

Theory Module Assessment A

Name:

Instructions:

- This assessment may be conducted as a written test or verbally with an instructor.
- The assessment is time limited - 30 minutes should be allowed.
- If you have any special requirements, you can discuss having additional time with your instructor.
- If you have any special requirements you can ask your instructor to print this paper with more space/bigger font/different font, different colours etc.
- You may use a pen/pencil – no other references are allowed
- Take your time to read each question and all the answers carefully before answering and some possible answers may be quite similar.
- Each question requires only **one** answer.
- Please mark your answer on the answer sheet or directly onto this paper as directed by your instructor.
- If you make a mistake/change your mind – please clearly cross through the previously answer and place a mark against your new answers, making sure it is clear which answer(s) you intend.
- The pass mark is 80% (16/20).
- Once you have finished your instructor will review and discuss your answers with you.

- 1. What is the immediate priority at the scene of an incident:**
 - A: Ensuring the safety of yourself and that of others.
 - B: Looking after casualties.
 - C: Preventing colleagues from becoming involved
 - D: Taking photographs

- 2. Which of the following is an appropriate prompt for delivering First Aid:**
 - A: DRBAC.
 - B: ABD CR.
 - C: DRABC.
 - D: SEEDS

- 3. What is Anaphylactic shock?**
 - A: Being too cold.
 - B: Being too hot.
 - C: Dilation of the blood vessel.
 - D: An overreaction of a casualty's immune system.

- 4. A casualty who is known to suffer from epilepsy has a seizure. Pick the sentence that is best practice:**
 - A: After the seizure, always leave the casualty in the position they end up.
 - B: Even if the casualty is in danger do not move them from where they are.
 - C: Call 999 if the casualty has two or more seizures without recovering from the previous one.
 - D: Restrain the casualty and hold them still.

- 5. The treatment for sprains and strains can be remembered using which acronym?**
 - A: R I C E.
 - B: B A R.
 - C: S T E P.
 - D: A E D.

- 6. As a result of shock due to blood loss, which of the following signs might you see?**
- A: Warm skin, slow pulse, red face.
 - B: Dry cold skin, slow breathing.
 - C: Cold pale skin, fast breathing, fast weak pulse
 - D: Hot red skin, normal breathing, normal pulse
- 7. The approximate normal human body core temperature is?**
- A: 37° C
 - B: 32° C
 - C: 27° C
 - D: 24° C
- 8. A near drowning victim should be managed by:**
- A: Monitoring for 12 hours and suspending all diving.
 - B: Treat using DRABC and seek medical advice be aware of the potential for secondary drowning.
 - C: Confirm casualty is well and send them home.
 - D: Give them lots of water to drink
- 9. The recommended method for treating an unconscious non breathing snorkeler / diver is:**
- A: Recover them to the surface and swim ashore.
 - B: Recover them to surface, make both divers buoyant and shout for help.
 - C: Recover them to the surface ensure both divers are buoyant shout for help, administer 1 min of RB's. Assess whether to tow the casualty or remain static giving RB's
 - D: Get to the surface, wave and shout, wait for help to arrive
- 10. Pick the best treatment for a conscious casualty who is in shock due to blood loss (not a diving incident):**
- A: Lay them down onto their back, raise legs and keep warm.
 - B: Roll them over into a safe airway position.
 - C: Keep their head and shoulders above their heart.
 - D: Give them a warm drink and something to eat

11. Which of these can be a cause of exhaustion?

- A: Being over weighted
- B: Lack of fitness
- C: Getting cold underwater
- D: All of the above

12. You have to wait with 3 casualties for 2 hours for the emergency medical care to arrive. Which casualty might need monitoring the most often?

- A: Conscious with a leg wound that has been well bandaged.
- B: Conscious but sleepy due to a heavy bang to the head.
- C: Conscious with a swollen, badly bruised knee due to a slip.
- D: Conscious with a cut arm and hungry

13. What is the first aid procedure for a closed or simple fracture to a leg?

- A: Immobilise the leg with an improvised splint
- B: Get the casualty to move to a sitting position
- C: Give them a warm drink
- D: Administer Nitrox

14. You are alone and have a casualty who is unresponsive and not breathing normally. There is a public access AED, first aid kit and telephone approximately 500m away. You should.....

- A: stay with the casualty until they have regained consciousness.
- B: when you have treated all injuries leave them and get the equipment.
- C: If no one has responded to your help shout and after confirming that the casualty is unresponsive and non-breathing leave to make the call for emergency help and return with the equipment to commence first aid and BLS.
- D: Continually shout loudly until help arrives.

15. A potential problem for a diabetic person at the end of a day of diving may be:

- A: Hyperglycaemia (high blood sugar).
- B: Hyperactivity (very active).
- C: Hypoglycaemia (low blood sugar).
- D: Hyperventilation (voluntary adjusting normal breathing)

16. After receiving a sea life sting look for the signs of:

- A: Septic shock.
- B: Hypovolaemic shock.
- C: Anaphylactic shock.
- D: Electric shock

17. The recommended ratio for BLS is:

- A: 15 Compressions : 2 Rescue Breaths
- B: 30 Rescue Breaths : 20 Compressions
- C: 30 Compressions : 2 Rescue Breaths
- D: 5 Compressions : 1 Rescue Breath

18. How would you attempt to stop major bleeding?

- A: Give oxygen
- B: Flushing the area with sea water
- C: By applying direct pressure to the bleeding area
- D: Sitting the casualty down

19. Which statement is true?

- A: At sea the primary method of contacting emergency services and help is via a mobile phone.
- B: Smoke should always be deployed to indicate distress.
- C: At sea the primary method of contacting emergency services and help is via VHF marine radio on CH16.
- D: Never dive at night

20. What does the 'P' stand for in the acronym A.V.P.U.?

- A: Push.
- B: Pain.
- C: Pulse.
- D: Pressure

FINAL SCORE: / 20

PASS / FAIL