

INSTRUCTION BOOKLET

Reality Check

The Training Board Game!



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SPA
TRAINING
LIMITED

Welcome To



First Aid at Work

Inside this instruction booklet you will discover how to play the main game as well as suggestions of how you could adapt the game to suit your own circumstances.

BUT REMEMBER

How you use the game is only limited by your own imagination

Object of the game:

The object of the game is 4 fold.

- 1.To assess the first aid knowledge of a player/learner.
- 2.To increase the knowledge of the player/learner to the required first aid standard.
- 3.To provide an exciting and ongoing delivery tool that can be used over and over again.
- 4.To help assess the quality of First Aid Training.

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Game hint! - Limit the number of questions to suit the first aid course you're running.

1 Point Questions:

Any player landing on a YELLOW circle must answer a one point question.

One point questions are matter of fact and require only a short knowledge based answer.

The Game Master will award either 1 point or no points depending on the answer.

In addition to the printed questions there are 20 blank question cards so that you can add your own questions as required.

One point questions are numbered from 1 to 125 (20 blanks are not numbered).

Hidden within the one point questions are 7 'GO TO' cards that are not numbered.

3 Point Questions:

Any player landing on a BLUE circle must answer a three point question.

Three point questions require a more in depth explanatory answer and are designed to assess a player/learner's comprehension of a subject rather than simple recall.

The Game Master will award either one, two or three points depending upon the accuracy and quality of the answer.

In addition to the printed questions there are 20 blank question cards so that you can add your own questions as required.

Three point questions are numbered from 126 to 205 (20 blanks are not numbered).

5 Point Questions:

Any player landing on an ORANGE circle must answer a five point question.

Five point questions are designed to test a player/ learner's skill and ability as well as knowledge and comprehension.

The Game Master will award either one, two, three, four, or five points depending upon the quality and accuracy of the answer.

In addition to the printed questions there are 10 blank question cards so that you can add your own questions as required.

Five point questions are numbered from 301 to 350 (10 blanks are not numbered).

Game hint! - Use the question cards as a quiz.





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The Board

The board is designed to represent a typical small town and includes the following locations of note:

Bistro
Leisure Centre
Supermarket
School
Library
Garage
Builder's Merchants

In addition, the following symbols are 'in play' on the board:

-  Yellow circle - A one point question must be attempted.
-  Blue circle - A three point question must be attempted.
-  Orange circle - A Five point question must be attempted.
-  Red circle - No through Road. A player landing on a red circle must turn back or take an alternative route.

Information cards

There are 6 Information Cards for each location and each card is numbered 1 to 6 in the top right hand corner. Given that there are 7 locations there are 42 Information Cards in all. Each player needs to collect one information card from each location before going on to attempt to manage an incident and thus win the game. Players need to go to one of the locations to be given an Information Card for that location. Players need to have accumulated at least 5 points for each Information Card therefore a player will need to have accumulated 35 points to collect all 7 Information Cards.

Each card will give the player information about that location and the player will eventually have to manage an incident based upon the information on the Information Card.

Incident cards

There are 6 Incident Cards for each location and as there are 7 locations, there are 42 Incident Cards in total.

Each Incident Card for each location is numbered from 1 to 6 on the top right hand of the card.

A player must choose the Incident Card number that relates to the Information Card they hold for that location.

EG A player who holds Information Card 1 for the Bistro can only answer Incident Card 1 for the Bistro.

Score Cards

A pack of score cards is supplied to record the progress of each player. Each score card will identify the player, the Game Master, Venue and Date. In addition the score card records each question number and the points awarded so becoming a valuable tool for identifying training needs.

Master Score Cards

The Master Score Cards enable the Game Master to monitor the progress of each player. Players should periodically check during the game that their score cards tally with the Master Score Card.

The Master Score Cards also provide a valuable tool for comparing the strengths and weaknesses of each learner.

'GO TO' Cards

'Go To' cards have the same backs as the One point question cards and will be encountered at random as people play the game. On turning up a 'Go To' card the player must immediately move his counter to the said location. This can be both an advantage or a disadvantage.

Incident Location Cards

The seven Incident Location Cards are kept face down until a player has qualified to attempt an incident. When the time comes, the Game Master will shuffle the seven cards and the player will choose one. The incident to be managed will then take place at that location.

Miscellaneous

The game also consists of:

1 Dice and shaker

6 Game Pieces

6 x 2h pencils

Playing the game

The game is designed for up to 6 players (or more if players double up and play as teams) and is controlled by a Game Master who is usually the tutor. Players may start from any of the 9 roads in to the game although only one player may start on each road. Who starts where can be decided on the throw of a dice if necessary. Players move round the board on the throw of a dice following the yellow, blue or orange circles.

On landing on a yellow circle, a player must attempt a one point question.

On landing on a blue circle, a player must attempt a 3 point question.

On landing on an orange circle, a player must attempt a 5 point question.

If a player lands on a red circle this indicates that the road ahead is closed and they must take an alternative route.

If a player lands on a yellow circle and turns up a 'Go To' card hidden in the one point questions, then the player must go to the location immediately, no question will be asked but providing a player has enough points, an Information Card can be claimed.

Players can go in any direction they wish but cannot alter direction in the same throw.

Players should move round the board, answering questions as they go and collecting points. They should be heading for each of the 7 locations where they will receive an Information Card on arrival.

The seven locations are:

Bistro

School

Leisure Centre

Builder's Merchants

Garage

Library

Supermarket

Playing the game continued..

Once a player has collected all 7 Information Cards they should head for the Incident Room where they will select an Incident Location card at random from the 7 face down Incident Location Cards. The player then attempts to manage the incident and if successful, they are the winner.

Note. If the Incident location selected is the Bistro for example, the player will look at the Information Card and only answer the corresponding Incident Card.

e.g. A player collects all 7 Information Cards and selects the Bistro as the Incident Location. On the top right of the Bistro Information Card will be the Information Card number and this must be the Bistro Incident number attempted. (Information Card Bistro 2 only relates to Incident Card Bistro 2.)

Should a player not manage to achieve the points necessary to successfully manage an incident, then the player must wait until his/her next turn and throw either a 6 or a 1 to attempt another Incident Card.

Each player is allowed only 6 attempts to manage an incident and cannot manage the same incident more than once in a game.

THE GAME MASTER'S DECISION IS FINAL

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Game hint! - Keep the master score sheets – it's an example of diversification of delivery.

Other Playing Options

- Quiz** Just use some or all of the questions as a quiz
- Shortened Game** Instead of going to all locations, go to fewer
- Unit Specific** Use questions that only relate to specific injuries
- Assessor Standardisation** Use the game to make sure that your assessors are assessing to a common standard
- Homework** Give learners an Incident Card to complete before the next session/day.

Game hint! - Why not write your own incidents that relate to your workplace

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1 Point questions and answers:

- 1. When should a casualty be moved?**
A: *If in danger.*
- 2. What action would you take if you found a casualty unresponsive?**
A: *check breathing and act accordingly.*
- 3. How would you prioritise (triage) injuries?**
A: *Breathing, Bleeding/Burns, Bones, Shock.*
- 4. In any first aid situation what is the first most important element to be considered?**
A: *Safety.*
- 5. What does the term "Asphyxia " mean?**
A: *Suffocation causing deficiency of oxygen in the blood.*
- 6. What are the two main constituents of the air we breath?**
A: *Nitrogen 80% and Oxygen 20%*
- 7. What percentage of oxygen do we exhale?**
A: *16%*
- 8. At what ratio are ventilations to chest compressions carried out on an adult?**
A: *2 – 30*
- 9. Without oxygen the brain will begin to die within how many minutes?**
A: *3 – 4*
- 10. Why do we place a casualty in the recovery position?**
A: *To protect and maintain their airway.*
- 11. What is the average breathing rate of an adult per minute?**
A: *12 – 20 times.*
- 12. Bleeding from an artery can be recognised how?**
A: *Bright red blood – spurting.*
- 13. Bleeding from a vein can be recognised how?**
A: *Dark Red Blood – flowing.*
- 14. At what rate should external chest compressions be performed?**
A: *100 beats per minute.*
- 15. What is the average pulse rate of an adult?**
A: *60 – 80 beats per minute.*
- 16. Where can the most reliable pulse site can be found?**
A: *Neck.*
- 17. You are on your own and after checking the breathing of an adult and finding it is absent, what should you do next?**
A: *Get help organised.*
- 18. You are on your own and after checking the breathing of a child and finding it is absent what should you do next?**
A: *Give five rescue breaths.*
- 19. When performing a "top to toe" examination what might clear fluid or blood coming out of an ear indicate?**
A: *Skull fracture.*
- 20. When carrying out a "top to Toe" examination what might a hard or distended abdomen indicate?**
A: *Internal bleeding.*
- 21. What information might a "Medic Alert" tell us?**
A: *Allergies, medication or medical condition of the person.*
- 22. Why do first aiders always try to wear gloves before dealing with a casualty?**
A: *To stop cross infections.*
- 23. What blood vessels have valves to help the blood return to the heart?**
A: *Vein.s*
- 24. How many chambers are there in the heart?**
A: *4.*
- 25. Give at least 4 signs and symptoms of shock?**
A: *Pale/cold/clammy/restlessness/anxious/confused/rapid weak pulse/ fast shallow breathing/ nausea/thirsty.*
- 26. Before treating a casualty for shock, the first aider should do what?**
A: *Treat the cause if possible.*
- 27. What life threatening condition occurs if the circulation fails?**
A: *Shock.*
- 28. What is the main cause of "Angina"**
A: *Narrowing of the coronary arteries.*
- 29. What is the cause of a heart attack?**
A: *Blockage of the coronary artery.*
- 30. What position do we put an unresponsive casualty in to maintain their airway?**
A: *Recovery position.*
- 31. Why do we incline a casualty towards the injured side?**
A: *To keep the uninjured side free from complications.*
- 32. What is a "cardiac arrest?"**
A: *When the heart suddenly stops beating.*
- 33. If somebody is suffering from a narrowing of the bronchi due to muscle spasm, what are they suffering from?**
A: *Asthma.*
- 34. What position would you preferably get an asthma sufferer placed in?**
A: *Sitting upright comfortably.*
- 35. What medication would be administered to an Asthma sufferer who is having an attack?**
A: *Their own inhaler – reliever (generally blue).*
- 36. What should the First Aider do if the reliever does not work within 5 minutes?**
A: *Call an ambulance.*
- 37. For how long would you try to remove the cause of a crush injury?**
A: *15 minutes.*
- 38. What is a laceration?**
A: *Tear to the skin.*
- 39. What is an incision?**
A: *A clean cut.*
- 40. What is a contusion?**
A: *Bruise, internal bleed.*
- 41. What is an abrasion?**
A: *Graze to the skin.*
- 42. What is Epilepsy?**
A: *Electrical disturbances in the brain.*
- 43. What is a stroke?**
A: *Blood supply to part of the brain is interrupted by clot or ruptured blood vessel.*
- 44. What part of the body has the most vital need to be kept supplied with oxygenated blood?**
A: *Brain.*
- 45. What is a fracture?**
A: *Crack, chip or break in a bone.*
- 46. What is a poison?**
A: *substance in sufficient quantity to cause temporary or permanent harm.*
- 47. What is the normal body temperature of the human body?**
A: *37° c*
- 48. At what temperature does hypothermia start?**
A: *35° c*
- 49. How would you sometimes recognise a gunshot wound?**
A: *Small entrance wound and a large exit wound.*
- 50. What type of wound is likely to be caused from a blow from a blunt instrument?**
A: *Contused (contusion).*
- 51. What could the casualty do to help the first aider initially if there is nothing in the wound?**
A: *Apply firm direct pressure.*

52. **What would the First aider try to do before getting involved with a bleeding casualty?**
A: *Put on gloves.*
53. **What can be applied to a bruise to prevent further swelling?**
A: *Apply an ice-pack or cold compress.*
54. **What type of wound is normally caused by a sharp knife or razor?**
A: *Incision.*
55. **How should a dressing be applied to a wound?**
A: *Firm but not too tight.*
56. **Fracture wounds may appear trivial with little bleeding but can be extremely serious. Why?**
A: *Possibility of internal injury and infection.*
57. **Wounds that are torn or irregular such as those caused by barbed wire or machinery are known as what?**
A: *Laceration.*
58. **If a wound later becomes painful, inflamed and feels warm, what does this usually signify?**
A: *Infection.*
59. **If a casualty coughed up frothy red blood where is it likely to be coming from?**
A: *Lungs.*
60. **In cases of poisoning what should be the first priority of the First aider?**
A: *Try to identify the type of poison.*
61. **If possible, what would be sent to hospital with a casualty who has been poisoned?**
A: *sample of the poison or vomit.*
62. **Why is shock a very dangerous condition?**
A: *If not treated casualty could die from it.*
63. **Why should you not apply heat to a casualty suffering from shock?**
A: *The condition will worsen.*
64. **If a shock casualty has no severe injuries and is fully conscious what position should they be placed in?**
A: *On back, head low, legs raised.*
65. **What would you allow a casualty suffering from shock to drink?**
A: *Nothing.*
66. **If comfortable, what is the best position for a suspected heart attack victim to be kept in?**
A: *'W' position with knees supported.*
67. **What must the First Aider do to ensure a casualty suffering from shock does not deteriorate any further?**
A: *Get them checked out by the medical services.*
68. **Why are the legs raised in a conscious casualty who is suffering from shock?**
A: *To encourage the blood to flow back to the body core and head.*
69. **The hormone "Insulin" is produced in which gland?**
A: *Pancreas.*
70. **What is "Hypoglycaemia"?**
A: *Low blood sugar levels.*
71. **What is cerebral compression?**
A: *Swelling of the brain or bleeding inside the head.*
72. **What should a casualty do if their clothing catches fire?**
A: *Stop, Drop and Roll.*
73. **What might cause a scald?**
A: *Steam, hot liquids, hot vapours.*
74. **How are burns classified in First Aid terms?**
A: *Superficial, Partial thickness, Full thickness.*
75. **How would you recognise somebody who has suffered superficial burning?**
A: *Redness, soreness.*
76. **How would you recognise partial thickness burns?**
A: *Blistering of the skin, painful.*

77. **How would you recognise full thickness burns?**
A: *Black/charred area, limited or no pain in that area.*
78. **What would your first action be if somebody has an electrical burn?**
A: *Isolate the power source.*
79. **What else would you expect to have to treat after someone had been burnt?**
A: *Shock.*
80. **What must the First Aider try to do quickly if the casualty is suffering heat stroke?**
A: *Lower the body temperature as soon as possible or they will die. Then get an ambulance.*
81. **Define what a sprain is?**
A: *Overstretching of a ligament.*
82. **What is overstretching a muscle or tendon known as?**
A: *strain.*
83. **How many bones are there in the human adult body?**
A: *206*
84. **How many vertebrae are there in the cervical spine (c.spine)?**
A: *7*
85. **Why, if we can find the correct places, can we feel the pulse?**
A: *Where an artery crosses a bone.*
86. **What is a common example of a superficial burn?**
A: *Sunburn.*
87. **Where on the chest are chest compressions carried out?**
A: *Centre of the chest.*
88. **How deep does the chest need to be compressed on an adult when CPR is being carried out?**
A: *4 – 5 cm*
89. **How deep does the chest have to be compressed on a child or infant when CPR is needed?**
A: *1/3rd depth of chest.*
90. **When breathing into an adult when CPR is needed how long should each breath take?**
A: *approx. 1 second.*
91. **What is the name given to the condition when parts of the body go blue?**
A: *Cyanosis.*
92. **What causes Cyanosis?**
A: *Lack of Oxygen in the Blood.*
93. **What are the 2 types of sling that can be used?**
A: *Elevation and Support Slings.*
94. **What is Diabetes?**
A: *Irregularity of blood sugar levels.*
95. **What condition causes breath to smell of acetone (pear drops)?**
A: *Hyperglycemia.*
96. **What condition would you be treating if you were using pressure points?**
A: *Severe Bleeding.*
97. **Which profession is the only one that does not have to ask for permission before administering First Aid?**
A: *Police Officer.*
98. **Why should you remove rings from the fingers of a burnt hand of a casualty?**
A: *Swelling will quickly develop and constrict circulation.*
99. **Choking, Gas Leaks, Drowning and Poisoning could cause what?**
A: *Asphyxia.*
100. **What danger is associated with the "abdominal thrust" when treating a casualty who is choking?**
A: *Damage to internal organs.*
101. **In which type of casualty would you inflate the lungs during CPR by sealing over mouth and nose?**
A: *Infant.*

- 102. Do you have to send an Angina sufferer to hospital after an attack?**
A: No only send them if they do not fully recover.
- 103. What are the two common kinds of Epilepsy called?**
A: Minor and Major, Petit Mal and Grand Mal.
- 104. Why do we administer 5 initial breaths to children and infants before starting chest compressions?**
A: They are more likely to suffer respiratory problems and may respond in that time and start breathing.
- 105. What would be beneficial to a casualty if you were unable or unwilling to carry out resuscitation?**
A: Chest compressions only.
- 106. How much blood in litres is in the average adult body?**
A: 5 – 6 litres.
- 107. How much blood could an adult lose without having an adverse effect?**
A: Half a litre (approximately).
- 108. Internal bleeding from the lungs is often indicated by the appearance of what type of blood?**
A: bright red and frothy.
- 109. If a casualty has fainted how would you treat them?**
A: Lay them down on their back and raise legs, treat for shock.
- 110. What is Hypoxia?**
A: Low oxygen in the blood.
- 111. What is "Anaphylaxis"?**
A: Extremely dangerous allergic reaction.
- 112. What would a known sufferer of Anaphylaxis usually have with them?**
A: Epi-pen, Medic alert/SOS Talisman.
- 113. If you are unable to get the chest to rise when resuscitating a patient, what might be the cause?**
A: tongue blocking airway/obstruction in airway, make sure of good head tilt and chin lift.
- 114. What is a febrile convulsion?**
A: Overheating of the body core in a child or baby.
- 115. Why do businesses have to provide first aid provision?**
A: Health and Safety at Work Act 1974 enforcement.
- 116. What regulation defines the depth of need for first aid provision in the workplace?**
A: Health and Safety First Aid regulations 1981.
- 117. Why must the Accident Book/forms be filled in after a First Aid incident?**
A: Legal document, factual evidence.
- 118. What must happen to an accident form once it has been filled in?**
A: Kept in a secure area so as to comply with Data Protection Act.
- 119. What should you recommend to a casualty of a near drowning incident?**
A: Go to hospital to be checked.
- 120. How would a patient appear if they were suffering a "Petit Mal"?**
A: Day dreaming, unresponsive, twitching or lip-smacking.
- 121. What is dislocation?**
A: Partially or fully dislodged bone at a joint.
- 122. What injury must you suspect if somebody has been involved in a car accident?**
A: Spinal Injury.
- 123. If a casualty is suffering a Flail Chest what would you expect to see?**
A: Paradoxical Chest movements, ie. as they breath in, damaged area moves out.
- 124. If somebody has been stabbed in the chest what might they suffer from?**
A: Collapsed lung, sucking chest wound.
- 125. What does "degloved" mean in first aid?**
A: Where the skin has folded back leaving an exposed area of flesh.

3 Point questions and answers:

- 126. What action would you take if you found the casualty responsive?**
A: Leave in position check condition and get help if necessary – reassess regularly.
- 127. What is the correct procedure when coming to a First Aid incident?**
A: Danger/response/help/airway/breathing/get help.
- 128. What information is needed to make an emergency call?**
A: (Lionel) Location, Incident, other services, number, extent of injuries, location (& phone no).
- 129. Explain the correct procedure for an adult who is choking.**
A: Encourage to cough, look in, up to 5 back slaps, up to 5 abdominal thrusts, repeat.
- 130. What would you do if a choking adult collapsed?**
A: Check response, inspect mouth, open airway, check breathing, start CPR if required.
- 131. Explain the correct procedure for a child who is choking.**
A: Encourage to cough, look in, up to 5 back slaps, up to 5 abdominal thrusts, repeat if necessary.
- 132. What would you do if a choking child collapsed?**
A: Check response, check in mouth, open airway, check breathing, 2 rescue breaths then up to 5 back slaps up to 5 abdominal thrusts, repeat if necessary.
- 133. How do poisons get into the body?**
A: Ingested, inhalation. Injection, absorption.
- 134. What are the principals of First Aid?**
A: Preserve life, prevent deterioration, promote recovery.
- 135. What should the First Aider do immediately after a First Aid incident?**
A: Record/Report, replenish First Aid kit and clear away debris from area, wash hands.
- 136. Give at least 4 signs and symptoms of shock.**
A: Pale/ cold clammy/ restlessness/ anxious/ confused/ rapid weak pulse / fast shallow breathing/ nausea / thirsty.
- 137. Before dressing a wound the First Aider should do what?**
A: Get down to skin and examine the wound for foreign objects.
- 138. When checking for response levels in a casualty the First Aider should use "AVPU" what does it mean?**
A: Alert, voice, pain. unresponsive.
- 139. What are 4 signs and symptoms of an asthma attack?**
A: Dry tickly cough, wheezy, distress, and inability to breathe, cyanosis, and exhaustion.
- 140. What should the First Aider do for a casualty who has amputated a finger?**
A: Treat the bleed, preserve the finger in cling film or polythene, wrap in cloth, then surround with ice, transport casualty and finger together to hospital making sure the hospital is aware before arrival.
- 141. Describe the 3 types of bleeding.**
A: Arterial – bright red and spurting blood. Venous – dark red and flowing. Capillary – oozing.
- 142. What are the types of wounds and their characteristics?**
A: Incision, Laceration, Puncture, Gunshot, Abrasion.
- 143. How does a First Aider treat someone suffering from an Epileptic Fit?**
A: Clear the area of obstacles and people, support the head, keep talking to the patient, do not restrain or put anything in the mouth, monitor, wait for natural progression, check when finished (breathing, conscious levels, damage).
- 144. When must a First Aider recommend an ambulance in respect of epilepsy?**
A: If it is 1st fit, unconscious for more than 10 minutes, fit lasts for more than 5 minutes, repeated fits.
- 145. What are the signs and symptoms of a stroke?**
A: Sudden severe headache or loss of consciousness, general feeling of being unwell, paralysis or weakness affecting one side of the body, speech impairment.
- 146. What should the First Aider do after applying a bandage?**
A: Check for further bleeding and check circulation beyond bandage.
- 147. If bleeding continues through the 1st bandage applied, what should the First Aider do next?**
A: Apply a second.

- 148. If blood continues to come through the 2nd bandage on a wound what should the First Aider do?**
A: Remove the 2 bandages & re-apply another one ensuring the pad is located correctly over the wound.
- 149. If bleeding persists through the 2nd pair of bandages on a wound what should the First Aider do?**
A: Call an ambulance & try to apply indirect pressure on an artery to reduce blood flow to the site for a max. 10 minutes.
- 150. The casualty has a wound that has been infected by dirt or soil, what should you recommend they do & why?**
A: Have a tetanus injection as a matter of urgency, infection may set in.
- 151. What does a corrosive poison do & how do you treat it if taken orally?**
A: Burns or damages skin / tissues. Wash out mouth, sips of water or milk, keep still, laying down, 999 get help & advice. If external irrigate.
- 152. How would the skin appear on a casualty suffering from shock?**
A: Pale, cold and clammy to touch.
- 153. What are the usual signs and symptoms of a casualty suffering a heart attack?**
A: Persistent pain in chest/neck/left arm, shock, possible irregular pulse.
- 154. What is the correct method for lifting any object?**
A: Clear the area. Stand close, bend your knees and straighten your back with chin up.
- 155. What is the treatment for Hypoglycaemia in a conscious patient?**
A: Give a sugary substance to the casualty and seek medical aid if necessary.
- 156. What are the 4 main ways a poison enters the body?**
A: Injection, inhalation, ingestion, and absorption.
- 157. How would you recognise somebody who was suffering from concussion?**
A: History of blow to the head, mild headache, blurred vision, short-term memory loss, signs and symptoms of shock.
- 158. How would you treat concussion?**
A: Assess consciousness, if conscious seek medical aid, if unconscious check ABC dial 999 or 112 for ambulance, give life support as necessary, recovery position and monitor
- 159. How would you recognise Cerebral Compression?**
A: History of Head Injury, wound or swelling, pain in head increasing, Cerebro Spinal Fluid possibly leaking, unequal pupils, conscious levels lowering, flushed dry skin, slowing pulse, seizures.
- 160. How would you treat Cerebral Compression?**
A: Assess consciousness, if conscious, half sitting head slightly elevated, if unconscious, recovery position, if leaking from ear keep it low to drain, monitor, make sure 999 is called.
- 161. What should the First Aider do if a casualty has a foreign object in the eye?**
A: Irrigate away from the good eye and cover both eyes with sterile pads, get checked out by medical services.
- 162. What are the main causes of burns to occur?**
A: Dry, wet, chemical, electrical, radiation, cold.
- 163. What is the general immediate treatment for partial thickness burns?**
A: Cool for a minimum of 10 minutes, cover with a non-fluffy dressing to insulate from infection and reduce fluid loss, seek medical aid.
- 164. What would you be looking for if somebody has suffered an electrical burn?**
A: Safety, entry and exit burns, possible tracking between.
- 165. What is heat exhaustion?**
A: Body temperature rises to 39° c excessive sweating and loss of body fluids and salts result.
- 166. How would you recognise and treat heat exhaustion?**
A: History of exposure to hot environment, profuse sweating, headache, dizziness and nausea, rapid weak pulse and breathing. Cool casualty lay down with legs raised, copious cool non-alcoholic drinks with salt, rest, monitor, medical attention if required.
- 167. What is the RICE principal we apply to soft tissue injuries?**
A: R = rest, to prevent further injury. I = ice to close blood vessels down and reduce swelling. C = compression, bandage to keep swelling down. E reduce blood flow to injury.
- 168. How would you be able to recognise a suspected fracture?**
A: History, pain, tenderness, deformity, swelling, laboured or no movement.

- 169. What in general terms can cause a fracture?**
A: Direct or indirect force or twisting.
- 170. What are the three types of fracture?**
A: Open, closed and complicated.
- 171. What 3 components will assist you to make an accurate diagnosis of the patient?**
A: Signs, symptoms and history.
- 172. At work, why should anybody who has been unconscious but is now apparently alright, be sent to hospital?**
A: First Aider has no knowledge of internal damage to the brain.
- 173. Why do we leave the cause of a crush injury on the casualty after 15 minutes have passed?**
A: Release of poisonous substances/toxins will cause kidney failure, and blood pressure could drop at the same time.
- 174. When examining a casualty with a head injury what should you look for when examining the eyes?**
A: Focus, pupil size and reaction to light, blood in the whites of the eyes.
- 175. What should you do if during an examination your adult casualty stops breathing?**
A: Phone for an ambulance, start CPR.
- 176. What often triggers an Angina Attack and how would you treat it?**
A: Exercise/exertion triggers it, rest and medication (usually under the tongue) would generally treat it.
- 177. How would you manage a casualty who has a suspected spinal injury?**
A: If safe leave in the position found. If breathing, support the head whilst waiting for the ambulance to arrive, if not breathing try just chin lift or jaw thrust, before having to head tilt to obtain airway. CPR as required.
- 178. How would you treat a nosebleed?**
A: Lean forward, pinch nose (soft tissue) 10 minutes, if persists after 30 minutes transfer to hospital.
- 179. What would you do if a knife were still embedded in a casualty?**
A: Leave it where it is and apply a bandage around it to support it, transfer casualty to hospital for treatment.
- 180. What can cause Hypoxia?**
A: External causes: ie Gas/drowning. Airway causes: tongue/anaphylaxis Breathing causes: Asthma/chest injury Circulation causes: stroke/spinal.
- 181. How would you recognise anaphylaxis?**
A: Swelling in the head area, difficulty in breathing, rapid weak pulse, nausea, itchy skin red and blotchy, anxiety.
- 182. What are 3 of the common allergies that may cause anaphylaxis?**
A: drugs (penicillin) wasp/bee stings, nuts, seafoods, latex, fruit, milk products.
- 183. What are the 5 links in the chain of survival?**
A: Early recognition, early access, early CPR early defibrillation, early advanced care.
- 184. How can you reduce hygiene problems when carrying out CPR?**
A: Wipe the lips clean, use a barrier, just do compressions only, wear gloves.
- 185. The causes of unconsciousness can be remembered by using FISHSAPED acronym. What can you remember?**
A: Fainting, imbalance of heat, shock, head injury, stroke, heart attack, asphyxia, poisoning, epilepsy, diabetes.
- 186. How would you treat a child suffering a febrile convulsion?**
A: Remove clothing to aid body cooling, sponge child with tepid water, protect from objects and lie on side, monitor.
- 187. When must an accident at work be reported to the Health and Safety Executive?**
A: Riddor 1995 says death, major injuries, accident causing 3 or more days off work, diseases, and dangerous occurrences and near misses.
- 188. How can you lessen the embarrassment of the casualty suffering from an Epileptic seizure?**
A: Move other people away, cover their body so as to conceal loss of bladder/bowel control.
- 189. What could happen to a casualty who has suffered a near drowning experience?**
A: If water has entered the lungs secondary drowning could occur up to 72 hours later.

190. How would you treat a Petit Mal fit?

A: Remove sources of danger, sit them down, stay with them until recovery. If no awareness to condition advise visit to doctor.

191. How would you treat a casualty with a dislocation?

A: Support the affected area, get help to them or get them to help (expert) Never try to put it back.

192. When must burns patients go to hospital?

A: If burn is larger than 1" square or if patient is a child. Burn goes all around a limb, full thickness burn, it involves hands/feet/genitals or the face, if you're not sure.

193. A casualty has been stung by a bee and the stinger is still in the skin, what would you do to treat the problem?

A: Remove stinger (preferably by scraping it off, apply cold compress or ice pack and monitor.)

194. A casualty has taken a drink from a can and a wasp has now stung them in the mouth, what would you do?

A: Make safe (dispose of the wasp) inspect the mouth to try and identify where the sting is, give ice lolly (or similar) to suck to reduce swelling, get medical help, monitor.

195. On the beach a child has stood on what you might suspect is a Weaver fish, what do you do?

A: Try and immerse the affected foot in hot water (as hot as possible) to try to draw out the poison. medical aid if necessary.

196. An elderly visitor has bumped into a low table and is now bleeding profusely from the leg, what do you do?

A: Sit or lie them down, inspect and elevate the leg after putting on gloves, apply direct pressure and bandage as necessary, treat for shock.

197. A new member joins the fitness group and immediately has a panic attack and hyperventilates, what do you do?

A: Calm them down, try to get them to breath slowly, get them to cup their hands and breath back in their expired air, monitor, get help if necessary.

198. You see a man apparently drunk, swaying and staggering, suddenly collapse, What should you do?

A: Approach carefully, check ABC, smell breath. If apparently drunk put in recovery position. If not drunk check for Medic Alert, then get help after putting him in the recovery position.

199. A lady has just bought 2 coffees from the beach café and is walking back down the beach when she trips and scalds herself, what do you do?

A: Get her to the waters edge and cool the affected parts for a minimum of 10 mins, then cover, get medical help if necessary.

200. In an engineering shop when one of the machinists suddenly yells because his arm is caught in the machine, what do you do.

A: Check for danger, switch off the machine, extract the casualty from the machine, check for injuries. Breathing/Bleeding/Bones and act accordingly, get help if required, report incident.

201. In the garage a car has come off the jack and pinned the mechanic underneath. What do you do?

A: Make sure it is safe to approach. Get help to raise the car off of the mechanic within 15 minutes. Check ABC act accordingly, get medical help. Complete paperwork and report incident.

202. You are in the Supermarket when an elderly lady slips on a spillage, what do you do?

A: Make sure its safe, introduce yourself, ask her where it hurts, treat anything obvious, bleeding, spasm etc, recommend ambulance if any concerns. Fill in accident book.

203. You are in the builders merchants when the fork lift truck swings around the corner – loses its load and a box hits a customer and knocks them out. What do you do?

A: Make area safe, primary assessment, if OK secondary assessment. Get ambulance, report incident.

204. You are in the pub and a fight breaks out, a customer is glassed with a broken bottle. What do you do?

A: Phone the emergency services, try to identify assailant, make the area safe, treat casualty as necessary ensuring your own safety (gloves) etc. Treat for shock.

205. At the playschool a child appears extremely hot and flushed. He collapses and begins to jerk uncontrollably. What do you do?

A: Make area safe, try to cool child by removing clothing, fan child, try to pad around to reduce injury, sponge with tepid water, get help (999 or 112) monitor.

Practicle 5 point questions include

301. Apply a bandage to a wound to the palm of the hand (vertical). Person on your right.
302. Apply a bandage to a wound to the hand (horizontal) to yourself.
303. Apply a bandage to a head wound (crown) to the first female on your right.
304. Apply a bandage to a head wound (forehead) to the person 3 places to your left.
305. Apply a bandage to an elbow wound to the person diagonally opposite.
306. Apply a bandage to a forearm wound to your Game Master.
307. Apply a bandage to a palm of the hand with a foreign object to Your Game Master.
308. Apply a bandage to a forearm with a foreign object to the person but one on your right.
309. Apply an elevated sling to the person two places to your left.
310. Apply a support sling to the person three places to your left.
311. Demonstrate initial assessment on the Game Master.
312. Demonstrate the recovery position to the person on your right.
313. Demonstrate the action for vomit.
314. Demonstrate turning a casualty from front to back, you choose who.
315. Demonstrate initial assessment and CPR on Adult manikin.
316. Demonstrate initial assessment and CPR on a Child manikin.
317. Demonstrate initial assessment and CPR on a baby manikin.
318. Demonstrate a top to toe secondary assessment you choose casualty.
319. Check a carotid pulse and record the rate on person on your left.
320. Check a radial pulse and record rate on person on your right.
321. Check a brachial pulse and record rate on the Game Master.
322. Demonstrate the correct method of putting on and taking off gloves.
323. Demonstrate the correct method for monitoring a patient, you choose patient.
324. Demonstrate treatment for shock in a conscious patient, you choose patient.
325. Demonstrate the treatment of a burn to the hand (with a first aid kit) your own hand.
326. Demonstrate the care of a casualty with a suspected spinal injury. Use Game Master.
327. With help, demonstrate a log roll on a casualty with suspected spinal injury. You choose.
328. Assist a collapsing patient to the floor. You choose.
329. Demonstrate the technique for a choking adult (no physical admissions). You choose.
330. Apply a bandage to the hand with a large abrasion on the palm. You choose.
331. Treat a casualty who has just fainted. You choose.
332. Treat a casualty with a suspected broken leg (lower). You choose.
333. Treat a casualty with a suspected broken arm (lower). You choose.
334. Demonstrate the treatment of an asthma attack. Game Master.
335. Demonstrate the treatment of a suspected heart attack. Game Master.
336. Demonstrate the treatment of a collar bone fracture. You choose.
337. Demonstrate initial treatment of a non breathing spinal injured patient. Person on right.
338. Demonstrate the management of a Petit-Mal seizure in a patient. Game Master.
339. Demonstrate how you achieve an open airway in a patient. You choose.
340. Question a suspected heart attack victim to achieve necessary information. You choose.
341. Demonstrate the treatment during and after a major epileptic seizure. You choose.
342. Demonstrate the procedure for a casualty suffering an electric shock. You choose.
343. Demonstrate the procedure for a casualty suffering a diabetic emergency. You choose.
344. Demonstrate the treatment of a sprained ankle & a cut hand on a patient. You choose.
345. Demonstrate the treatment of someone who has tripped and can't get up. You choose.
346. Demonstrate the treatment of a patient suffering a nose bleed. You choose.
347. Demonstrate on a manikin how you achieve a jaw thrust.
348. Demonstrate the treatment of a dislocated finger. On yourself.
349. Demonstrate the treatment of a casualty with a minor wound to the hand. You choose.
350. Demonstrate the technique of irrigating the eye. You choose.

Reality Check

The Training Board Game!



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