

HEALTH SAFETY AND ENVIRONMENT TEST FOR OPERATIVES AND SPECIALISTS

FIRST AID AND EMERGENCY PROCEDURES

1. QUESTION

What should not be in a first - aid box?

- A. Bandages
- B. Plasters
- C. Safety pins
- D. Tablets and medicines

2. QUESTION

If the first-aid box on site is always empty, what should you do?

- A. Bring your own first-aid supplies into work
- B. Find out who is taking all the first-aid supplies
- C. Find out who looks after the first-aid box and let them know
- D. Ignore the problem, it is always the same

3. QUESTION

Does your employer has to provide a first-aid box?

- A. Yes, every site must have one.
- B. Only if more than 50 people work on site
- C. Only if more than 25 people work on site
- D. No, there is no legal duty to provide one

4. QUESTION

What should you do if you want to be a first aider?

- A. Watch a first aider treating people and then try it yourself
- B. Ask if you can do a first-aiders course
- C. Buy a book on first aid and start treating people
- D. Speak to your doctor about it

5. QUESTION

What is the first thing you should do if you find an injured person?

- A. Tell your supervisor
- B. Check that you are not in any danger before you check the injured person
- C. Move the injured person to the safe place
- D. Ask the injured person what happened

6. QUESTION

Someone has fallen from height and has no feeling in their legs, what should you do?

- A. Roll them onto their back and keep their legs straight
- B. Roll them onto their side and bend their legs
- C. Ensure they stay still and don't move them until medical help arrives
- D. Raise their legs to see if the feelings come back

7. QUESTION

If there is an emergency while you are on site, what should you do first?

- A. Leave the site and go home
- B. Phone home
- C. Follow the site emergency procedures
- D. Phone the Health and Safety Executive (HSE)

8. QUESTION

If someone working in a deep manhole has collapsed, what should you do first?

- A. Get someone to lower you into the manhole on the rope
- B. Climb into the manhole and give mouth-to-mouth resuscitation
- C. Go and tell your supervisor
- D. Shout to raise the alarm as a trained rescue team will be needed

9. QUESTION

If someone is in contact with the live cable, what should you do first?

- A. Phone the electricity company
- B. Dial 999 and ask for an ambulance
- C. Switch off the power and call for help
- D. Pull them away from the cable

10. QUESTION

If you cut your finger and it won't stop bleeding, what should you do?

- A. Wrap something around it and carry on working
- B. Tell your workmates
- C. Wash it until clean, then carry on working
- D. Find a first aider or get other medical help

11. QUESTION

If you think someone has a broken leg, what should you do?

- A. Lie them on their side in the recovery position
- B. Use your belt to strap their legs together
- C. Send for the first aider or get other help
- D. Lie them on their back

12. QUESTION

If someone gets grit in their eye, what is the best thing you can do?

- A. Hold the eye open and wipe it with clean tissue paper
- B. Ask them to rub the eye until it starts to water
- C. Tell them to blink a couple of times
- D. Hold the eye open and flush it with sterilise water or eyewash

13. QUESTION

Someone collapse with stomach pain and there is no first aider on site. What should you do first?

- E. Get them to sit down
- F. Get someone to call the emergency services
- G. Get them to lie down in the recovery position
- H. Give them some painkillers

14. QUESTION

If someone burns their hand, what is the best thing you can do?

- A. Put the hand into the cold water or under a cold running tap
- B. Tell them to carry on working to exercise the hand
- C. Rub barrier cream or Vaseline into the burn
- D. Wrap your handkerchief around the burn

15. QUESTION

What is the one thing a first aider can't do for you?

- E. Give mouth-to-mouth resuscitation
- F. Stop any bleeding
- G. Give you medicines without authorisation
- H. Treat you if you are unconscious

CORRECT ANSWERS:

- 1. D
- 2. C
- 3. A
- 4. B
- 5. B
- 6. C
- 7. C
- 8. D
- 9. C
- 10. D
- 11. C
- 12. D
- 13. B
- 14. A
- 15. C