1. **What is the correct sequence for the Primary Survey?**
   
   A. Damage, Response, Airway, Breathing  
   B. Danger, Response, Airway, Breathing  
   C. Danger, Reply, Artery, Breathing  
   D. Danger, Response, Advice, Back

2. **What should you not do before carrying out ‘abdominal thrusts’ on someone who is choking?**
   
   A. Tell the person who is choking to cough  
   B. Shout for help  
   C. Lean the person who is choking backwards  
   D. Up to 5 sharp back blows between the shoulder blades

3. **What is the ‘normal’ number of breaths per minute for an adult?**
   
   A. 20-40  
   B. 30-60  
   C. 8-10  
   D. 12-20

4. **If a stroke is suspected you need to do the F.A.S.T. test. What do these letters stand for?**
   
   A. Face, Abdominal, Speech, Time  
   B. Faint, Arms, Speech, Time  
   C. Face, Arms, Speech, Time  
   D. Face, Arms, Speech, Teeth

5. **After someone has fainted what position should they be in to aid recovery?**
   
   A. Lay flat  
   B. Lay down with legs raised  
   C. Sit in chair  
   D. Stand upright
GENERAL FIRST AID QUIZ

Multiple choice quiz, just choose the correct answer then check your answers at the end:

6. What position should the head be in during a nosebleed?
   A. Head forward
   B. Head level
   C. Head backwards
   D. Head tilted to side

7. Burns larger than 1% of the body area need to be checked at hospital. What is the equivalent size of 1%?
   A. Head
   B. Palm including fingers
   C. Fingers
   D. Forearm

8. What is normal body temperature?
   A. 36-37.5°C
   B. 39°C
   C. 31.5°C
   D. 40.5°C

9. What is not a sign of shock?
   A. Pale, clammy skin
   B. Increased pulse rate
   C. Nausea
   D. Wide eyes and open mouth

10. In which situation would you wrap a casualty in a cold, wet sheet?
    A. Stroke
    B. Fainting
    C. Heat stroke
    D. Heart attack
ANSWERS

1. **What is the correct sequence for the Primary Survey?**
   B. Danger, Response, Airway, Breathing

2. **What should you not do before carrying out ‘abdominal thrusts’ on someone who is choking?**
   C. Lean the person who is choking backwards

3. **What is the ‘normal’ number of breaths per minute for an adult?**
   D. 12-20

4. **If a stroke is suspected you need to do the F.A.S.T. test. What do these letters stand for?**
   C. Face, Arms, Speech, Time

5. **After someone has fainted what position should they be in to aid recovery?**
   B. Lay down with legs raised

6. **What position should the head be in during a nosebleed?**
   A. Head forward

7. **Burns larger than 1% of the body area need to be checked at hospital. What is the equivalent size of 1%?**
   B. Palm including fingers

8. **What is normal body temperature?**
   A. 36-37.5°C

9. **What is not a sign of shock?**
   D. Wide eyes and open mouth

10. **In which situation would you wrap a casualty in a cold, wet sheet?**
    C. Heat stroke