

Preserve life. Prevent further injury. Promote recovery.

Lifesaving First Aid

Candidate Workbook



LIFESAVING SOCIETY®
The Lifeguarding Experts

First Aid is the immediate and temporary care of illness or injury.



LIFESAVING SOCIETY®

The Lifeguarding Experts

LIFESAVING FIRST AID CANDIDATE WORKBOOK

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The Lifesaving Society is Canada's lifeguarding expert. The Society works to prevent drowning and water-related injury through its training programs, Water Smart® public education initiatives, water-incident research, aquatic safety management services, and lifesaving sport.

Annually, well over 700,000 Canadians participate in the Society's swimming, lifesaving, lifeguard, and leadership training programs. The Society sets the standard for aquatic safety in Canada and certifies Canada's National Lifeguards.

The Society is an independent, charitable organization educating Canadian lifesavers since the first Lifesaving Society Bronze Medallion Award was earned in 1896.

The Society represents Canada internationally as an active member of the royal Life Saving Society and the International Life Saving Federation. The Society is the Canadian governing body for lifesaving sport - a sport recognized by the International Olympic Committee and the Commonwealth Games Federation.

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LIFESAVING FIRST AID

CANDIDATE WORKBOOK



LIFESAVING SOCIETY®

The Lifeguarding Experts



LIFESAVING SOCIETY®

The Lifeguarding Experts

Canada's lifeguarding experts

– saving lives for over 100 years.

Almost 500 Canadians die every year in water-related incidents. Most of these are preventable and occur in unsupervised settings, which is why more Canadians need the basic swimming and lifesaving skills to save themselves in an aquatic emergency.

The Lifesaving Society has a long and proud history of teaching swimming and lifesaving to Canadians.

We trace our roots to the late 19th century in London, England where we began as The Candidates' Life Saving Society. In 1894, Arthur Lewis Cochrane brought the lifesaving skills he learned in his homeland to Canada. And he passed them along to students at Upper Canada College in Toronto, Ontario. In June 1896, 18 of his students were the first recipients of our distinguished Bronze Medallion award. Under the patronage of King Edward VII in 1904, we became The Royal Life Saving Society.

In the 1950s, we were the first Canadian organization to adopt mouth-to-mouth as the methods of choice over manual methods of artificial respiration. We started our first CPR training program in the 1960s. In the 1980s, we initiated a project to design an economical CPR training manikin (ACTAR 911™), and we launched our Water Smart® drowning prevention campaign.

In the 1990s, the Society introduced innovative new programs including Boat Operator Accredited Training, the Junior Lifeguard Club and the Canadian Swim Patrol Program, and we launched our Aquatic Safety Management Service. We expanded our First Aid training programs and completely revamped the Bronze medal and the National Lifeguard training program to suit the needs of the new century.

In 2001, we defined the Canadian Swim to Survive® Standard and subsequently launched our Swim to Survive program to teach Canadians the minimum essential skills they need to survive an unexpected fall into deep water. Our learn-to-swim program – Swim for Life® – is our latest drowning prevention initiative.

Today, we are known to Canadians simply as the Lifesaving Society, a national volunteer organization and registered charity. And while we've expanded our strengths over the past century to include research and public education, we haven't forgotten the ideals that formed the foundation of our organization.

The Lifesaving Society has always been – and will continue to be – Canada's lifeguarding experts.

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Introduction

Welcome to the Lifesaving Society's First Aid Program. Our First Aid training is approved by Workplace Health and Safety; therefore, it may be used as training for workplace first aiders as well as to prepare you to deal with first aid emergencies at home and in your community. The Society's First Aid stream includes 3 first aid certifications applicable to a range of different needs and interests:

- Lifesaving Emergency First Aid (LEFA) is a short course for people who want a general knowledge of first aid principles, the emergency treatment of injuries and respiratory and circulatory emergencies. It includes CPR-A & AED certification.
- Lifesaving Standard First Aid (LSFA) provides comprehensive training covering all aspects of first aid and CPR. It includes CPR-C & AED certification.
- Aquatic Emergency Care (AEC) is standard first aid that also includes skills for dealing with emergencies in an aquatic setting. It is ideal for lifeguards, aquatic instructors, lifesavers and other individuals who may have to respond to an aquatic first aid emergency. AEC includes CPR-C & AED certification.

Purpose of the Candidate Workbook

The Lifesaving First Aid Candidate Workbook is designed as a resource to be used throughout your Lifesaving First Aid in combination with your first aid manual. It also includes reference material you will need after the course. Your first aid manual for your course will be the Canadian First Aid Manual. Some candidates who received previous first aid training may use an older manual; the Lifesaving First Aid and Aquatic Emergency Care Manual.

The Candidate Workbook provides you with the following information:

First aid course curriculum

- Activity worksheets for some course content
- Workplace Health and Safety Bulletins including information you will use if you work as a first aider
- Written exam questions
- Forms that you will need during the course.

The items you will need to bring to every class include:

- Pens or pencils
- Paper
- Comfortable clothing suitable for activities on the floor
- Course materials you received with this course
- Swimsuit (AEC course)
- Towel (AEC course)

Aquatic Emergency Care

20 Hour Long-term Lesson Plan

Notes

- The duration for these lesson plans are an estimate.
- The total time for this course is 20 hours.
- The additional time may be used for discussions and concerns as they come up, as well as short breaks.

Lesson	Description	Duration	Location
1	Welcome and Introductions	30 minutes	dry
2	The Lifesaving Society	20 minutes	dry
3	Principles of First Aid	20 minutes	dry
4a	Scene Assessment	15 minutes	dry
4b	Primary Assessment	20 minutes	dry
5	Self Protection	10 minutes	dry
6	AED Knowledge	15 minutes	dry
7a	One Rescuer CPR: Adult	30 minutes	dry
7b	One Rescuer CPR: Child	10 minutes	dry
7c	One Rescuer CPR: Infant	15 minutes	dry
7d	One Rescuer CPR: Two Rescuer	10 minutes	dry
8a	Obstructed Airway: Conscious Adult	15 minutes	dry
8b	Obstructed Airway: Conscious Child	15 minutes	dry
8c	Obstructed Airway: Conscious Infant	15 minutes	dry
8d	Obstructed Airway: Unconscious	15 minutes	dry
9	Management of Bystanders	10 minutes	dry
10a	Circulatory Emergencies: Shock	15 minutes	dry
10b	Circulatory Emergencies: Heart Attack and Angina	15 minutes	dry
10c	Circulatory Emergencies: Stroke and TIA	15 minutes	dry
10d	Bleeding	25 minutes	dry
11	Respiratory Emergencies	15 minutes	dry
12	Burns	30 minutes	dry
13	Facial Injury	20 minutes	dry
14	Care of Unconscious Victim	10 minutes	dry
15	Medical / Legal Aspects of First Aid	10 minutes	dry
16	Secondary Assessment	60 minutes	dry
17	Suspected Spinal Injury	20 minutes	dry
18	Suspected Head Injury	20 minutes	dry
19	Environmental Emergencies	30 minutes	dry
20	Bone or Joint Injuries	45 minutes	dry
21	Abdominal or Chest Injury	30 minutes	dry
22	Seizure	10 minutes	dry
23	Diabetes	15 minutes	dry
24	Poisoning	15 minutes	dry
25	Critical Incident Stress	10 minutes	dry
26	Aquatic Spinal Injury Management	120 minutes	wet
27	Shallow Water Rescue	60 minutes	wet
28	Pressure Related Injury	30 minutes	dry
29	First Aid in the Workplace	40 minutes	dry
30	Exam	As Needed	dry
35	What Now	15 minutes	dry
36	Final Course Evaluations	As Needed	dry

Lifesaving Standard First Aid

16 Hour Long-term Lesson Plan

Notes

- The duration for these lesson plans are an estimate.
- The total time for this course is 16 hours.
- The additional time may be used for discussions and concerns as they come up, as well as short breaks.

Lesson	Description	Duration	Location
1	Welcome and Introductions	30 minutes	dry
2	The Lifesaving Society	20 minutes	dry
3	Principles of First Aid	20 minutes	dry
4a	Scene Assessment	15 minutes	dry
4b	Primary Assessment	20 minutes	dry
5	Self Protection	10 minutes	dry
6	AED Knowledge	15 minutes	dry
7a	One Rescuer CPR: Adult	30 minutes	dry
7b	One Rescuer CPR: Child	10 minutes	dry
7c	One Rescuer CPR: Infant	15 minutes	dry
7d	One Rescuer CPR: Two Rescuer	10 minutes	dry
8a	Obstructed Airway: Conscious Adult	15 minutes	dry
8b	Obstructed Airway: Conscious Child	15 minutes	dry
8c	Obstructed Airway: Conscious Infant	15 minutes	dry
8d	Obstructed Airway: Unconscious	15 minutes	dry
9	Management of Bystanders	10 minutes	dry
10a	Circulatory Emergencies: Shock	15 minutes	dry
10b	Circulatory Emergencies: Heart Attack and Angina	15 minutes	dry
10c	Circulatory Emergencies: Stroke and TIA	15 minutes	dry
10d	Bleeding	25 minutes	dry
11	Respiratory Emergencies	15 minutes	dry
12	Burns	30 minutes	dry
13	Facial Injury	20 minutes	dry
14	Care of Unconscious Victim	10 minutes	dry
15	Medical / Legal Aspects of First Aid	10 minutes	dry
16	Secondary Assessment	60 minutes	dry
17	Suspected Spinal Injury	20 minutes	dry
18	Suspected Head Injury	20 minutes	dry
19	Environmental Emergencies	30 minutes	dry
20	Bone or Joint Injuries	45 minutes	dry
21	Abdominal or Chest Injury	30 minutes	dry
22	Seizure	10 minutes	dry
23	Diabetes	15 minutes	dry
24	Poisoning	15 minutes	dry
25	Critical Incident Stress	10 minutes	dry
29	First Aid in the Workplace	40 minutes	dry
30	Exam	As Needed	dry
35	What Now	15 minutes	dry
36	Final Course Evaluations	As Needed	dry

Lifesaving Emergency First Aid

8 Hour Long-term Lesson Plan

Notes

- The duration for these lesson plans are an estimate.
- The total time for this course is 8 hours.
- The additional time may be used for discussions and concerns as they come up, as well as short breaks.

Lesson	Description	Duration	Location
1	Welcome and Introductions	30 minutes	dry
2	The Lifesaving Society	20 minutes	dry
3	Principles of First Aid	20 minutes	dry
4a	Scene Assessment	15 minutes	dry
4b	Primary Assessment	20 minutes	dry
5	Self Protection	10 minutes	dry
6	AED Knowledge	15 minutes	dry
7a	One Rescuer CPR: Adult	30 minutes	dry
8a	Obstructed Airway: Conscious Adult	15 minutes	dry
8d	Obstructed Airway: Unconscious	15 minutes	dry
9	Management of Bystanders	10 minutes	dry
10a	Circulatory Emergencies: Shock	15 minutes	dry
10b	Circulatory Emergencies: Heart Attack and Angina	15 minutes	dry
10c	Circulatory Emergencies: Stroke and TIA	15 minutes	dry
10d	Bleeding	25 minutes	dry
11	Respiratory Emergencies	15 minutes	dry
12	Burns	30 minutes	dry
13	Facial Injury	20 minutes	dry
14	Care of Unconscious Victim	10 minutes	dry
15	Medical / Legal Aspects of First Aid	10 minutes	dry
25	Critical Incident Stress	10 minutes	dry
29	First Aid in the Workplace	40 minutes	dry
30	Exam	As Needed	dry
35	What Now	15 minutes	dry
36	Final Course Evaluations	As Needed	dry

Welcomes and Introductions

First Aid Awards At-a-glance

The Lifesaving Society First Aid Program includes 3 first aid certifications designed to accommodate a range of needs or interests for first aid training. Lifesaving Emergency First Aid (LEFA), Lifesaving Standard First Aid (LSFA) and Aquatic Emergency Care (AEC).

The first aid awards are modular in design. Lifesaving Standard First Aid includes all items listed in Lifesaving Emergency First Aid with additional content. Likewise, Aquatic Emergency Care contains all items in Standard First Aid along with additional content.

Lifesaving First Aid Awards

This section provides an at-a-glance overview of the Lifesaving First Aid Awards. It includes an overview of the general aims of the awards and descriptions of the curriculum items for each Lifesaving First Aid award. You can use this as a guide to the information and skills you will need to complete the first aid exam. It includes references to Canadian First Aid Manual that will help you find the appropriate content.

Lifesaving Emergency First Aid (LEFA) Award Items

The 8-hour Lifesaving Emergency First Aid course is for people who want a general knowledge of first aid principles and the emergency treatment of injuries. Successful candidates receive both Lifesaving Emergency First Aid and CPR-A (Adult) with AED certifications.

Assessment	Demonstrate primary assessment of a victim including: scene survey; level of consciousness; airway, breathing, circulation; major bleeding; mechanism of injury.
Burns	Demonstrate the recognition and care of a burn injury.
Facial Injury	Demonstrate the recognition and care of a facial injury.
One-rescuer CPR	Demonstrate one rescuer adult and child cardiopulmonary resuscitation (CPR) on a Adult manikin.
Adult Obstructed Airway	Simulate the treatment of: a conscious adult with an obstructed airway; complications Adult Victim including a pregnant woman and a person who is obese.
Unconscious victim:	Simulate the treatment of and unconscious victim.
Bystanders Management	Demonstrate the effective direction of bystanders to activate EMS.
Respiratory Emergencies	Demonstrate the recognition and care of a victim suffering from the following respiratory emergencies: hyperventilation and asthma.
Circulatory Emergencies	Demonstrate the recognition and care of a victim suffering from: shock; heart attack or angina; external bleeding; stroke or Transient Ischemic Attack.
Care of Unconscious Victim	Demonstrate the recognition and care of an unconscious victim, including fainting victim types.
Principles of First Aid	Demonstrate an understanding of the anatomy and the physiology of the respiratory and circulatory systems as well as the general principles of first aid.
Self Protection	Demonstrate an understanding of the principles of universal precautions, including barrier devices, washing hands and gloves.
Medical/Legal Aspects	Demonstrate an understanding of the legal implications of providing first aid treatment.
First Aid in the Work Place	Understand the legal requirements for First Aiders in the workplace. Understand First the first aid records used in the workplace. Understand the components of workplace First Aid Plans and the importance of these plans. Understand the use of medication as part of first aid kits and Automated External Defibrillators (AED) in the workplace.

Welcomes and Introductions

First Aid Awards At-a-glance

Lifesaving Standard First Aid (LSFA)- Award Items

The 16-hour Lifesaving Standard First Aid (LSFA) course provides comprehensive training covering all aspects of first aid and CPR.

Successful candidates receive both Lifesaving Standard First Aid and CPR-C with AED certification.

Note: Lifesaving Standard First Aid includes all of the Lifesaving Emergency First Aid Items as well as the following items:

Assessment	Demonstrate secondary assessment of a victim including: vital signs; head to toe; history.
One Rescuer CPR	Demonstrate one rescuer adult, child and infant cardiopulmonary resuscitation (CPR) on a manikin.
Two Rescuer CPR	Demonstrate two rescuer adult, child and infant cardiopulmonary resuscitation (CPR) on a manikin.
Obstructed Airway	Demonstrate the treatment of a conscious adult, child and infant with an obstructed airway on a manikin.
Obstructed Airway	Simulate the treatment of an unconscious adult, child or infant with an obstructed airway
Unconscious Victim	Simulate the treatment of an unconscious adult, child or infant.
Suspected Spinal Injury	Demonstrate the recognition and care of victim with suspected spinal injury on land.
Environmental	Demonstrate the recognition and care of a victim suffering from: heat cramps; heat exhaustion emergencies and heat stroke; hypothermia and frostbite.
Bone or Joint Injury	Demonstrate the recognition and care of a bone or joint injury.
Abdominal or chest injury	Demonstrate the recognition and care of an abdominal or chest injury.
Suspected Head Injury	Demonstrate the recognition and care if a head injury.
Seizure	Demonstrate the recognition and care of a seizure victim.
Diabetes	Demonstrate the recognition and care of a diabetic emergency.
Poisoning	Demonstrate the recognition and care of a victim suffering from suspected poisoning.
Critical Incident Stress	Demonstrate an understanding and the effects of stress on victims, rescuers, and Management (CISM) bystanders as well as the consequences of an unsuccessful rescue.

Welcomes and Introductions

First Aid Awards At-a-glance

Aquatic Emergency Care (AEC) Award Items

The 20 hour Aquatic Emergency Care (AEC) course provides comprehensive training covering all aspects of first aid and CPR, AED as well as skills specific to emergencies in an aquatic setting. This course is recommended for lifeguards, aquatic instructors, lifesavers and other individuals who may need to respond to a first aid emergency in an aquatic setting.

Successful candidates receive both Aquatic Emergency Care (AEC) and CPR-C with AED certification.

Note: Aquatic Emergency Care includes all of the previous First Aid Items as well as the following:

Aquatic Spinal Injury	Demonstrate the care of a victim with a suspected spinal injury in the water. Rescuer is to make all decisions and give direction regarding any assistance required.
Shallow Water Rescue	Perform one rescue in an aquatic emergency situation designed to emphasize efficient victim recovery, safe removal from the water and competent victim care. Victim suffers from ONE of: bone or joint injury; abdominal or chest injury; heat, cold, or pressure induced injury; facial injury; suspected head injury; severe chest pain; unconsciousness; external bleeding; other medical emergency.
Pressure-related Injury	Demonstrate the treatment and care of a victim suffering from a pressure related injury.

Welcomes and Introductions

Evaluation Criteria

The practical application of the first aid items are evaluated continuously.

As part of the evaluation process, you should receive feedback from your instructor. The feedback generally takes two forms: acknowledgment of successful completion of the skill or as teaching comment designed to explain the behaviour that must be demonstrated to successfully achieve the curriculum item. If you can successfully apply the feedback and demonstrate the treatment for each condition as listed in your manual (meaning that you can demonstrate the standard as defined in the Instructor's Award Guide), you should pass the award item.

During the practical portion of the exam, the examiner may combine award items to make efficient use of time.

There is also a written exam for Emergency First Aid, Standard First Aid and Aquatic Emergency Care. The test is open book, and you are given approximately 1 hour to write the multiple choice exam.

The Lifesaving Society

- Outcome Identify aims, history, mission and activities of the Lifesaving Society.
- 1) What is the Lifesaving Society?

 - 2) What does the Lifesaving Society work to prevent?

 - 3) What activities does the Lifesaving Society use to accomplish our mission?

 - 4) What are the three First Aid Courses offered by the Lifesaving Society?

 - 5) What are the phone, e-mail and website address of the Lifesaving Society Alberta and Northwest Territories?

 - 6) How long has the Lifesaving Society been training lifesavers and lifeguards in Canada?

Management of Bystanders

Create a list of roles for bystanders in a first aid situation.

Think about how you would recruit and direct bystanders to fill these roles.

Medical/Legal Aspects of First Aid

Three important items for a rescuer to remember when it comes to legal considerations.

1. Get consent;
2. Exercise reasonable care; and
3. Do not exceed the level of your training.

Using your First Aid manual and the above 3 points, how would you deal with these situations?

1) Victim is an 8-year-old child.

2) Victim is an unconscious adult.

3) You are presented with a Do Not Resuscitate (DNR) order for the victim.

Shallow Water Rescue

Develop a simple Rescuers Checklist to use for the shallow water rescues.

How can you use the checklist to minimize the risk to you as a rescuer?

What Now

Emergency First Aid
Standard First Aid
AEC

Recertification Process

The entire course is retaken every 3 years with a current Lifesaving First Aid Instructor/Examiner.

All items are retested every 3 years by a current Lifesaving First Aid Instructor/Examiner.

All items are retested every 2 years by a current Aquatic Emergency Care Instructor/Examiner.

Further Training

Further training and education opportunities are available through the Lifesaving Society. The following course list includes additional training offered through the Lifesaving Society and its affiliates at the candidate level.

Swim to Survive®

Swim for Life®

Canadian Swim Patrol

Bronze Medallion

Bronze Cross

National Lifeguard Service (NLS) Award

Oxygen Administration

Lifesaving AED

Boat Operator Accredited Training - BOAT

Swift Water Rescue 1 and 2

Boat Rescue

Instructor/Examiner Awards

These training courses are for those who are looking to increase their knowledge or are interested in instructing others. There are prerequisites for these courses and in some cases an application process to complete. Contact the Lifesaving Society by visiting our website at www.lifesaving.org for further information.

Lifesaving First Aid Instructor/Examiner

Lifesaving Instructor/Examiner

AEC Instructor/Examiner

National Lifeguard Instructor/Examiner

Lifesaving AED Instructor/Examiner

Boat Operator Accredited Training (BOAT) Instructor/Examiner

Swift Water Rescue Instructor/Examiner

First Aid Test

Revised December 2011

Emergency First Aid	Answer Questions 1 – 29
Standard First Aid	Answer Questions 1 – 50
Aquatic Emergency Care	Answer Questions 1 – 50

Instructions

Write your name on the Answer Sheet.

For each question, choose a single response. The choice you make should correspond to the best way of answering the question, even if in certain cases there are partially correct choices.

For each question, mark your answer on the Answer Sheet. Select only one answer per question.

To obtain the pass mark of 70%, you must score 20 correct responses from the 29 for Emergency First Aid; or 35 correct responses from the 50 questions for Standard First Aid / AEC.

Do not write on the question paper.

You may consult reference materials.

When you have finished, give the completed Answer Sheet to your instructor.

First Aid Test

Revised December 2011

1. Treatment on a victim can be stopped when:
 - a. Medical help takes over
 - b. The victim vomits
 - c. The victim's heart stops beating
 - d. All of the above
2. Treatment on a victim can be started when:
 - a. The victim is unconscious
 - b. It is a small child and no guardian is present
 - c. You ask for permission and the victim consents to treatment
 - d. All of the above
3. What is the first step when responding to an unwitnessed, unconscious child?
 - a. Do a foreign body check
 - b. Assess the environment for hazards
 - c. Activate EMS
 - d. Open the airway
4. What are the "3 Ps" of First Aid?
 - a. Popular, principle and promote
 - b. Produce, pronounce and prepare
 - c. Principle, prevent and preserve
 - d. Prevent, promote and preserve
5. As you progress through your Primary Assessment, you discover the victim is non-breathing, call EMS and start compressions
 - a. True
 - b. False
6. When a bystander is sent to call EMS, the information he or she should provide is:
 - a. The location of (and direction to) the incident
 - b. The number of victims
 - c. The victim's condition
 - d. All of the above
7. Why is it important to use barrier devices (gloves, pocket mask) when doing CPR?
 - a. Protection for the victim
 - b. Protection for you
 - c. Protection for you and the victim
 - d. Protection for the environment
8. For which of the following would you use gloves?
 - a. Nose bleed
 - b. CPR
 - c. Vomit
 - d. All of the above
9. Somebody suffering from shock may look:
 - a. Confused, pale and restless
 - b. Excited, flushed and a strong regular pulse
 - c. Scared, weak and hungry
 - d. None of the above
10. What should you do for somebody who is suffering from shock?
 - a. Reassure the victim
 - b. Call EMS
 - c. Keep the victim warm and monitor his vitals
 - d. All of the above
11. According to the Lifesaving Society, fainting is:
 - a. When there is not enough insulin in the body
 - b. An injury to the chest wall or ribs
 - c. A temporary loss of consciousness
 - d. When the heart stops beating
12. If the rescuer is "alone", when should EMS be activated for a 6-year-old victim who is unresponsive and non-breathing?
 - a. Immediately
 - b. After about 2 minutes of CPR
 - c. After about 1 minute of CPR
 - d. It is not necessary to activate EMS

First Aid Test

Revised December 2011

13. If your conscious adult victim is choking, and cannot speak or cough, you should:
 - a. Attempt to remove obstruction
 - b. Give 2 full breaths
 - c. Do a finger sweep
 - d. Leave the victim and activate EMS immediately
14. If your choking victim goes unconscious, you should:
 - a. Check for Hazards
 - b. Activate EMS
 - c. Reassess airway, breathing and circulation
 - d. Reassure the victim
15. The appropriate chest compression to breath ratio for an unconscious, choking adult is:
 - a. 3:1
 - b. 30:2
 - c. 5:1
 - d. 15:2
16. First Aiders in the workplace should be familiar with the applicable acts or regulations:
 - a. True
 - b. False
17. Which one of the following are acceptable methods of doing rescue breathing to a non-breathing victim?
 - a. Mouth to mouth
 - b. Mouth to nose
 - c. Mouth to stoma
 - d. All of the above
18. When a victim vomits during rescue breathing, the rescuer should:
 - a. Stop rescue breathing because the victim will start to breathe
 - b. Continue rescue breathing
 - c. Place the victim in recovery position and stop resuscitation
 - d. Place the victim in recovery position, clear the airway and reassess airway, breathing and circulation
19. For a conscious, asthmatic victim with medication, the rescuer should:
 - a. Force the administration of medication
 - b. Assist the victim to take his medication
 - c. Not allow administration of medication
 - d. Not worry about medication until EMS arrives
20. What are some signs and symptoms of a heart attack?
 - a. Chest pain and nausea
 - b. Flushed face and sweating
 - c. Chest pain, shortness of breath and denial
 - d. All of the above
21. A stroke is similar to a heart attack, except that it involves the blood vessels which supply the brain:
 - a. True
 - b. False
22. Jo-Ann's grandmother is having weakness in her left arm and left leg. She is also anxious and disoriented. Jo-Ann should:
 - a. Assist her into a comfortable position and call EMS
 - b. Walk her to the bus stop
 - c. Call EMS and start CPR
 - d. Treat for shock
23. The compression to breath ratio for 1 rescuer adult CPR is:
 - a. 5:1
 - b. 15:2
 - c. 30:2
 - d. 1:1
24. The first aider has a legal obligation to protect the privacy of first aid treatment records.
 - a. True
 - b. False

First Aid Test

Revised December 2011

25. A puncture or stab wound with no embedded object should be treated:
- Like CPR
 - As external bleeding
 - As a minor injury of low priority
 - By EMS personnel only
26. How many degrees of burns are there?
- 1
 - 2
 - 3
 - 4
27. A second degree burn is:
- Red, blistered and painful
 - Black and charred
 - Red, cool to the touch, itchy
 - Treated best with butter
28. When treating a nosebleed you should:
- Tilt head back
 - Pinch nose, tilt head forward
 - Blow nose
 - Apply pressure to back of neck
29. When dealing with a dental injury, a rescuer should try to salvage any lost or broken teeth.
- True
 - False

EFA Test - Stop here.

SFA /AEC test - continue and complete questions 29 to 50.

First Aid Test

Revised December 2011

30. A mother comes to you with a conscious, choking infant with poor or no air exchange. Activate EMS and then?
- Do 2 minutes or 5 cycles of CPR
 - Do abdominal thrusts
 - Do a series of 5 back blows, followed by 5 chest compressions
 - Do 5 back blows and stop to check the airway
31. The chest compression-to-breath ratio for infant CPR is 30:2.
- True
 - False
32. If you are alone and find an unresponsive non-breathing infant, you should:
- Immediately call EMS
 - Call EMS after about 2 minutes of CPR
 - Reassess breathing every 20 seconds
 - None of the above
33. A temporary chest pain that can be brought on by increased physical activity, stress or agitation is called:
- Angina
 - Stroke
 - Head Injury
 - Shock
34. In 2-person CPR, when the second rescuer arrives, she should:
- identify herself as knowing CPR
 - check for bleeding
 - confirm that EMS has been called
 - a & c
35. A compound (or open) fracture is when:
- The bone is fractured in more than 1 location
 - The bone is broken in more than 1 location
 - The bone has broken through the skin
 - The bone has separated from the joint socket
36. Signs and symptoms of severe hypothermia are:
- Shivering; very active; shock
 - Shivering; loss of muscle coordination; confusion
 - Sweating profusely; red skin; unconsciousness
 - Blood loss; nausea; dryness
37. Treating severe heat illness with a good level of consciousness by:
- Cold shower
 - Sit in tub of cold water
 - Hose down with garden hose
 - All of the above
38. Loss of recent memory, disorientation, nausea and fluid from ears or nose are all signs of:
- Angina
 - Head injury
 - Broken bone
 - Indigestion
39. A head injury that includes history of a fall, signs of bleeding, fluid discharge and skin damage should be treated with immobilization of the spine.
- True
 - False
40. A secondary assessment involves:
- Assessing and recording vital signs
 - Carrying out a thorough head to toe examination of the victim
 - Recording the relevant history
 - All of the above
41. Chest wounds include injuries to the chest wall and ribs. These may include:
- Bruising
 - Fractures
 - Bleeding wounds
 - All of the above

First Aid Test

Revised December 2011

42. When treating an internal abdominal injury, you want to make sure you:
- Press hard on the injured area
 - Give hot compress
 - Contact EMS
 - Make victim do sit-ups to exercise weak muscles
43. A hockey player falls head first into the boards. They can't feel her hands or feet. As the rescuer you should:
- Call EMS, don't move them, monitor airway, breathing and circulation
 - Get bystanders to help move them off the ice to continue the game
 - Call EMS, remove the helmet and perform CPR
 - Remove the helmet and check the body
44. Whether or not a spinal injury should be suspected can be based on:
- Mechanism of injury
 - My personal experience
 - A head to toe examination that reveals signs and symptoms associated with spinal injuries
 - A & c
45. If a victim is having a seizure, you should place something between his teeth to prevent the victim from biting his tongue.
- True
 - False.
46. Signs and symptoms of seizures may include:
- Loss of consciousness
 - Arching of the back and rigidity of the body
 - Loss of bladder control
 - Any of the above
47. If you suspect a responsive victim is having a diabetic reaction, you should:
- b & c
 - give him pop or juice containing sugar
 - ask him if he has a test kit
 - administer insulin
48. You can be poisoned in the following ways:
- Absorption
 - Injection
 - Ingestion
 - All of the above
49. You can get first aid information regarding a certain ingested chemical by:
- Asking your mother
 - c & d
 - Reading container label
 - Contacting poison control centre
50. After a rescue, support groups are available for:
- All people involved in a successful rescue
 - All people involved in an unsuccessful rescue
 - There are no support groups, everyone can cope well with a rescue
 - a & b

First Aid Test

Revised December 2011

Answers

Emergency First Aid

1. a b c d
2. a b c d
3. a b c d
4. a b c d
5. a b c d
6. a b c d
7. a b c d
8. a b c d
9. a b c d
10. a b c d
11. a b c d
12. a b c d
13. a b c d
14. a b c d
15. a b c d
16. a b c d
17. a b c d
18. a b c d
19. a b c d
20. a b c d
21. a b c d
22. a b c d
23. a b c d
24. a b c d
25. a b c d
26. a b c d
27. a b c d
28. a b c d
29. a b c d

Standard First Aid & AEC

30. a b c d
31. a b c d
32. a b c d
33. a b c d
34. a b c d
35. a b c d
36. a b c d
37. a b c d
38. a b c d
39. a b c d
40. a b c d
41. a b c d
42. a b c d
43. a b c d
44. a b c d
45. a b c d
46. a b c d
47. a b c d
48. a b c d
49. a b c d
50. a b c d

Name: _____



Course/Clinic Evaluation

Course/Clinic Name: _____

Course/Clinic Dates: _____

Location: _____

Instructor/Trainer(s): _____

Instructions: Lifesaving Society Course/Clinic Evaluations are intended to provide the Lifesaving Society, facility, and instructor/trainer(s) with feedback on the quality of the course/clinic. Course/clinic evaluations are completely confidential and will not have any bearing on the result of the candidates' performance. Fill in the circle that best reflects your view.

(SD = strongly disagree, D = disagree, N = neutral, A = agree, SA = strongly agree, NA = not applicable)

The objectives of the course/clinic were clear.

SD D N A SA NA

The method of evaluation for the course/clinic was explained

SD D N A SA NA

I found the course materials useful.

SD D N A SA NA

I found the assignments informative and worthwhile.

SD D N A SA NA

I found the practice situations challenging and worthwhile.

SD D N A SA NA

I increased my knowledge in the field of lifesaving.

SD D N A SA NA

The instructor/trainer was knowledgeable.

SD D N A SA NA

The instructor/trainer was well prepared.

SD D N A SA NA

The instructor/trainer treated candidates with respect.

SD D N A SA NA

The instructor/trainer spoke in a clear voice.

SD D N A SA NA

The instructor/trainer presented and explained concepts well.

SD D N A SA NA

The instructor/trainer was approachable.

SD D N A SA NA

The instructor/trainer provided feedback throughout the course/clinic.

SD D N A SA NA

I attended class regularly.

SD D N A SA NA

I expect to pass this course/clinic.

SD D N A SA NA

Please answer the following short questions. Use another sheet of paper if required.

1. What part of the course/clinic did you find valuable?

2. What part of the course/clinic did you find least valuable?

3. Other comments.

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