

FIRST-AID REVISION

QUESTIONS & ANSWERS

COMPILED

BY

SECTION A

1. One of the goals of first aid is to

A. Stop the casualty's condition from getting worse
B. Promote recovery
C. Provide re-assurance
D. All the above

2. Which of the following emergency conditions is a wash bottle important?

A. Acid burns
B. Chemical splash in the eye
C. Electric burn
D. Electric burn

3. Amount to much ventilation is contraindicated in

A. Cholera
B. Epistaxis
C. Typhoid fever
D. Both A and B

4. Circulatory shock presents with

A. Cold clammy skin
B. Weak rapid pulse
C. Thirst
D. All the above

5. The most immediate first aid action in case of heat burns is

A. Re assuring the casualty
B. Applying Vaseline
C. Phage or pour cold water
D. Apply rabbit fur

6. Which of the following can cause asphyxia?

A. Electric shock
B. Effect of carbonmonoxide
C. Drowning
D. All the above

7. Which of the following may not be a content of first aid box?

A. Scissors
B. Cotton wool
C. Paracetamol
D. Pain killers

8. Elevate the lower limb of the body is a first aid action in

A. Severe wound on the torso
B. Severe wound of that particular limb
C. Shock
D. Both B and C

9. Which of the following is true about a laboratory first aid box?

A. It has a green cross on a white back ground or vise versa

B. It is metallic or plastic
C. It is kept in an accessible place to every one
D. All the above

10. Which of the following numbers is or are important in first aid?
A. 999
B. 911
C. 112
D. All the above
E. Both (A) and (D)

11. The type of wound commonly caused by a spear is called
A. Lacerated
B. Contused
C. Punctured wound
D. Incised

12. The first action when one swallows an acid is
A. Induce vomiting
B. Give a solution of bicarbonate
C. Do mouth to mouth ventilation
D. Run to a physician

13. First aid treatment given to a casualty who has been electrocuted involves
A. Wrenching the cable free
B. switching off the mains

C. Ensuring ABC
D. cooling the burnt area
E. F.A.B, and C.

14. Lemon juice can be indicated in
A. Swallowing of sulphuric acid
B. Swallowing of strong sodium hydroxide
C. Swallowing of hydrogen peroxide
D. Swallowing of blood (by red cross)

15. Which of the following will indicate bleeding from an artery?
A. Blood spurting at a low pressure
B. Bright red blood
C. Blood flowing at a high pressure
D. Blood flowing at a low pressure

16. In which of the following types of bleeding is blood frothy?
A. Epistaxis
B. Haemoptysis
C. Haematemesis
D. Uterine bleeding

17. Complications associated with wounds include
A. Shock
B. Haemorrhage
C. Infection
D. Fractures
E. All the above

18. A ring pad is indicated in

A. Severe menstruation
B. Foreign body in the eye
C. Severe cuts
D. None of the above

19. Which of the following can lead to vomiting?

A. Compression
B. Stroke
C. Concussion
D. Constipation

20. Describe the following procedures in first aid.

A. Assessing the situation
B. Diagnosis
C. Giving immediate and appropriate treatment

21. The following are aims of first aid except

A. To preserve life
B. To limit worsening the condition
C. To promote recovery
D. To reduce injuries

22. While assessing the situation, the first aider should be

A. Brisk but calm and controlled
B. Slow but steady
C. Should give immediate first aid
D. Make noise and call by standers

23. A wound with irregular edges is classified as;

A. Contrused wound
B. Lacerated wound
C. Incised wound
D. Abrasions

24. In management of an embedded foreign body in the wound one should

A. Remove the foreign body and apply pressure to control bleeding.
B. Use ring pad and apply pressure to control bleeding.
C. Apply a tourniquet directly on the foreign body.
D. Apply a tourniquet to control bleeding.

25. Shock can be defined as

A. Reduced oxygen supply to tissues & organs
B. Reduced tissues and organ perfusion
C. Low pressure of blood
D. Abnormal mental activity that leads to unconsciousness

26. When administering first aid, the condition that should be cared for first is

A. Bleeding
B. The most threatening
C. The most obvious one
D. The most painful one

27. The I in rice stands for:

A. Immobilize

B. Ice
C. Injury
D. Instant pain

28. An injury in which ligaments are partially portion is

A. Dislocation
B. Tendonitis
C. Displacement
D. Strain

29. Which type of knot is most used in bandaging?

A. Slip knot
B. Half hitch
C. Class hitch
D. Reef/square knot

30. Unconscious casualty should be put in recovery position except if the patient has

A. Nose bleeding
B. Headache
C. Spinal injury
D. Fracture of tibia

31. Gunshot wounds generally have,

A. No exit wounds
B. A smaller exit wound than entrance wound
C. Identical sized entrance and exit wound
D. A larger exit than entrance wound

32. A patient with a bleeding from the nose should

A. Lean forward and then pinch the nostrils to apply pressure.

B. Blow the nose until the bleeding stops.

C. Tilt the head back or lie flat while applying hot water.

D. Pack the nose.

33. Among haemorrhagic diseases the following are a danger/threat to humans

A. Marburg

B. Ebola

C. Malaria & HIV/AIDS

D. A & D

34. The longest bone in the body is the

A. Tibia

B. Humerus

C. Radius

D. Femur

35. Ebola is a serious disease that also threatens life of first aider. We can control this by

A. Getting in touch with body fluids

B. By body secretion isolation

C. Leaving the patient to die

D. Holding the causality with unprotected hands

36. Burns are common domestic injuries. What is the first thing you try to do for a small superficial burn?

A. Refer to a health unit
B. Cover with posho flour paste
C. Apply transfer oil, calgate or petroleum jelly
D. Irrigate/pour cold water on the burnt area

37. The purpose of artificial ventilation is to:
A. Clear an upper airway passage obstruction
B. Prevent the tongue from being swallowed
C. Provide a method of air passage
D. Clear a lower air passage

38. In trauma and first aid care, to prevent cross infection you need to:
A. Use disinfectants when cleaning wounds
B. Wash your hands before and after procedures
C. Wear protective gloves
D. Always wear full protective clothing

39. The following are pillars of first aid except
A. History
B. Signs
C. Symptoms
D. Geography

40. Which of the following is not a component of blood?
A. Plasma
B. C.S.F
C. Red blood cells
D. White blood cells

SECTION B

41.
(a) Define
(i) First aid
(ii) First aider (2 marks @)
(b) What are the aims of the first aid? (4 marks)
(c) Mention the ten golden rules of first aid. (10 marks)

42. Briefly describe four (4) common accidents in the hospital laboratory with the first aid management for each. (20 marks)

43.
(a) Define a first aid box. (2 marks)
(b) Mention nine (9) contents of a first aid box giving one function for each. (18 marks)

44.
(a) Mention the procedures of first aid. (4 marks)
(b) Briefly describe the recovery position. (6 marks)

(c) Give reasons why we should place the casualty in a recovery position. (4 marks)

45.
(a) What is haemorrhage? (2 marks)
(b) How can you classify haemorrhage (12 marks)

(c) What is the general first aid management for haemorrhage? (6 marks)

46.
(a) What is First aid?
(b) Elaborate the responsibility of a first-aider
(c) List the aims of a first-aider

47.
(a) Describe the first aid box
(b) Give the emergency treatment of;
(i) Chemical burn
(ii) Electric shock

48. Describe ABCs of first aid

49.
a) What is a wound?
b) Give the different types of wounds
c) Explain the first aid you would give to a wounded person

50. Mention the common accidents that occur in our homes and devise means of reducing them.

51. Yosefumaria 48 years married to one Lovinsa got a misunderstanding with his wife on Saturday evening and decided to move away after a long quarrel. Three hours later Yosefu Maria was found unconscious:
A. With reasons give two most likely causes of the unconsciousness.
B. How would you handle yosefumaria?

52.
a) Differentiate between burns and scalds.
b) What are the causes of burns and scalds?
c) Briefly classify burns and scalds.
d) What first aid would you give to a person who has been burnt by hot water?

53. Write short notes on any four of the following:
A. Drowning
B. Haemophysis
C. Haemorrhage
D. Eclampsia
E. Epistaxis
F. Asphyxia

54.
a) What is a fracture?
b) Give the different varieties of fractures whether simple or compound.
c) What first aid measures can you give a casualty with a fractured spine?
d) What are the dangers associated with it?

55.
a) List the golden rules one should follow when rendering first aid.
b) List six common emergency conditions in a hospital laboratory.
c) Mention five contents of a first aid box and their uses.

56.
a) Define shock.
b) Write DRABC in full.
c) What are the signs and symptoms of shock?
d) Classify haemorrhage according to time.

57.
a) List 3 contra-indications for each of the following.
(i) Mouth to mouth ventilation.
(ii) External cardiac massage.
b) Enumerate the different types of wounds.
c) Define the following:
(i) Epistaxis
(ii) Haemoptysis
(iii) Haematemesis

58. Outline the first aid management of the following as common accidents that occur in a laboratory
a. Electrocution
b. Swallowing an acid or alkali
c. Chemical splash in the eye
d. Glass cuts

59.
a) What is shock?
b) List two causes of shock.
c) How do you recognize clinical shock?
d) Outline the first management of shock.

60.
a) Briefly give the meaning of DRABC as used in first

aid.
b) What is a wound?

61. Describe
A. Mouth to mouth ventilation.
B. External heart compression.

62.
a) Give the meaning of a fracture.
b) What are the different causes of fracture?
c) Name and explain the different classification of fracture.

63.
a) Lay out the general rules or principles of first aid.
b) Mention five chemicals of potential danger in a laboratory.

64.
a) What are burns?
b) What causes burns?
c) Culture first aid management of burns
d) List complications of burns.

65.
a) Classify wounds whether simple or compound.
b) What is the first aid management of a wound with a piece of glass in situ?

66.
a) List 10 chemicals of pathetical danger in laboratory

b) Mention the common accidents that occur in the laboratory.
c) What is the first aid management of an electrocuted person?

67.
a) What is a fracture?
b) What first aid would you give to a casualty with an open fracture?

68. State the first aid management of the following accidents
A. Acid or alkali splashed into the eye
B. Swallowing an acid during pipetting
C. Electric shock with burns
D. Fainting in the laboratory

69.
a) Describe a first aid box.
b) Classify hemorrhage according to source and situation.

70. Give the meaning of the following terms:
A. First aid
B. Epistaxis C. Hemoptysis
D.. Haemorrhage
E. Wound
F. Poison
G. Fracture
H. Haematemesis

I. Burns
J. First aider

71.
(a) List the aims of first aid. (5 marks)
(b) List the pillars of first aid. (5 marks)
(c) List any five qualities of a first aider. (5 marks)
(d) List any five types of shock. (5 marks)

72.
(a) Outline any five types of open wounds. (10 marks)
(b) List any 5 bandages. (5 marks)
(c) List any 5 uses of bandaging. (5 marks)

73.
(a) List 10 components found in a first aid kit. (10 marks)
(b) Outline the first aid management for poisoning. (10 marks)

74.
(a) List any 10 signs and symptoms of bleeding. (10 marks)
(b) Outline the first aid management of a Fracture. (10 marks)

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SOLUTIONS

1. One of the goals of first aid is to
Correct answer: D. All the above
Explanation: First aid aims to prevent deterioration, promote recovery, and reassure the casualty.

2. Which of the following emergency conditions is a wash bottle important?
Correct answer: B. Chemical splash in the eye
Explanation: Wash bottles are used to flush chemicals from the eyes immediately to prevent damage.

3. Amount to much ventilation is contraindicated in
Correct answer: D. Both A and B
Explanation: Mouth-to-mouth ventilation is risky in cholera (due to vomiting) and epistaxis (nosebleed).

4. Circulatory shock presents with
Correct answer: D. All the above
Explanation: Shock symptoms include cold clammy skin, rapid weak pulse, and thirst due to poor perfusion.

5. The most immediate first aid action in case of heat burns is
Correct answer: C. Phage or pour cold water
Explanation: Cooling the burn with water reduces tissue damage and pain.

6. Which of the following can cause asphyxia?
Correct answer: D. All the above
Explanation: Electric shock, carbon monoxide poisoning, and drowning all interfere with breathing.

7. Which of the following may not be a content of first aid box?
Correct answer: D. Pain killers
Explanation: Painkillers are not standard due to dosage risks and potential allergic reactions.

8. Elevate the lower limb of the body is a first aid action in
Correct answer: D. Both B and C
Explanation: Elevation helps reduce bleeding and manage shock by improving circulation.

9. Which of the following is true about a laboratory first aid box?
Correct answer: D. All the above
Explanation: It should be clearly marked, made of durable material, and easily accessible.

10. Which of the following numbers is or are important in first aid?
Correct answer: D. All the above
Explanation: 999 (UK), 911 (US), and 112 (international) are emergency contact numbers.

11. The type of wound commonly caused by a spear is called

Correct answer: C. Punctured wound
Explanation: A spear causes a deep, narrow wound typical of puncture injuries.

12. The first action when one swallows an acid is
Correct answer: D. Run to a physician
Explanation: Immediate medical attention is critical; do not induce vomiting or neutralize.

13. First aid treatment given to a casualty who has been electrocuted involves
Correct answer: E. F.A.B, and C.
Explanation: Switch off power (A), ensure ABC (Airway, Breathing, Circulation), and treat burns.

14. Lemon juice can be indicated in
Correct answer: B. Swallowing of strong sodium hydroxide
Explanation: Lemon juice (acidic) may help neutralize alkali ingestion, but only under guidance.

15. Which of the following will indicate bleeding from an artery?
Correct answer: C. Blood flowing at a high pressure
Explanation: Arterial bleeding is bright red and spurts forcefully due to high pressure.

16. In which of the following types of bleeding is blood frothy?
Correct answer: B. Haemoptysis

Explanation: Frothy blood is seen in lung bleeding due to mixing with air.

17. Complications associated with wounds include
Correct answer: E. All the above
Explanation: Wounds can lead to shock, bleeding, infection, and fractures.

18. A ring pad is indicated in
Correct answer: C. Severe cuts
Explanation: Ring pads apply pressure around embedded objects without disturbing them.

19. Which of the following can lead to vomiting?
Correct answer: C. Concussion
Explanation: Head trauma like concussion can trigger nausea and vomiting.

20. Describe the following procedures in first aid.
A. Assessing the situation – Check for danger, number of casualties, and responsiveness.
B. Diagnosis – Identify the condition or injury based on signs and symptoms.
C. Giving immediate and appropriate treatment – Apply correct first aid measures based on findings.

21. The following are aims of first aid except
Correct answer: D. To reduce injuries
Explanation: First aid does not reduce injuries already sustained; it manages them.

22. While assessing the situation, the first aider should be
Correct answer: A. Brisk but calm and controlled
Explanation: A calm and efficient approach ensures safety and effective care.

23. A wound with irregular edges is classified as
Correct answer: B. Lacerated wound
Explanation: Lacerations have torn, uneven edges caused by blunt trauma.

24. In management of an embedded foreign body in the wound one should
Correct answer: B. Use ring pad and apply pressure to control bleeding
Explanation: Do not remove embedded objects; pad around and control bleeding.

25. Shock can be defined as
Correct answer: B. Reduced tissues and organ perfusion
Explanation: Shock is inadequate blood flow to vital organs.

26. When administering first aid, the condition that should be cared for first is
Correct answer: B. The most threatening
Explanation: Life-threatening conditions take priority over pain or visibility.

27. The I in RICE stands for:
Correct answer: B. Ice
Explanation: RICE = Rest, Ice, Compression, Elevation – used for soft tissue injuries.

28. An injury in which ligaments are partially torn is
Correct answer: D. Strain
Explanation: Strains affect muscles or ligaments, often due to overstretching.

29. Which type of knot is most used in bandaging?
Correct answer: D. Reef/square knot
Explanation: This knot is secure and lies flat, ideal for bandages.

30. Unconscious casualty should be put in recovery position except if the patient has
Correct answer: C. Spinal injury
Explanation: Moving a spinal injury patient can worsen damage; keep them still.

31. Gunshot wounds generally have
Correct answer: D. A larger exit than entrance wound
Explanation: Exit wounds are often larger due to energy release and tissue disruption.

32. A patient with bleeding from the nose should
Correct answer: A. Lean forward and then pinch the nostrils to apply pressure

Explanation: This prevents blood from entering the airway and helps stop bleeding.

33. Among haemorrhagic diseases the following are a danger/threat to humans
Correct answer: B. Ebola
Explanation: Ebola and Marburg are haemorrhagic; malaria and HIV/AIDS are not.

34. The longest bone in the body is the
Correct answer: D. Femur
Explanation: The femur (thigh bone) is the longest and strongest bone.

35. Ebola is a serious disease that also threatens life of first aider. We can control this by
Correct answer: B. By body secretion isolation
Explanation: Avoid contact with body fluids; use protective equipment.

36. Burns are common domestic injuries. What is the first thing you try to do for a small superficial burn?
Correct answer: D. Irrigate/pour cold water on the burnt area
Explanation: Cooling the burn reduces pain and tissue damage.

37. The purpose of artificial ventilation is to:
Correct answer: C. Provide a method of air passage

Explanation: It helps deliver oxygen when breathing is impaired.

38. In trauma and first aid care, to prevent cross infection you need to:
Correct answer: C. Wear protective gloves
Explanation: Gloves protect both the casualty and the first aider.

39. The following are pillars of first aid except
Correct answer: D. Geography
Explanation: Geography is unrelated to first aid principles.

40. Which of the following is not a component of blood?
Correct answer: B. C.S.F
Explanation: Cerebrospinal fluid is not part of blood; it surrounds the brain and spinal cord.

Section B

41.
(a) Define
(i) First aid:
First aid is the immediate and temporary care given to a person who has been injured or suddenly taken ill before professional medical help is available.

(ii) First aider:

A first aider is a trained individual who provides initial emergency care to casualties during accidents or sudden illnesses.

(b) Aims of first aid (4 marks):
- To preserve life
- To prevent the condition from worsening
- To promote recovery
- To provide reassurance and comfort to the casualty

(c) Ten golden rules of first aid (10 marks):
1. Assess the situation quickly and calmly
2. Protect yourself and the casualty from danger
3. Call for professional help if needed
4. Provide comfort and reassurance
5. Check for responsiveness and breathing
6. Treat the most life-threatening conditions first
7. Avoid moving the casualty unnecessarily
8. Use clean materials to prevent infection
9. Monitor the casualty's condition continuously
10. Record and report the incident accurately

42. Four common accidents in the hospital laboratory and their first aid management (20 marks):
1. Chemical splash in the eye
Management: Immediately flush the eye with clean running water for at least 15 minutes. Avoid rubbing. Seek medical attention.

2. Electrocution
Management: Switch off the power source. Ensure ABC (Airway, Breathing, Circulation). If unconscious, place in recovery position unless spinal injury is suspected. Treat burns and call for help.

3. Glass cuts
Management: Wear gloves. Clean the wound with sterile water. Apply pressure to stop bleeding. Cover with a sterile dressing. Seek medical help if deep.

4. Acid or alkali ingestion
Management: Do not induce vomiting. Rinse mouth with water. Give milk or water to dilute (if conscious). Seek immediate medical attention.

43.(a) Define a first aid box (2 marks):
A first aid box is a container that holds essential medical supplies and equipment used to provide emergency care during accidents or illnesses.

(b) Nine contents of a first aid box and their functions (18 marks):



1. **Sterile gauze pads** – Cover wounds to prevent infection
2. **Adhesive bandages** – Protect small cuts and abrasions
3. **Antiseptic solution** – Clean wounds and prevent infection
4. **Scissors**– Cut bandages or clothing
5. **Tweezers** – Remove splinters or debris
6. **Gloves** – Prevent cross-infection
7. **Safety pins** – Secure bandages
8. **CPR face shield** – Provide safe mouth-to-mouth ventilation
9. **Burn ointment** – Soothe and treat minor burns

44.

(a) Procedures of first aid (4 marks):

1. Assess the situation
2. Ensure safety of casualty and self
3. Check responsiveness and breathing

4. Provide appropriate treatment and seek help

(b) Recovery position (6 marks):
The recovery position is a posture used to maintain an open airway in unconscious but breathing casualties. The casualty is placed on their side with the head tilted back, one arm under the head, and one leg bent to stabilize the body.

(c) Reasons for placing a casualty in recovery position (4 marks):
- To keep the airway open
- To prevent choking on vomit or fluids
- To allow drainage from the mouth
- To maintain breathing until help arrives

45.
(a) What is haemorrhage? (2 marks):
Haemorrhage is the escape of blood from a ruptured blood vessel, either internally or externally.

(b) Classification of haemorrhage (12 marks):
By source:
1. **Arterial** – Bright red, spurting blood
2. **Venous** – Dark red, steady flow
3. **Capillary** – Oozing blood from small vessels

By location:
1. **External** – Visible bleeding from wounds

2. **Internal** – Bleeding within body cavities
3. **Intracranial** – Bleeding inside the skull

By time:
1. **Primary** – Occurs immediately after injury
2. **Reactionary** – Occurs within 24 hours
3. **Secondary** – Occurs after 24 hours due to infection or vessel damage

(c) General first aid management for haemorrhage (6 marks):
- Apply direct pressure to the bleeding site
- Elevate the affected part if possible
- Use a sterile dressing or clean cloth
- Apply a bandage to secure the dressing
- Monitor for signs of shock
- Seek urgent medical attention

46.
a) What is First aid?
First aid is the immediate care given to a person who is injured or suddenly ill, aimed at preserving life and preventing the condition from worsening until professional help is available.

(b) Responsibilities of a first-aider:
- Assess the situation and ensure safety
- Provide appropriate emergency care
- Call for medical assistance when needed

- Comfort and reassure the casualty
- Prevent further injury or complications
- Record and report the incident accurately

(c) Aims of a first-aider:
- Preserve life
- Prevent the condition from worsening
- Promote recovery
- Protect the casualty from further harm

47.
(a) Describe the first aid box:
A first aid box is a container that holds essential medical supplies used to provide immediate care during emergencies. It is typically marked with a green cross and should be kept in an accessible, clean, and dry location.

(b) Emergency treatment of:
(i) Chemical burn:
- Immediately flush the affected area with large amounts of cool running water for at least 15 minutes.
- Remove contaminated clothing.
- Do not apply ointments or neutralizing agents.
- Seek medical attention.

(ii) Electric shock:

- Switch off the power source before touching the casualty.
- Check for responsiveness and breathing (ABC).
- If unconscious but breathing, place in recovery position.
- Treat any burns and monitor for shock.
- Call for emergency help.

48. Describe ABCs of First Aid

A – Airway: Ensure the casualty's airway is open and clear. Tilt the head back and lift the chin to prevent obstruction.
B – Breathing: Check if the casualty is breathing. Look, listen, and feel for breath. If not breathing, begin rescue breathing.
C – Circulation: Check for signs of circulation such as pulse and skin color. If absent, begin chest compressions immediately.

49. Wounds and First Aid

a) What is a wound?

A wound is a break in the skin or underlying tissues caused by injury, exposing the body to bleeding and infection.

b) Types of wounds:

1. Incised wound – Clean cut from a sharp object
2. Lacerated wound – Torn, irregular edges

3. Punctured wound – Deep, narrow wound from pointed object
4. **Abrasion** – Superficial scrape of the skin
5. **Contused wound** – Caused by blunt force, often with bruising
6. **Avulsion** – Tissue forcibly detached from the body

c) First aid for a wounded person:
- Wash hands and wear gloves
- Stop bleeding by applying pressure
- Clean the wound with clean water
- Cover with a sterile dressing
- Elevate the injured part if possible
- Seek medical help if the wound is deep or infected

50. Common Home Accidents and Prevention
Common accidents:
- Burns from hot liquids or fire
- Falls from slippery floors or stairs
- Cuts from sharp objects
- Poisoning from household chemicals
- Electrocution from faulty appliances

Prevention measures:
- Keep hot items and chemicals out of children's reach
- Use non-slip mats and proper lighting
- Store sharp tools safely
- Label and lock away toxic substances
- Repair faulty wiring and use safety plugs

51. Unconsciousness Case: Yosefumaria

A. Two likely causes of unconsciousness:
1. Emotional stress leading to fainting or collapse
2. Head injury or trauma during departure

B. How to handle Yosefumaria:
- Check responsiveness and breathing
- Place in recovery position if breathing
- Loosen tight clothing and ensure fresh air
- Monitor pulse and breathing
- Call for medical help immediately
- Do not give food or drink until fully conscious

52. Burns and Scalds
a) Difference between burns and scalds:
- **Burns** are caused by dry heat (e.g., fire, hot metal)
- **Scalds** are caused by wet heat (e.g., steam, boiling water)

b) Causes of burns and scalds:
- Fire
- Hot liquids or steam
- Chemicals
- Electricity
- Radiation

c) Classification:

- **First-degree**: Redness and pain, superficial
-**Second-degree:** Blisters, deeper tissue damage
-**Third-degree:** Charred skin, full thickness damage

d) First aid for hot water burns:
- Cool the area with clean running water for 10–15 minutes
- Do not apply ice or greasy substances
- Cover with a sterile, non-stick dressing
- Seek medical help if the burn is severe or blistered

53. Short Notes

A. Drowning:
Occurs when water enters the airway, preventing breathing. First aid includes removing from water, checking ABCs, and performing CPR if needed.

B. Haemoptysis:
Coughing up blood from the lungs or respiratory tract. May indicate lung disease or trauma. Requires medical evaluation.

C. Haemorrhage:
Excessive bleeding due to blood vessel rupture. Can be internal or external. First aid includes pressure, elevation, and dressing.

D. Eclampsia:

A severe complication of pregnancy involving seizures, often following pre-eclampsia. Requires emergency medical care.

E. Epistaxis:
Nosebleed. First aid includes leaning forward, pinching nostrils, and applying a cold compress.

F. Asphyxia:
Lack of oxygen due to airway obstruction or environmental factors. First aid includes clearing the airway and providing rescue breathing.

Kiss Of Life
The **kiss of life** is a life-saving technique used to revive someone who has stopped breathing. It refers specifically to **mouth-to-mouth resuscitation**, where a rescuer breathes air into the lungs of an unconscious person to restore breathing.

54. Fractures

a) **What is a fracture?**
A fracture is a break or crack in a bone caused by trauma, stress, or disease.

b) Varieties of fractures:
Simple (closed): Bone breaks but does not pierce the skin

Compound (open): Bone breaks and pierces the skin
Greenstick: Incomplete fracture, common in children
Comminuted: Bone shatters into multiple pieces
Transverse, Oblique, Spiral: Based on the angle and pattern of the break

c) First aid for fractured spine:
- Do not move the casualty
- Stabilize the head and neck
- Call for emergency help
- Monitor breathing and circulation
- Keep the casualty calm and still

d) Dangers associated with spinal fracture:
- Paralysis
- Breathing difficulties
- Shock
- Permanent nerve damage
- Death if not managed properly

55.
(a) Golden rules when rendering first aid:
1. Assess the situation quickly and calmly
2. Ensure your own safety
3. Call for professional help
4. Provide comfort and reassurance
5. Treat life-threatening conditions first
6. Avoid unnecessary movement of the casualty

7. Use clean materials to prevent infection
8. Monitor the casualty continuously
9. Record and report the incident
10. Stay calm and act confidently

(b) Six common emergency conditions in a hospital laboratory:

1. Chemical burns
2. Electrocution
3. Glass cuts
4. Inhalation of toxic fumes
5. Fire injuries
6. Acid or alkali ingestion

(c) Five contents of a first aid box and their uses:



1. **Sterile gauze** – Cover wounds to prevent infection
2. **Adhesive bandages** – Protect minor cuts
3. **Antiseptic wipes** – Clean wounds
4. **Gloves** – Prevent cross-contamination
5. **Scissors**– Cut bandages or clothing

56.

(a) Define shock:

Shock is a life-threatening condition where the body's organs and tissues do not receive adequate blood flow, leading to oxygen deprivation.

(b) DRABC in full:

- **D** – Danger
- **R** – Response
- **A** – Airway
- **B** – Breathing
- **C** – Circulation

(c) Signs and symptoms of shock:

- Pale, cold, clammy skin
- Rapid, weak pulse
- Shallow breathing
- Dizziness or fainting
- Restlessness or anxiety
- Low blood pressure

(d) Classification of haemorrhage according to time:

1. **Primary haemorrhage** – Occurs immediately after injury
2. **Reactionary haemorrhage** – Occurs within 24 hours due to vessel relaxation
3. **Secondary haemorrhage**– Occurs after 24 hours, often due to infection or sloughing

57.

(a) Contra-indications:

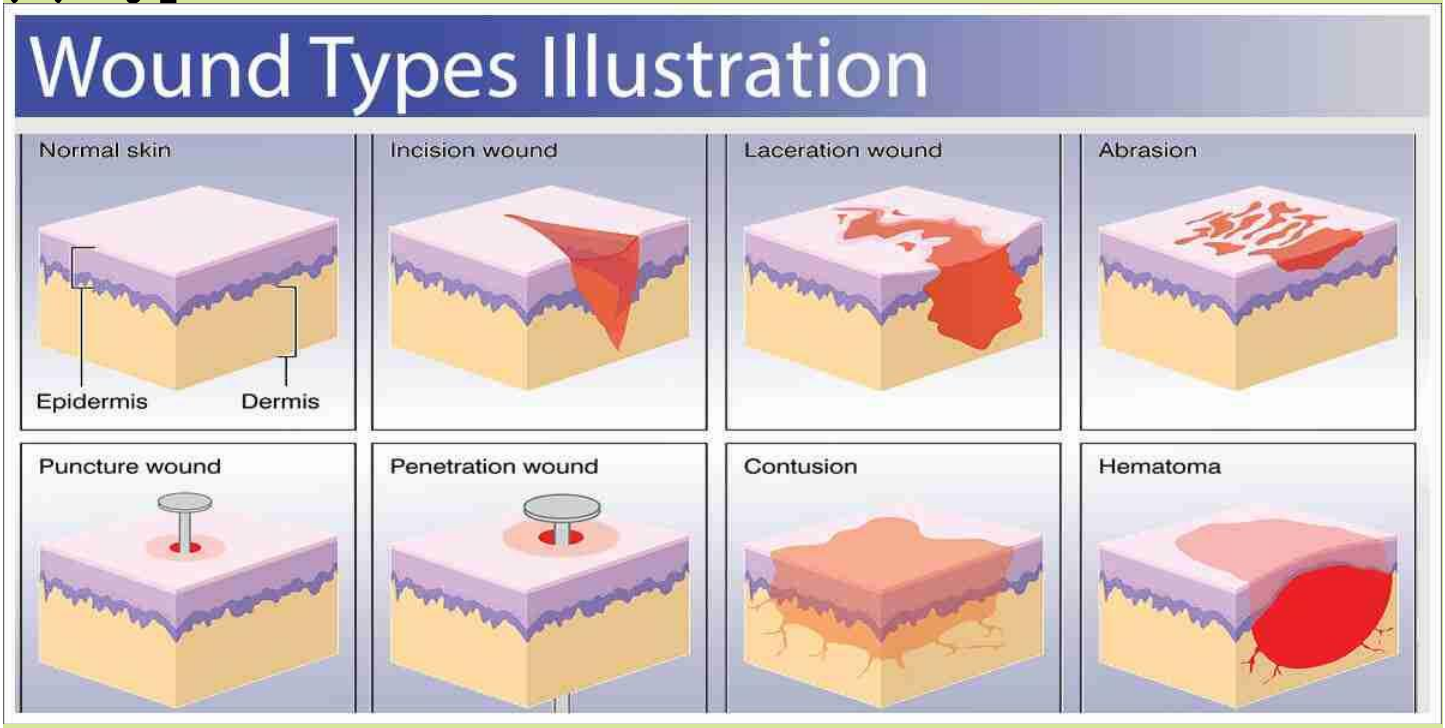
(i) Mouth to mouth ventilation:

1. Vomiting or risk of aspiration
2. Facial injuries or deformities
3. Infectious diseases (e.g., tuberculosis)

(ii) External cardiac massage:

1. Rib fractures
2. Severe chest trauma
3. Terminal illness or DNR (Do Not Resuscitate) orders

(b) Types of wounds:



1. Incised
2. Lacerated
3. Punctured
4. Abrasions

5. Contused
6. Gunshot
7. Avulsion
8. Crush injuries

(c) Definitions:
(i) **Epistaxis:** Bleeding from the nose
(ii) **Haemoptysis**: Coughing up blood from the lungs
(iii) **Haematemesis:** Vomiting blood from the stomach or upper gastrointestinal tract

58. First aid management of common laboratory accidents:

a. Electrocution:
- Turn off the power source
- Check ABC (Airway, Breathing, Circulation)
- Treat burns and monitor for shock
- Call for emergency help

b. Swallowing an acid or alkali:
- Do not induce vomiting
- Rinse mouth with water
- Give milk or water if conscious
- Seek immediate medical attention

c. Chemical splash in the eye:
- Flush the eye with clean running water for at least 15 minutes

- Avoid rubbing the eye
- Seek medical attention

d. Glass cuts:
- Wear gloves
- Clean the wound with sterile water
- Apply pressure to stop bleeding
- Cover with sterile dressing
- Seek medical help if deep

59.
(a) What is shock?
Shock is a critical condition caused by insufficient blood flow to the body's tissues and organs.

(b) Two causes of shock:
1. Severe bleeding
2. Burns

(c) Recognizing clinical shock:
- Pale, cold skin
- Rapid pulse
- Shallow breathing
- Weakness or confusion

(d) First management of shock:
- Lay the casualty down
- Elevate legs if no spinal injury
- Keep warm

- Monitor breathing and pulse
- Call for emergency help

60.

(a) Meaning of DRABC in first aid:

D – Check for danger
R – Check for response
A – Open the airway
B – Check breathing
C – Check circulation

(b) What is a wound?

A wound is a break in the continuity of the skin or tissue caused by injury, leading to bleeding and exposure to infection.

61.

A. Mouth to mouth ventilation:

A technique used to provide oxygen to a person who is not breathing. The rescuer seals their mouth over the casualty's mouth and blows air into the lungs.

B. External heart compression:

Also known as chest compressions, this is a life-saving technique used during cardiac arrest. The rescuer presses down firmly and rhythmically on the chest to maintain blood circulation.

62. Fractures

a) Meaning of a fracture:

A fracture is a break or crack in a bone caused by trauma, stress, or disease.

b) Causes of fracture:

- Direct trauma (e.g., falls, accidents)
- Indirect force (e.g., twisting injuries)
- Repetitive stress (e.g., sports overuse)
- Pathological conditions (e.g., osteoporosis, cancer)
- Sudden muscular contraction (e.g., seizures)

c) Classification of fractures:



1. **Simple (closed) fracture** – The bone breaks but does not pierce the skin.
2. **Compound (open) fracture** – The broken bone pierces through the skin, exposing it to infection.
3. **Greenstick fracture** – Incomplete fracture where the bone bends and cracks; common in children.

4. **Comminuted fracture** – The bone shatters into three or more pieces.
5. **Transverse fracture** – A straight horizontal break across the bone.
6. **Oblique fracture** – A diagonal break across the bone.
7. **Spiral fracture** – Caused by twisting force, resulting in a spiral-shaped break.

63. First Aid Principles and Lab Chemicals

a) General rules or principles of first aid:

1. Assess the situation calmly
2. Ensure your own safety
3. Call for help if needed
4. Provide comfort and reassurance
5. Treat life-threatening conditions first
6. Avoid unnecessary movement
7. Use clean materials
8. Monitor the casualty
9. Record and report the incident
10. Stay calm and act confidently

b) Five chemicals of potential danger in a laboratory:

1. Sulphuric acid – causes chemical burns
2. Sodium hydroxide – corrosive to skin and eyes

3. Formaldehyde – toxic and irritant
4. Hydrochloric acid – corrosive and harmful fumes
5. Ethanol – flammable and intoxicating

64. Burns

a) What are burns?

Burns are injuries to the skin or deeper tissues caused by heat, chemicals, electricity, or radiation.

b) Causes of burns:

- Dry heat (fire, hot objects)
- Wet heat (steam, boiling water)
- Chemicals (acids, alkalis)
- Electricity
- Radiation (sunburn, X-rays)

c) Cultural first aid management of burns:

- Cool the burn with clean water (not ice or herbal paste)
- Remove tight clothing or jewelry near the burn
- Cover with a clean, non-stick cloth
- Avoid applying substances like toothpaste, flour, or oils
- Seek medical help for severe burns

d) Complications of burns:

- Infection
- Shock
- Scarring
- Loss of function
- Dehydration
- Respiratory issues (in case of inhalation burns)

65. Wounds

a) Classification of wounds:

- **Simple wound:** A clean break or cut with minimal tissue damage and low risk of infection.
- **Compound wound:** A wound with broken skin and exposure to underlying tissues or bone, often contaminated.

b) First aid management of a wound with a piece of glass in situ:

- Do not remove the glass
- Apply a ring pad around the object to avoid pressure on it
- Control bleeding around the wound
- Immobilize the area
- Seek immediate medical attention

66. Laboratory Hazards and Electrocution

a) Ten chemicals of potential danger in a laboratory:

1. Sulphuric acid
2. Hydrochloric acid
3. Sodium hydroxide
4. Potassium permanganate
5. Formaldehyde
6. Acetone
7. Ethanol
8. Nitric acid
9. Ammonia
10. Phenol

b) Common accidents in the laboratory:

- Chemical burns
- Electrocution
- Glass cuts
- Inhalation of toxic fumes
- Fire outbreaks
- Acid or alkali ingestion

c) First aid management of an electrocuted person:

- Switch off the power source immediately
- Do not touch the casualty until power is off
- Check for responsiveness and breathing
- If unconscious but breathing, place in recovery position

- Treat any burns
- Monitor for shock
- Call for emergency help

67. Fracture and First Aid

a) What is a fracture?
A fracture is a break or crack in a bone due to trauma, stress, or disease.

b) First aid for a casualty with an open fracture:

- Do not attempt to push the bone back in
- Control bleeding using a sterile dressing around the wound
- Apply a ring pad if bone is protruding
- Immobilize the limb using a splint
- Keep the casualty calm and still
- Treat for shock if necessary
- Seek urgent medical attention

68. First Aid Management of Specific Accidents

A. Acid or alkali splashed into the eye:
- Immediately flush the eye with clean running water for at least 15 minutes.
- Keep the eye open during rinsing.

- Do not rub the eye or apply any substances.
- Seek urgent medical attention.

B. Swallowing an acid during pipetting:
- Do not induce vomiting.
- Rinse the mouth with water.
- If conscious, give milk or water to dilute the acid.
- Transport the casualty to hospital immediately.

C. Electric shock with burns:
- Switch off the power source before touching the casualty.
- Check for responsiveness and breathing (ABC).
- If unconscious but breathing, place in recovery position.
- Treat visible burns with cool water.
- Cover burns with sterile dressing.
- Monitor for shock and call for emergency help.

D. Fainting in the laboratory:
- Lay the casualty flat and elevate the legs.
- Loosen tight clothing.
- Ensure fresh air and monitor breathing.
- Reassure the casualty when they regain consciousness.
- If unconscious for more than a minute, seek medical help.

69. First Aid Box and Hemorrhage Classification

a) Describe a first aid box:
A first aid box is a container that holds essential medical supplies used to provide immediate care during emergencies. It is typically marked with a green cross, made of metal or plastic, and kept in an accessible location.

b) Classification of hemorrhage according to source and situation:
By source:
- **Arterial hemorrhage:** Bright red blood, spurting rhythmically.
- **Venous hemorrhage**: Dark red blood, flowing steadily.
- **Capillary hemorrhage**: Oozing blood from small vessels.

By situation:
- **External hemorrhage:** Visible bleeding from a wound.
- **Internal hemorrhage**: Bleeding within body cavities, not visible.
- **Intracranial hemorrhage:** Bleeding inside the skull.

70. Definitions of Key First Aid Terms

A. First aid: Immediate and temporary care given to a person who is injured or suddenly ill before professional medical help is available.
B. Epistaxis: Bleeding from the nose.
C. Hemoptysis: Coughing up blood from the lungs or respiratory tract.
D. Haemorrhage: Escape of blood from a ruptured blood vessel.
E. Wound: A break in the skin or tissue caused by injury.
F. Poison: A substance that can cause harm or death when ingested, inhaled, or absorbed.
G. Fracture: A break or crack in a bone.
H. Haematemesis: Vomiting blood from the stomach or upper gastrointestinal tract.
I. Burns: Injury to the skin or deeper tissues caused by heat, chemicals, electricity, or radiation.
J. First aider: A trained person who provides initial emergency care to casualties.

71. First Aid Fundamentals

(a) Aims of first aid (5 marks):
1. Preserve life
2. Prevent the condition from worsening
3. Promote recovery
4. Provide reassurance
5. Protect the casualty from further harm

(b) Pillars of first aid (5 marks):
1. Safety
2. Alert
3. Comfort
4. History
5. Signs and symptoms

(c) Five qualities of a first aider (5 marks):
1. Calm and confident
2. Observant and alert
3. Quick decision-maker
4. Empathetic and reassuring
5. Knowledgeable and skilled

(d) Five types of shock (5 marks):
1. Hypovolemic shock
2. Cardiogenic shock
3. Neurogenic shock
4. Septic shock
5. Anaphylactic shock

72. Wounds and Bandaging

(a) Five types of open wounds (10 marks):
1. **Incised wound** – Clean cut from sharp object
2. **Lacerated wound** – Torn, irregular edges
3. **Punctured wound** – Deep, narrow wound from pointed object
4. **Abrasion** – Superficial scrape of the skin

5. **Avulsion** – Tissue forcibly detached from the body

(b) Five types of bandages (5 marks):



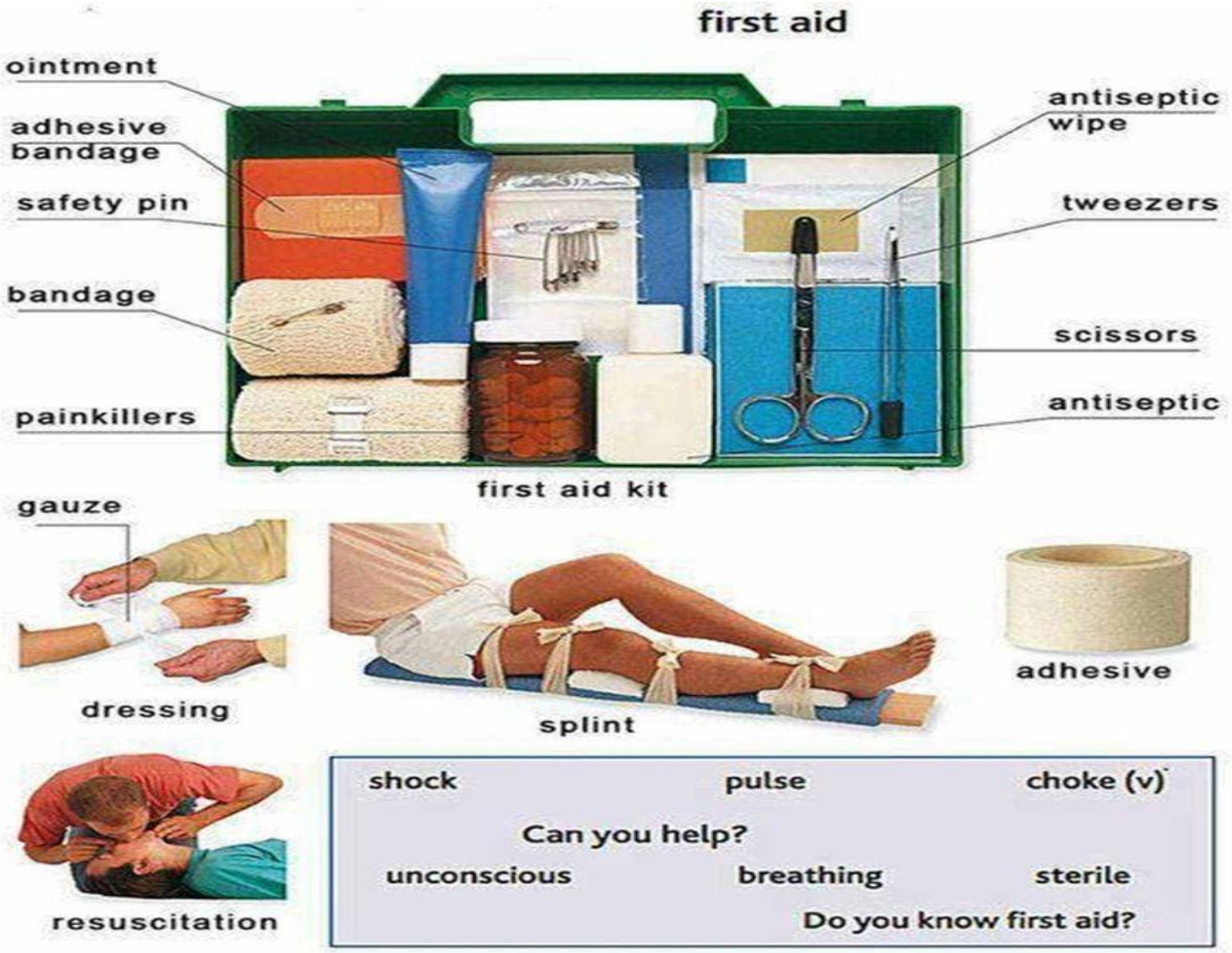
1. Triangular bandage
2. Roller bandage
3. Crepe bandage
4. Gauze bandage
5. Elastic bandage/ Cohensive

(c) Five uses of bandaging (5 marks):

1. To control bleeding
2. To support injured limbs
3. To secure dressings
4. To reduce swelling
5. To immobilize fractures

73. First Aid Kit and Poisoning

(a) Ten components of a first aid kit (10 marks):



1. Sterile gauze pads
2. Adhesive bandages
3. Antiseptic wipes
4. Scissors
5. Tweezers
6. Gloves
7. Safety pins
8. CPR face shield
9. Burn ointment
10. Pain relief tablets (if permitted)

(b) First aid management for poisoning (10 marks):

- Identify the poison and route of exposure
- Do not induce vomiting unless instructed by a professional
- Rinse mouth if ingested
- Remove contaminated clothing if absorbed through skin
- Move casualty to fresh air if inhaled
- Keep casualty calm and still
- Monitor breathing and circulation
- Call poison control or emergency services
- Provide information about the poison
- Transport to hospital if necessary

74. Bleeding and Fracture Management

(a) Ten signs and symptoms of bleeding (10 marks):

1. Visible blood loss
2. Pale skin
3. Rapid pulse
4. Cold, clammy skin
5. Dizziness
6. Weakness
7. Low blood pressure
8. Restlessness
9. Thirst
10. Loss of consciousness (in severe cases)

(b) First aid management of a fracture (10 marks):

- Do not move the affected limb unnecessarily
- Immobilize using a splint or sling
- Apply a cold compress to reduce swelling

- Control bleeding if it's an open fracture
- Cover the wound with a sterile dressing
- Treat for shock if necessary
- Reassure the casualty
- Avoid giving food or drink
- Monitor vital signs
- Seek urgent medical attention

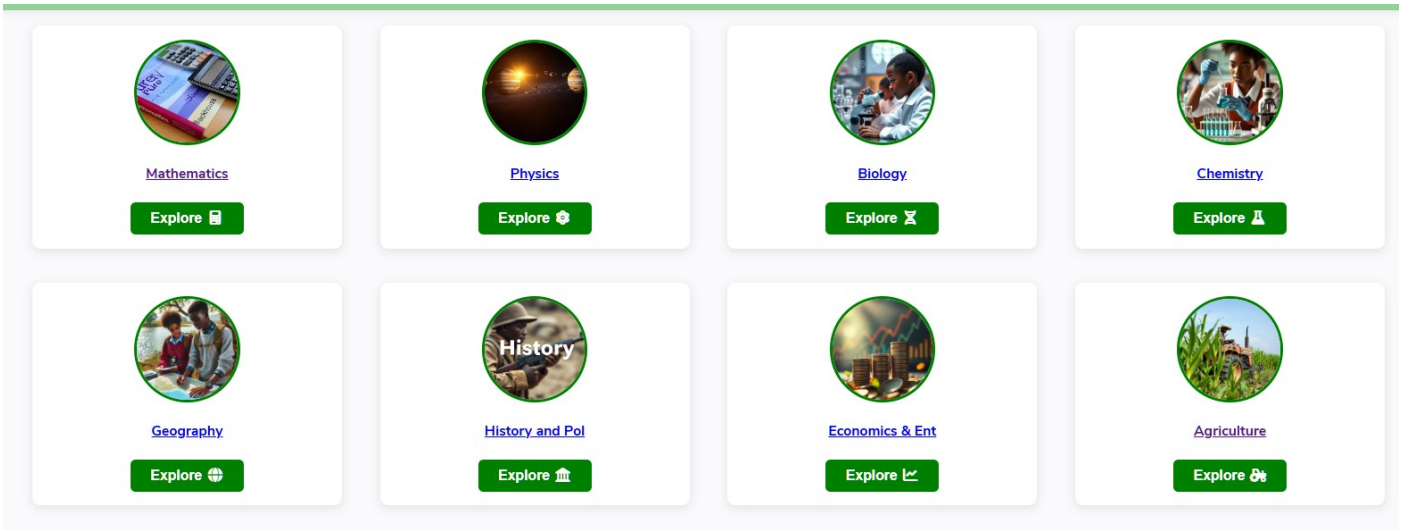
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