your friend has had a headache for around 45 minutes and hasn't been to the toilet since the morning. They start to feel dizzy.

What would you do?

Case Study 13

One of your team members is scared of cows so decides to run to the other end of the cow field to stay away from them.

When you catch up with them they are wheezing and have difficulty in breathing.

What would you do?

Case Study 14

You have stopped for lunch when a walker you saw earlier in the day is walking towards you. He appears to be very unsteady and shaky, is showing signs of confusion, is unsure of where he is and is asking for help. You notice a medical alert bracelet on his wrist.

What would you do?

Case Study 15

One of your team woke up late and didn't have time to eat their breakfast, they haven't eaten anything all morning.

They are becoming angry and become upset very easily.

They are shaky and eventually admit that they are starting to feel faint.

What would you do?

Case Study 16

On the second day of your hike, one of your team members who has Type 1 diabetes is noticed to be drinking a lot of water.

They have emptied their water bottle twice already and are borrowing others.

Their breath smells of fruit sweets.

What would you do?

Case Study 17

You are half way through your day's walking when your friend's foot starts to hurt. It is the first time they have worn their new walking boots and when they take off their boot and sock they find that they have a blister.

What would you do?

Case Study 18

You are walking along a river bank and see an upturned canoe floating in the water. You then notice someone getting pulled out of the water. They are lying on the bank, soaking wet and unresponsive.

What would you do?

Case Study 19

Two of your friends are walking ahead of you and are mucking about, one of them slips and slides down the side of the path.

It is not steep so it is safe to make your way to them. When you get there your friend is crying and in pain, there is a lot of blood on their leg.

What would you do?

Case Study 20

After a long day your team finally get their tent up and can't wait to get their boots off.

You are all running around in your socks when a team mate steps on a tent peg that was left in the ground and it gets stuck in their foot.

What would you do?

Case Study 21

Towards the end of your expedition everyone is starting to feel tired. One of your team mates finds a perfect stick to use as a walking aid. After a few minutes they realise they have got a splinter.

What would you do?

Case Study 22

It is a hot day and a member of your group starts having a nosebleed while they are walking.

What would you do?

Case Study 23

Your team stop and decide to check their maps and route card to make sure they are where they think they are.

A member of your group complains about feeling dizzy and light headed.

You hear a thud and realise they have collapsed. They wake up quickly.

What would you do?

Case Study 24

You are waiting to be picked up at the end of your expedition when someone suddenly falls to the ground making a funny noise and starts shaking uncontrollably.

What would you do?

Case Study 25

You are walking to the pickup point at the end of a hike when the person in front of you trips over and bangs their head on a large stone.

What would you do?

Case Study 26

You are at the campsite when you see someone from a different group walk in with a handful of berries.

They start vomiting as you go over to them.

What would you do?

Case Study 27

You are on a hike when you come across another group of walkers.

They have stopped because one of the men is suffering from pains in their chest and looks pale and sweaty.

They don't know what to do.

What would you do?

Case Study 28

A member of your group slips and hits their back against a rock.

They cannot move or feel their legs or the injury. They are panicking.

What would you do?

Case Study 29

You walk into your tent to put your rucksack away and find one of your group lying on their inflatable sleeping mat not moving. You can't wake them up.

What would you do?

Case Study 30

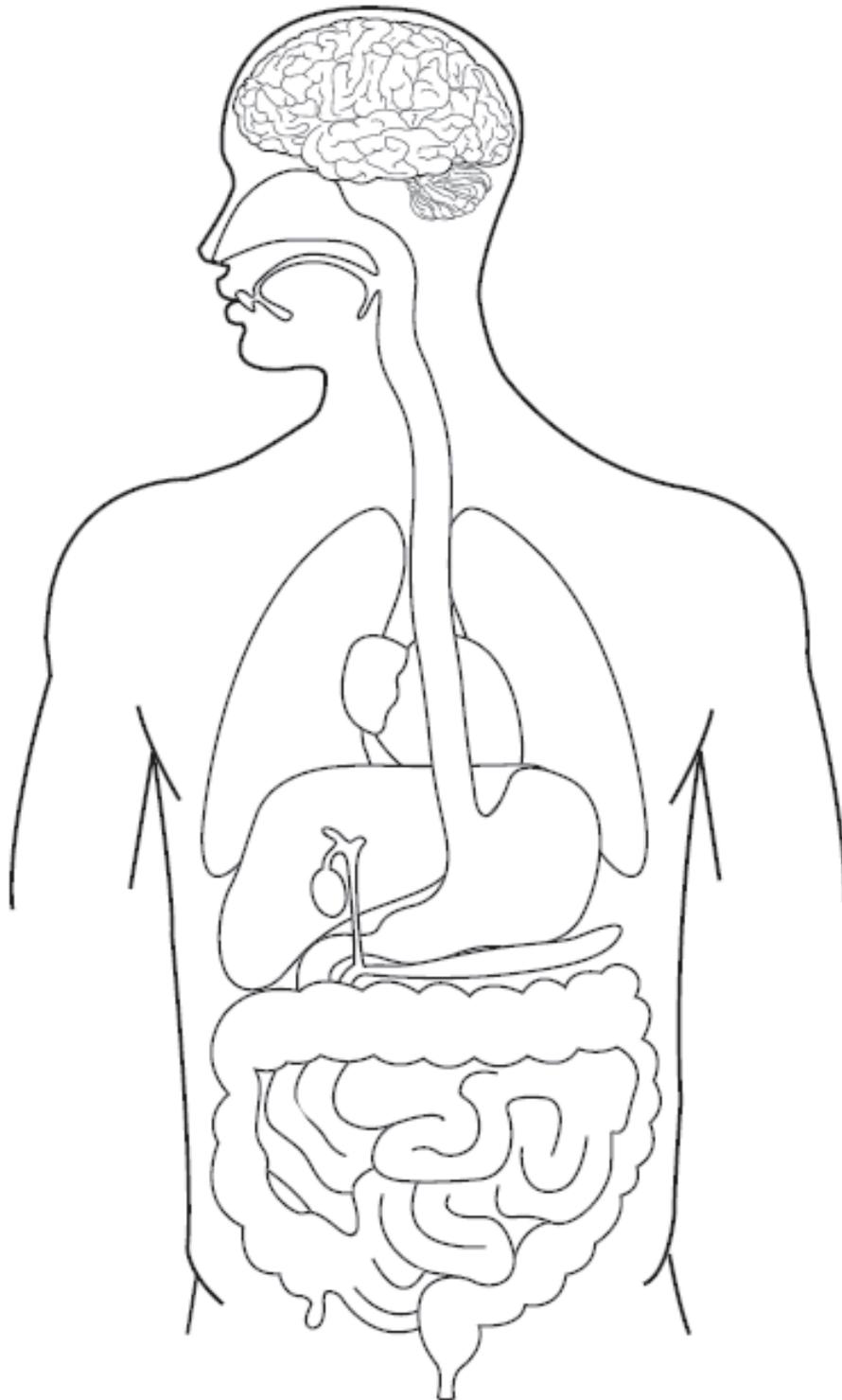
After a long days walking everyone is sat outside their tents playing card games. As the sun goes down the temperature starts to drop.

Your friend is only wearing a t-shirt and shorts. They start to shiver.

What would you do?

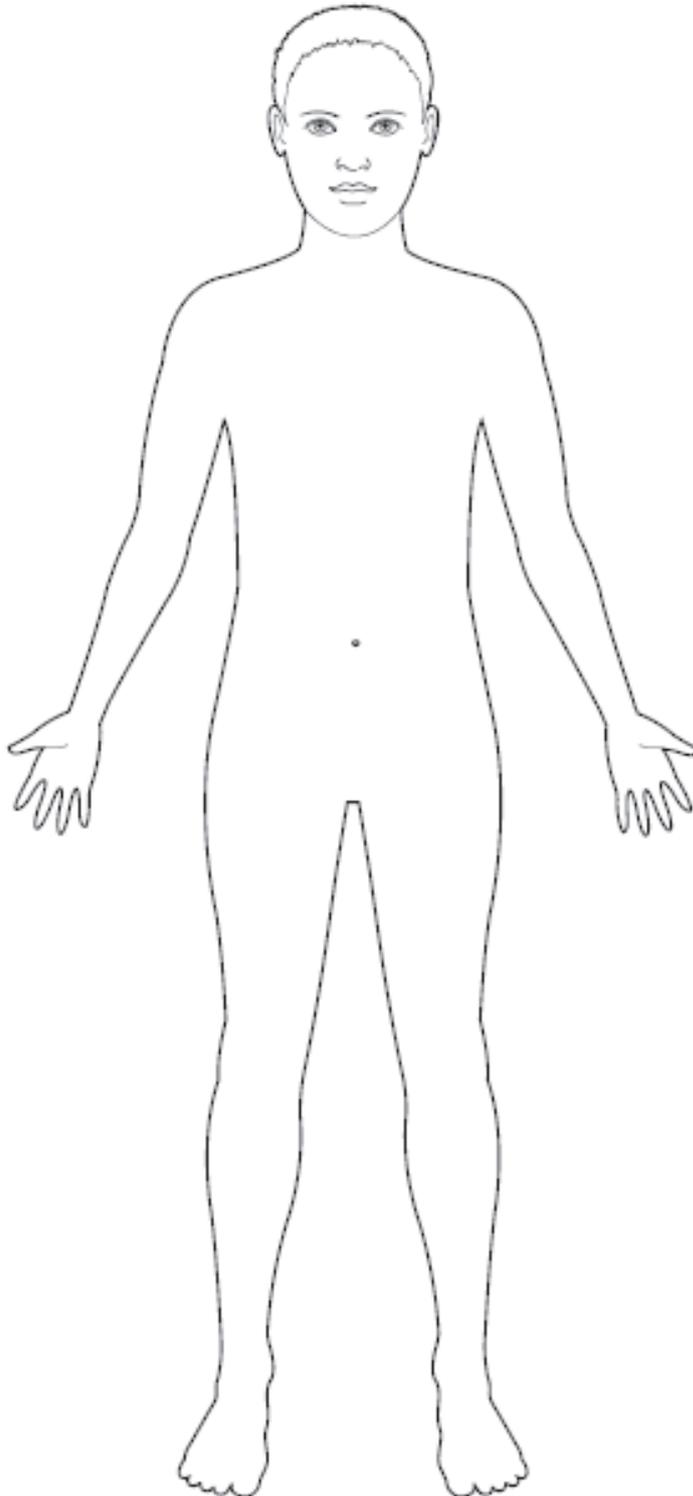


BODY ORGANS



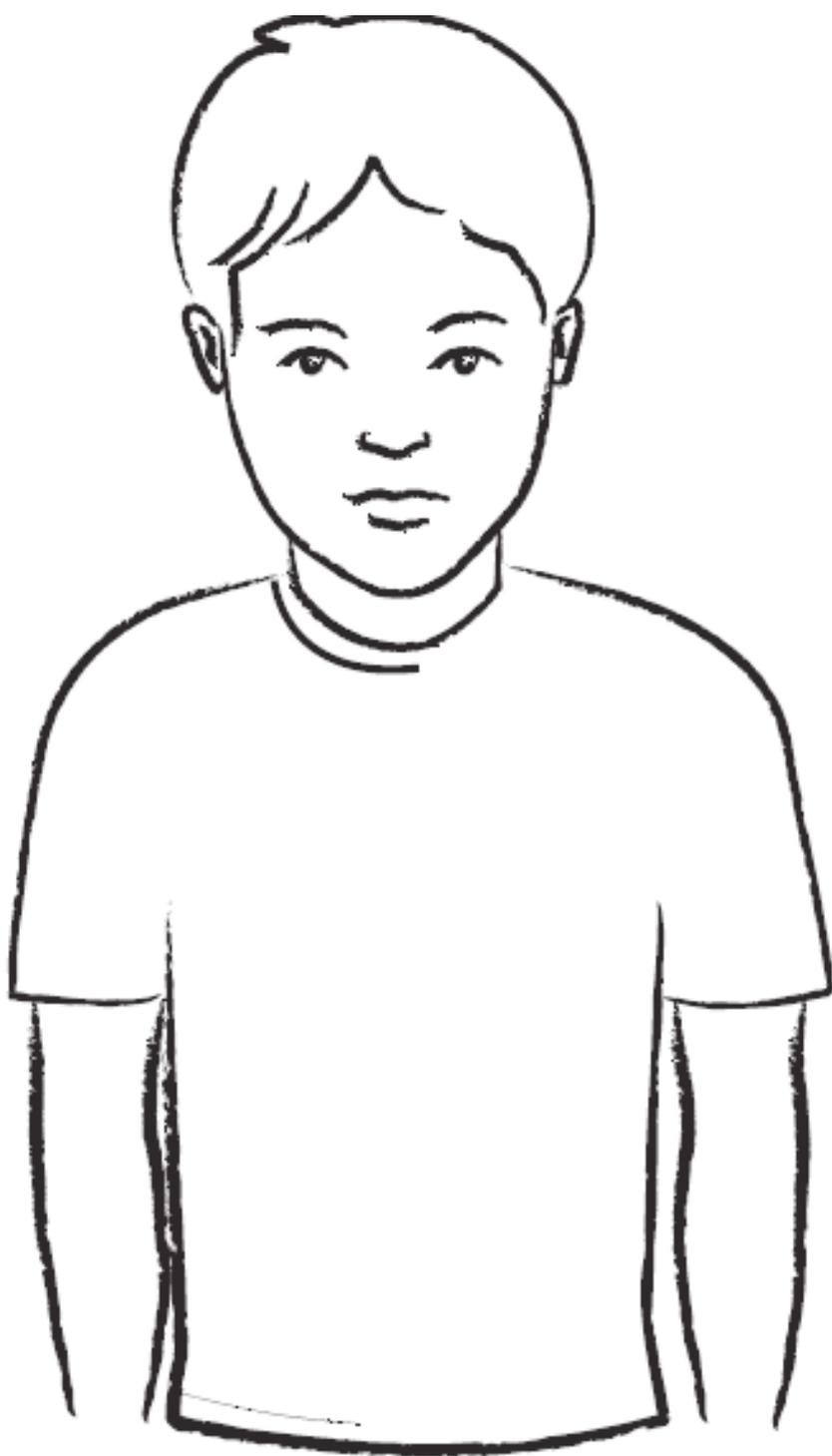


BODY OUTLINE





TORSO



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Answers

The next pages contains the answers to the previous work sheets and case studies. Please do not look until you have attempted the activity first.

COPING IN AN EMERGENCY QUIZ ANSWERS

1 Fill in the gaps using the following words (each word may be used more than once):

If you come across an emergency situation when someone has had an accident or has been injured, as a first aider you must quickly assess the situation. It is very important to find out what has happened. You must make sure that you remove any dangers to the casualty, any bystanders or to yourself. Never rush straight in to help, as you may make the situation worse if you do not realise the dangers. For example, many people panic when they see an accident, run straight into the road and get themselves injured by a passing car. Once you are sure that there is no further danger, you should check the response from the casualty to decide if they are responsive or not. The appropriate emergency aid should then be applied. Once you have gathered all the information you need, get help.

2 Unscramble the words to find out how to cope in an emergency:

SASSES HET OATNIISTU	<u>ASSESS THE SITUATION</u>
KAEM EHT AERA ESAF	<u>MAKE THE AREA SAFE</u>
GEIV EGEENYRMC IDA	<u>GIVE EMERGENCY AID</u>
TEG LPHE FMOR SHEOTR	<u>GET HELP FROM OTHERS</u>

ASTHMA QUIZ ANSWERS

<p>1 Name three factors that may trigger an asthma attack</p>	<ul style="list-style-type: none"> > An infection, eg. a cold > Allergy, eg. animal fur > Cigarette smoke > Dust > Exercise > Stress.
<p>2 When do people with asthma usually use the preventer inhaler?</p>	<p>Usually twice a day or as prescribed by their doctor.</p>
<p>3 When do people with asthma usually use the reliever inhaler?</p>	<p>At the first sign of an asthma attack.</p>
<p>4 Make a list of the symptoms of asthma (they can be different for different people)</p>	<ul style="list-style-type: none"> > Difficulty in breathing > Wheezing > Difficulty in speaking > Distress > Anxiety > Coughing > Blue lips.
<p>5 How long does it take for an inhaler to work?</p>	<p>It usually works within a few minutes.</p>
<p>6 How could you help someone who is having an asthma attack?</p>	<p>Calm and reassure the casualty, encourage them to breathe deeply and slowly. Encourage them to adopt the position that they find most comfortable for their breathing. Get them to take a puff of their inhaler as soon as possible.</p>
<p>7 What should you do if the person's inhaler doesn't work or their asthma attack gets worse?</p>	<p>Dial 999 or 112 for an ambulance.</p>
<p>8 If the casualty becomes unresponsive, what should you do?</p>	<p>Open their airway and check breathing. If the casualty is not breathing, dial 999 or 112 for an ambulance. Start cardiopulmonary resuscitation (CPR) with 30 chest compressions followed by two rescue breaths. Continue CPR until help arrives.</p>

BONES, MUSCLES & JOINTS QUIZ ANSWERS

REST	Any appropriate picture
ICE	Any appropriate picture
COMFORTABLE SUPPORT	Any appropriate picture
ELEVATION	Any appropriate picture

BONES, MUSCLES & JOINTS QUIZ ANSWERS

1 Unscramble the following letters to find the names of common bone, muscle and joint injuries:

UEFTRRCA **FRACTURE**
IPSRNA **SPRAIN**
NTSIAR **STRAIN**
CIODNIOATSL **DISLOCATION**

2 List three features of a sprain and a strain:

> **Swelling** > **Bruising** > **Tenderness** > **Pain**
> **With a sprain the joint may be unstable** > **Difficulty in moving**

3 List three features of a broken bone:

Pain, swelling, bruising, deformity, possible signs of shock, possible wound or bone protruding. The pain may increase with movement and the casualty may be unable to move the affected limb or region.

4 What does each of the following letters stand for when treating a sprain or strain?

R **Rest** I **Ice** C **Comfortable support** E **Elevation**

5 Describe how the treatment of a fractured bone may be different to the treatment of a strain or a sprain:

Do not apply RICE. Prevent movement. Steady and support the injured limb. Arrange for transport to hospital.

SPINAL INJURY QUIZ ANSWERS

1 What is the spine?
The backbone

2 List three causes of a spinal injury:

- 1 A fall**
- 2 A sporting injury**
- 3 An injury to the head or neck, including whiplash**

3 Number these sentences in the correct order to show how to treat someone who may have a spinal injury:

- 6** a Continue to support the casualty's head until medical help arrives.
- 3** b Kneel behind the casualty's head.
- 7** c Monitor vital signs until medical help arrives.
- 5** d Without moving the casualty's head, support it at either side, making sure not to cover the casualty's ears.
- 4** e Steady the casualty's head so it does not move.
- 1** f Advise the casualty not to move.
- 2** g Dial 999 or 112 for an ambulance.

4 You are alone with a casualty who has a spinal injury and is struggling to breathe. What would you do? *Tick the correct box.*

- Leave them in their current position.
- Put them in the recovery position.
- Leave them and phone for help.
- Move their head to a position that might help them to breathe.

CHEST PAINS QUIZ ANSWERS

1	True	The risk of a heart attack is increased by eating a fatty diet and being overweight
2	False	A lot of exercise is dangerous for the heart as it may pump too fast
3	False	Smoking is dangerous to the lungs but not to the heart
4	False	When someone has a heart attack they always collapse and become unresponsive
5	True	Someone having a heart attack looks very pale, and possibly blue, in the face
6	True	Someone having a heart attack may have a lot of pain in the chest and sometimes also in the arms
7	True	If someone is unresponsive and breathing, you should put them in the recovery position
8	True	If possible, the first aider should stay with the casualty and ask someone nearby to dial 999 or 112 for an ambulance
9	True	The function of the heart is to pump blood around the body
10	False	When you call for an ambulance, you should never tell the emergency operator that you think it may be a heart attack in case you are wrong
11	True	As a first aider, your main priorities in a heart attack case, if the casualty is responsive, are to make the casualty comfortable and to get them to hospital urgently

LOW BLOOD SUGAR QUIZ ANSWERS

1 Which of the following may be a sign that someone has low blood sugar?

(More than one answer may be correct)

- Strange actions
- Sweating with cold and clammy skin
- Diabetic's warning card/medic alerts
- Persistent headache
- Swollen ankles
- Angry and confused
- Muscle tremors.

2 What may cause low blood sugar?

Missing meals or undereating

3 Name three suitable products to give a person with low blood sugar:

- > **Chocolate**
 - > **Their own glucose gel**
 - > **Sugar lumps**
 - > **Sugary foods or drinks**
-

4 Are the following statements true or false?

TRUE/FALSE

1	False	You should pour a sweet drink in to an unresponsive casualty's mouth
2	False	Low blood sugar is infectious
3	False	Someone with low blood sugar will improve if they are left to sit quietly.

BLEEDING & SHOCK

QUIZ ANSWERS

1 What are the two most important things we need to do as first aiders to help someone who is bleeding heavily?

- Get them to hospital
- Keep them warm
- Stop the bleeding
- Try to prevent infection entering the body by covering with a clean dressing or other clean material.

2 What are the two best ways to stop or slow the bleeding?

- Press very firmly directly on the wound
- Put a dressing on the wound
- Raise the injured part (above the casualty's heart)
- Raise the casualty's legs. Apply dressing or other clean material
- Put the casualty in the recovery position.

3 What do you do if you notice there is a piece of glass sticking in a wound?

- Pull it out quickly
- Leave it in and put a dressing firmly over it
- Leave it in and ask the casualty to firmly press on each side of the object, pushing the edges of the wound together.

4 If blood soaks through a dressing what should you do?

- Take the dressing off and put a clean one on
- Keep the injured part raised
- Put another dressing on top of the soaked one
- Tie a plastic bag over it.

5 If the casualty is in shock, what signs and symptoms would they show?

- Nausea
- Grey-blue skin
- Shallow breathing
- Weakness
- Thirst.

6 It is common for someone with severe blood loss to also have which conditions?

- Blood poisoning
- Haemophilia
- Shock
- Headache
- Asthma.

HYPOTHERMIA QUIZ ANSWERS

TRUE/FALSE

1	False	You should give a casualty alcohol to warm them up
2	False	Hypothermia is when your body temperature gets too high
3	False	Always place someone with hypothermia next to a heater
4	True	The elderly and very young are most likely to get hypothermia
5	False	A casualty with hypothermia can be placed in a hot bath to warm them up
6	True	You should give a casualty with hypothermia chocolate and warm drinks
7	False	If you are outside, you should give a casualty with hypothermia some of your own clothing
8	True	Someone is more likely to develop hypothermia on a windy day.

HYPOTHERMIA QUIZ ANSWERS

Solve the crossword:

Across

- 3 This is a good drink to give someone with hypothermia (3)
- 4 If these are wet, they should be replaced with dry ones (7)
- 6 When you warm someone with hypothermia, you should do it like this (6)
- 7 You should protect a casualty from this if they are outside (4)
- 9 This group of people is likely to develop hypothermia (7)
- 10 You should never give this to someone with hypothermia (7)

Down

- 1 This type of food could be given to someone with hypothermia (9)
- 2 If someone has hypothermia, their skin may appear like this (4)
- 5 The rate of breathing of someone with hypothermia (4)
- 8 This may occur if hypothermia is not treated (5)

	¹ C					² P				
	H			³ T	E	A				
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	O						L			
⁶	S	L	O	W	L	Y		O		
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				A						
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¹⁰	A	L	C	O	H	O	L			

FAINTING QUIZ ANSWERS

1 What is a 'faint'?

It is a brief loss of consciousness caused by a temporary reduction of blood flow to the brain.

2 Explain why laying someone down and raising their legs helps someone who is feeling faint:

This improves the flow of blood to their brain.

3 Number these statements to show the order of treatment for someone who feels faint:

- 4** a Reassure the casualty and help them to sit up slowly
- 1** b Advise the casualty to lay down
- 3** c Make sure the casualty has plenty of fresh air
- 5** d If the casualty starts to feel faint again, advise them to lie down
- 2** e Kneel down, raise their legs and support the casualty's ankles on your shoulder.

Case study notes 1 - 5



Case Study 1

Your teammate was sucking a boiled sweet when they tripped on a tree root. They clutch their throat and can't talk.

What would you do?

- You should ask them: "Are you choking?"
- You should encourage them to cough, if they can
- You should remove anything obvious from their mouth
- If still choking, you should give them up to five back blows. You need to stop if the obstruction clears
- If the obstruction doesn't clear, you need to give up to five abdominal thrusts
- If they are still choking you should dial 999 or 112 for emergency help
- Repeat back blows and abdominal thrusts until the obstruction clears. If they become unresponsive prepare to start CPR
- If you used abdominal thrusts, they must seek medical advice.



Case Study 2

It is a beautiful sunny day and your group have just walked up a steep hill. One of your team mates is only wearing a t-shirt and shorts. You stop for lunch at the top of the hill and they start to shiver.

What would you do?

- You should take the casualty to a sheltered place as quickly as possible. This could be coming off the top of the hill, or creating shelter with a tent or an emergency shelter
- Remove and replace any wet clothing and make sure the head is covered
- Protect the casualty from the ground by laying them on a sleeping mat and put in a dry sleeping bag
- If the condition does not improve call 999/112 or send for emergency help. Ideally, two people should go for help and stay together if you are in a remote area. It is important that you do not leave the casualty by themselves
- Give warm drinks and high energy food if available.



Case Study 3

It is a hot sunny day and your DofE group are just finishing a particularly hard leg. One of your teammates has been complaining of a headache, they are hot, flushed and have dry hot skin.

What would you do?

- Help your team-mate to a cool, shady place. You may have to create your own shade using an emergency shelter
- Encourage them to lay down and raise and support their legs
- Give them plenty of water to drink
- Monitor your team-mate and seek medical help.



Case Study 4

Your expedition team stop for a snack and share around a bag of fruit and nut. One of your team starts to experience difficulty in breathing, has swelling around the mouth and a red rash starts to appear.

What would you do?

- Ask if the member of your team has any allergies
- Move the bag of fruit and nuts away from the casualty, or the casualty away from the food
- Allow the casualty to take their allergy medication (usually a tablet if there is mild irritation) or auto-injector (if they are at risk of a severe allergic reaction)
- Call 999 or 112 if the casualty does not improve or if they have used their auto-injector.



Case Study 5

You and your team are walking along a bridleway. You notice your friend's eyes are running, they are sniffing and sneezing a lot.

What would you do?

- Ask if the member of your team has hay fever
- If possible move the casualty away from the trigger
- Allow the casualty to take their hay fever medication
- Seek medical advice if the condition does not improve.

Case study notes 6 - 10



Case Study 6

After a long days walk you get into your tent with your tent mate and take your boots off. You notice an unusual pea sized lump stuck to your friends leg.

What would you do?

- Treat for a tick bite
- Remove the tick from the skin using tweezers or a tick remover. Grasp the tick's head as close to the casualty's skin as you can and gently pull the head upwards using steady even pressure
- Save the tick for identification
- Seek medical advice.



Case Study 7

It is raining and you and your team are walking down a slippery hillside. Your team mate slips and rolls on their ankle. The ankle is swollen and appears painful.

What would you do?

- You should be careful not to slip over as well
- Help the casualty to sit down. You should support the ankle with coats and jumpers to keep it in a comfortable position
- You should put up a tent or emergency shelter to protect the group from the rain
- You should dial 999 or 112 for emergency help or Mountain Rescue depending on the location.



Case Study 8

After a short rest break your team mate is putting their heavy rucksack back on, they drop it and scream in pain. You notice their arm is hanging at an odd angle and the joint looks funny.

What would you do?

- Advise the casualty to keep still and support the injured arm in the position they find most comfortable
- Immobilise the injured arm with a sling
- Arrange to take or send the casualty to hospital or dial 999 or 112 for emergency help. If in a remote area consider asking for mountain rescue and erecting an emergency shelter.



Case Study 9

You are walking along a field boundary when you come across a stile. One of your team members trips over the top and lands heavily on their arm. They scream out in pain.

What would you do?

- Advise the casualty to keep still and support the injured arm in the position they find most comfortable
- You should try and support it using coats and jumpers or a sling if you have one
- You should dial 999 or 112 for emergency help. If in a remote area consider asking for Mountain Rescue and erecting an emergency shelter.



Case Study 10

You and your team are very tired after day 1 of your expedition. One person is cooking your boil in the bag meals whilst the rest of the team put the tents up. You hear a scream and notice your team mate has tripped over a guy rope knocking the boiling water onto her arm.

What would you do?

- Their arm should be flooded with cold water for at least 10 minutes, (the campsite may have outdoor taps which you can use)
- Any jewellery should be removed if possible before the injured area begins to swell
- You should put on disposable gloves, if available
- A clean plastic bag or cling film applied length-ways can be used as a temporary covering
- You should cover the area with a sterile dressing or a clean non-fluffy pad and bandage loosely in place
- If the burn is severe seek medical advice.



POISONS QUIZ ANSWERS

Inhaled:

- Industrial chemical fumes
- Lighter fluid fumes.

Splashed in the eye:

- Bleach
- Lighter fuel
- Industrial chemical.

Swallowed:

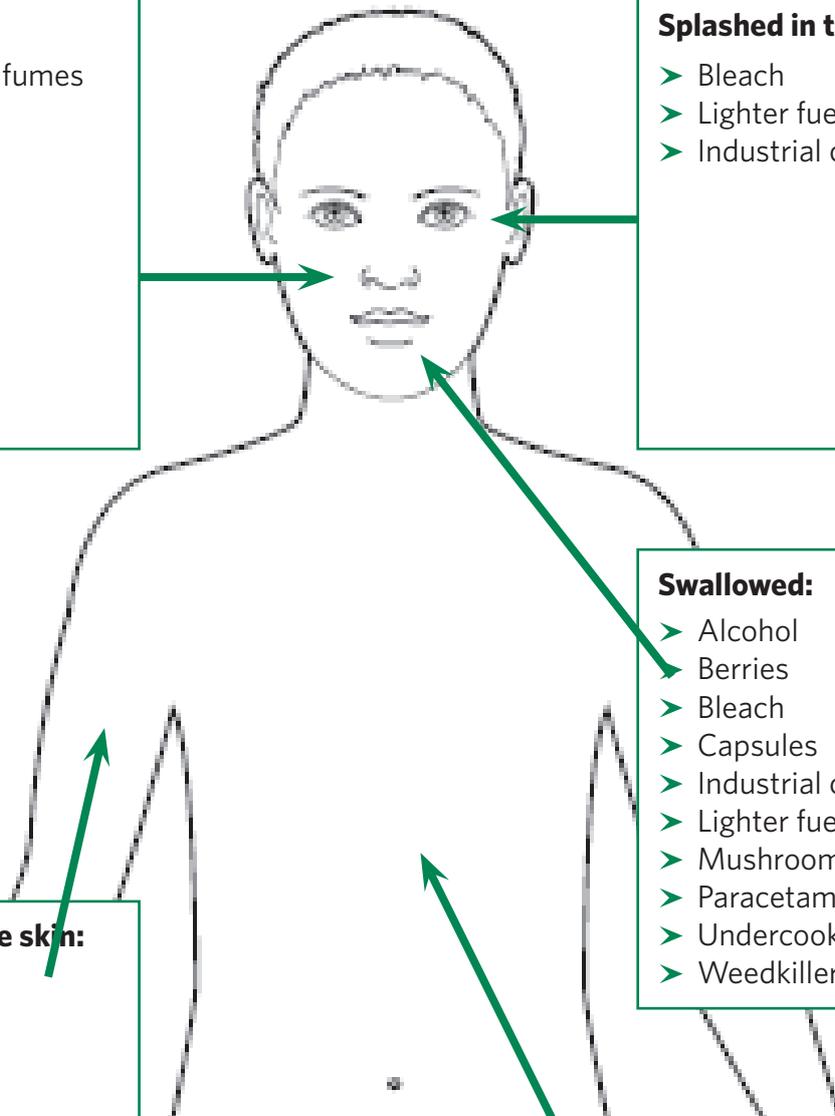
- Alcohol
- Berries
- Bleach
- Capsules
- Industrial chemical
- Lighter fuel
- Mushrooms
- Paracetamol
- Undercooked meat
- Weedkiller.

Absorbed through the skin:

- Bleach
- Industrial chemical.

Injected through the skin:

- Drugs
- Venom from stings and bites.



Case study notes 11 - 15



Case Study 11

You are walking across a field for approximately 6km on a hot, sunny day. You notice your team mate looks extremely red and has not been wearing a hat.

What would you do?

- You should move your team-mate out of the sun or, if at all possible, indoors
- Pour cool water over your team-mate to cool them down for 10 minutes
- You should give them frequent sips of cold water
- For mild burns, calamine or after-sun may soothe
- For severe burns seek medical help
- Check the rest of your team, make sure everyone is wearing sun cream and has their skin covered.



Case Study 12

You are cycling towards your lunch stop and have been looking for somewhere to stop for water for the last 3 hours. Your friend has had a headache for around 45 minutes and hasn't been to the toilet since the morning. They start to feel dizzy.

What would you do?

- Reassure your friend, help them to sit down and get them plenty of water to drink
- Water is usually sufficient but oral rehydration solutions can help with salt replacement
- Monitor your friend and seek further medical help if they continue to be unwell.



Case Study 13

One of your team members is scared of cows so decides to run to the other end of the cow field to stay away from them. When you catch up with them they are wheezing and have difficulty in breathing.

What would you do?

- You should reassure them and tell them to try to keep calm
- You should ask them whether they have their reliever inhaler, and tell them to use it
- You should help them to sit in a position which feels comfortable, removing their backpacks
- If they do not improve within a few minutes they may take one or two more puffs from the inhaler every two minutes until they have had ten puffs
- If the inhaler has no effect you should dial 999 or 112 for emergency help. If in a remote area consider asking for Mountain Rescue and erecting an emergency shelter.



Case Study 14

You have stopped for lunch when a walker you saw earlier in the day is walking towards you. He appears to be very unsteady and shaky, is showing signs of confusion, is unsure of where he is and is asking for help. You notice a medical alert bracelet on his wrist.

What would you do?

- Reassure the casualty. Sit them down. Check their medical bracelet - this tells you that they are a diabetic
- Ask them if they have any Glucogel or sweets on them
- Get Glucogel or sweets from the bag and hand them to the casualty
- If they need and are able to check their blood sugar levels encourage them to do this
- Advise them to have a proper meal
- Advise seeking further medical assistance if required
- Consider if they can carry on safely or do they need further help.



Case Study 15

One of your team woke up late and didn't have time to eat their breakfast, they haven't eaten anything all morning. They are becoming angry and become upset very easily. They are shaky and eventually admit that they are starting to feel faint.

What would you do?

- Help your team mate to sit down
- Give them a sugary drink, chocolate or other sweet food, this could come from your emergency rations
- If they respond quickly, you should let them rest and give more food until they feel better
- If they do not improve you should seek medical help.

Case study notes 16 - 20



Case Study 16

On the second day of your hike, one of your team members who has Type 1 diabetes is noticed to be drinking a lot of water. They have emptied their water bottle twice already and are borrowing others.

Their breath smells of fruit sweets.

What would you do?

- Are they able to test their glucose levels? If so advise them to do so. Do they take insulin? Have they missed a dose? Are they in a position to take their insulin?
- If they are unwell call 999 or 112 straight away for medical help and say that you suspect hyperglycemia
- While you wait for help to arrive, keep checking their breathing, pulse and level of response
- If they lose responsiveness at any point, open their airway, check their breathing and prepare to treat someone who's become unresponsive.



Case Study 17

You are half way through your day's walking when your friend's foot starts to hurt. It is the first time they have worn their new walking boots and when they take off their boot and sock they find that they have a blister.

What would you do?

- Wash the area with clean water and pat skin around blister dry
- Do not burst the blister unless it is very large and it hinders mobility
- If unable to wash the area keep it as clean as possible
- Cover with an adhesive dressing. Make sure the pad of the plaster is larger than the blister. Ideally use a special blister plaster
- Be aware of stopping in an outdoor environment e.g. will people in your group get cold if you stop?



Case Study 18

You are walking along a river bank and see an upturned canoe floating in the water. You then notice someone getting pulled out of the water. They are lying on the bank, soaking wet and unresponsive.

What would you do?

- Take care to avoid putting yourself in danger when working near water
- Carry out a primary survey, if they are breathing normally put them in the recovery position, remove wet clothing and keep them warm
- If not breathing normally shout for help and call 999/112 for emergency help. Open the airway and begin CPR starting with 5 initial rescue breaths.



Case Study 19

Two of your friends are walking ahead of you and are mucking about, one of them slips and slides down the side of the path. It is not steep so it is safe to make your way to them.

When you get there your friend is crying and in pain, there is a lot of blood on their leg.

What would you do?

- If there is nothing in the wound you should apply direct pressure to the wound to try and stop the bleeding
- Ask a bystander to call 999 or 112 for emergency help
- Secure the dressing with a bandage that is firm enough to maintain pressure but not too tight to stop the circulation
- Call 999/112 for emergency help if this has not already been done
- Treat for shock by lying the casualty down on something to protect them from the cold and raise their legs.



Case Study 20

After a long day your team finally get their tent up and can't wait to get their boots off. You are all running around in your socks when a team mate steps on a tent peg that was left in the ground and it gets stuck in their foot.

What would you do?

- Everyone should be careful not to cut themselves on any other tent pegs and put their boots back on
- You should not try to remove the tent peg, but apply pressure on both sides of the peg. Drape a piece of gauze over the wound and object
- If you can, build up padding on either side of the peg until it is high enough for you to be able to bandage over the top of the object without pressing it further into the wound
- Call 999/112 for emergency help. Monitor circulation in the foot. Treat for shock if necessary.

Case study notes 21 - 25



Case Study 21

Towards the end of your expedition everyone is starting to feel tired. One of your team mates finds a perfect stick to use as a walking aid. After a few minutes they realise they have got a splinter.

What would you do?

- Gently clean the area around the splinter
- Using tweezers, draw the splinter out at the same angle it went in
- Gently squeeze the wound to encourage a little bleeding to dislodge any remaining dirt from the wound
- Cover wound with a sterile dressing.



Case Study 22

It is a hot day and a member of your group starts having a nosebleed while they are walking.

What would you do?

- Sit the casualty down
- Tilt the head forward and ask them to breathe through their mouth
- Get the casualty to pinch the soft part of their nose to stop the bleeding
- After 10 minutes check to see if still bleeding
- If still bleeding pinch nose for another 10 minutes. If bleeding has not stopped after a maximum of 30 minutes call 999/112 for emergency help
- Clean around the nose with water.



Case Study 23

Your team stop and decide to check their maps and route card to make sure they are where they think they are. A member of your group complains about feeling dizzy and light headed. You hear a thud and realise they have collapsed. They wake up quickly.

What would you do?

- Lay the casualty down and raise their legs to increase blood flow to the head
- When they feel ready, help them to sit up gradually
- Support them until they recover fully
- If they feel faint again, lie them down and raise their legs
- When recovered give them something to eat and drink
- Keep the group warm and hydrated while you are stopped.



Case Study 24

You are waiting to be picked up at the end of your expedition when someone suddenly falls to the ground making a funny noise and starts shaking uncontrollably.

What would you do?

- Move any objects that may cause harm away. Don't try to stop the movements. Note the time the seizure started
- Protect the casualty's head with soft clothing/towels/coats
- Loosen tight clothing around the casualty's neck
- Time the duration of the seizure, once the seizure is over, do a primary survey
- If breathing normally, place in the recovery position
- Monitor vital signs until they recover
- If not breathing normally start CPR
- Call 999/112 for emergency help if it is the casualty's first seizure, or the cause is unknown, they're having repeated seizures, the seizure lasts for more than 5 minutes or they are unresponsive for more than 10 minutes.



Case Study 25

You are walking to the pickup point at the end of a hike when the person in front of you trips over and bangs their head on a large stone.

What would you do?

- Sit the casualty down and apply a cold compress to the injury
- Assess their response using the AVPU scale and note if they are confused
- Treat any scalp wounds
- Monitor and record vital signs and watch especially for changes in level of response
- Advise them to seek medical advice if their condition worsens and if they are over 65, have had brain surgery, are taking blood thinning medication or the injury was a result of alcohol or drug intoxication
- Call 999/112 for emergency help
- When the casualty has recovered ensure a responsible person can look after them and seek medical help if their condition worsens.

Case study notes 26 - 30



Case Study 26

You are at the campsite when you see someone from a different group walk in with a handful of berries.

They start vomiting as you go over to them.

What would you do?

- Ask the casualty if they have been eating the berries, how many of them and when. Reassure them
- Call 999/112 for medical help and tell them as much information as possible
- Monitor their breathing, pulse and level of response
- If they become unresponsive, open their airway and check breathing. Treat for someone who is unresponsive. Use a face shield or mask to give rescue breaths if required
- Never try to make the casualty vomit, but if they vomit keep some in a bag or container and keep some of the berries and give it to the health care professionals, this may help them identify and treat the poison.



Case Study 27

You are on a hike when you come across another group of walkers.

They have stopped because one of the men is suffering from pains in their chest and looks pale and sweaty.

They don't know what to do.

What would you do?

- Call 999 or 112 for emergency help and say that you suspect a heart attack
- If there is no phone signal, ideally two people should go for help and stay together if you are in a remote area. It is important that you do not leave the casualty by their self
- Suggest that the casualty sits down in a supported half-sitting position which is often the most comfortable position
- If you or the casualty have an aspirin 300mg then the he should chew it slowly
- If they have any angina medication advise they take some
- Monitor and reassure the casualty until emergency help arrives
- Consider putting up an emergency shelter if it is cold and wet.



Case Study 28

A member of your group slips and hits their back against a rock.

They cannot move or feel their legs or the injury. They are panicking.

What would you do?

- Try to calm them down, reassure them and advise them not to move
- Ask a bystander to call for emergency help from the relevant service for the terrain you are on (Mountain Rescue, Ambulance, etc.)
- Steady and support their head in a neutral position by spreading your fingers and holding both sides of their head ensuring you do not cover their ears, they need to be able to hear you
- Ask a bystander to cover the casualty to keep them dry and warm
- Consider yours, the groups and the casualty's safety and the environment's potential dangers, do you need to use a group shelter? Sleeping bag? Hypothermia risk?
- Maintain the support to the head and neck until the emergency services arrive, for as long as it takes.



Case Study 29

You walk into your tent to put your rucksack away and find one of your group lying on their inflatable sleeping mat not moving. You can't wake them up.

What would you do?

- Shout for help
- Do a primary survey (DR ABC)
- If they are breathing normally put them in the recovery position
- Call 999/112 for emergency help
- If they are not breathing normally commence CPR
- If they are not breathing normally ask a bystander to call 999 or 112 for emergency help and bring an AED if available. If alone make the call yourself, then commence CPR.



Case Study 30

After a long days walking everyone is sat outside their tents playing card games. As the sun goes down the temperature starts to drop.

Your friend is only wearing a t-shirt and shorts. They start to shiver.

What would you do?

- You should take your friend inside their tent for shelter as quickly as possible
- Advise them to put on layers of clothing and make sure the head is covered
- Help them into a sleeping bag and protect them from the ground by laying on a sleeping mat
- Give warm drinks and high energy food if available
- If they do not improve you should seek medical help.

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