

First Aid Trainer — Knowledge Check Quiz

15 Multiple Choice Questions | Free Trainer Resource | trainerresources.com

Instructions: Circle or tick the correct answer for each question. This quiz covers key knowledge areas for the **First Aid Trainer** course. Pass mark: 12/15 (80%). Answers are provided on the final page.

Q1. What does CPR stand for?

- A) Cardiopulmonary Resuscitation
- B) Cardiac Pressure Response
- C) Critical Patient Recovery
- D) Chest Pulse Regulation

Q2. What is the ratio of chest compressions to rescue breaths in adult CPR?

- A) 15:2
- B) 30:2
- C) 20:2
- D) 10:2

Q3. How deep should chest compressions be for an adult?

- A) 1-2 cm
- B) 2-3 cm
- C) 5-6 cm
- D) 8-10 cm

Q4. What is the first step when approaching a casualty?

- A) Check for breathing
- B) Call 999
- C) Ensure scene safety
- D) Begin CPR

Q5. What does DRABC stand for?

- A) Danger, Response, Airway, Breathing, Circulation
- B) Danger, Recovery, Airway, Bleeding, Compression
- C) Diagnosis, Response, Airway, Breathing, CPR
- D) Danger, Response, Assessment, Bleeding, Circulation

Q6. How long should you check for normal breathing?

- A) Up to 10 seconds
- B) Up to 30 seconds
- C) Up to 5 seconds
- D) Up to 60 seconds

Q7. What position should an unconscious breathing casualty be placed in?

- A) Supine position
- B) Recovery position
- C) Sitting upright
- D) Prone position

Q8. What is the correct compression rate for CPR?

- A) 60-80 per minute
- B) 100-120 per minute
- C) 80-100 per minute
- D) 120-140 per minute

Q9. When should you use an AED?

- A) Only if the person is conscious
- B) As soon as it is available for an unresponsive casualty
- C) Only after 10 minutes of CPR
- D) Only if trained by a doctor

Q10. What does RICE stand for in soft tissue injuries?

- A) Rest, Ice, Compression, Elevation
- B) Recovery, Immobilise, Cool, Elevate
- C) Rest, Immobilise, Compress, Examine
- D) Reduce, Ice, Compress, Elevate

Q11. What is anaphylaxis?

- A) A mild allergic reaction
- B) A severe, life-threatening allergic reaction
- C) A type of asthma attack
- D) A cardiac event

Q12. How do you treat a severe bleed?

- A) Apply a tourniquet immediately
- B) Apply direct pressure with a clean cloth
- C) Elevate only
- D) Leave it to clot naturally

Q13. What is the sign of a suspected spinal injury?

- A) Tingling or numbness in limbs
- B) Rapid breathing
- C) Dilated pupils
- D) Pale skin

Q14. What should you do if someone is having a seizure?

- A) Restrain them
- B) Put something in their mouth
- C) Protect them from injury and time the seizure
- D) Give them water

Q15. What is the Heimlich manoeuvre used for?

- A) Cardiac arrest
 - B) Choking
 - C) Stroke
 - D) Anaphylaxis
-

Answer Key

Q1: A Q2: B Q3: C Q4: C Q5: A Q6: A Q7: B Q8: B Q9: B Q10: A Q11: B Q12: B Q13: A Q14: C Q15: B

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