



Green B+X

First Aid Training

STAGE 3 WORK SHEET



What are the aims of first aid - the 3 P's!

- P.....
- P.....
- P.....



What 2 numbers can you access the emergency services in the UK?

- 1.....
- 2.....



Your Primary Survey is really important - what does DRABC stand for

- D.....
- R.....
- A.....
- B.....
- C.....





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What is the normal compression to breath ratio for CPR (when COVID-19 isn't an issue)

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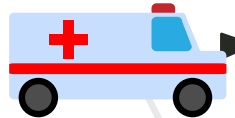
On an adult, what depth should the chest compressions be?

- A 10 cm
- B 15 cm
- C 1/3 depth of the body
- D 1/4 depth of the body



If someone is unresponsive and breathing what position do we put them in?

.....
.....
.....



What would you do before applying pressure to a bleeding wound?

- 1.....
- 2.....
- .





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True or False:

You have to be trained to use a Defibrillator?

True

False

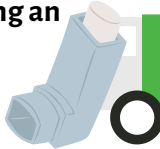
List 3 Types of burns

- 1.....
- 2.....
- 3.....



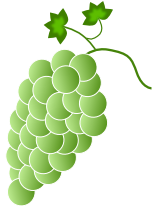
What position would you put someone in who was having an Asthma Attack?

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If you suspect that someone is choking what is the first thing that you should do?

1. Call an ambulance
2. 5 Back Blows
3. Ask them if they are choking
4. 5 Tummy thrusts





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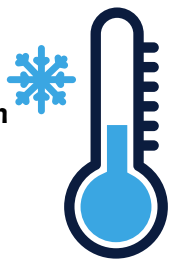


STAGE 3 WORK SHEET

True or false:

If you suspect that someone is suffering from Hypothermia you should warm them in a hot bath?

- True
- False



How would you know that someone is suffering from Heat Exhaustion?

- 1.....
- 2.....
- 3.....



In first aid, what is a sign and what is a symptom?

Sign.....
Symptom.....

