

## شكراً لتحميلك هذا الملف من موقع المناهج الإماراتية



## ملزمة مراجعة الوحدة الثانية

موقع المناهج ← المناهج الإماراتية ← الصف الحادي عشر ← علوم صحية ← الفصل الأول ← الملف

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## التواصل الاجتماعي بحسب الصف الحادي عشر



## روابط مواد الصف الحادي عشر على تلغرام

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## المزيد من الملفات بحسب الصف الحادي عشر والمادة علوم صحية في الفصل الأول

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Grade  
11

Health Science / Revision

Al Manara Private School - MBZ

2024



Covered lessons  
Unit 2  
First Aid

FIRST  
TERM



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1. Why should you put a casualty that is unresponsive and breathing normally into the recovery position?

- a. To take the public's attention away from the casualty
- b. To reduce the casualty's ability to breathe
- c. To make sure the casualty's airway stays open until medical help arrives
- d. It is the only way to make the casualty responsive again

2. What is first aid?

- a. The treatment a patient receives in hospital after they finish surgery
- b. The process of being referred to a specialist doctor such as a cardiologist
- c. The emergency help given to an injured person until they get full medical attention
- d. The exercises given by a physiotherapist to teach a patient how to walk again

3. How much time should we spend washing our hands according to the World Health Organization?

- a. 5-15 seconds
- b. 40-60 seconds
- c. 4-6 minutes
- d. 15 minutes or more

4. A casualty should be put into the when they are unresponsive and breathing normally. This will make sure their airway stays open.

- a. casualty position
- b. safety position
- c. recovery position
- d. surgical position

5. What does PPE mean?

- a. Personal protective equipment
- b. Potentially poisonous eating
- c. Patient private elevator
- d. Protective people everywhere



6. Which of the following items is commonly found in a basic first aid kit?

- a. Telescope
- b. AED
- c. Stethoscope
- d. Gauze dressing

7. You have found a person on the ground who is unresponsive. You have already assessed the scene and it safe to enter. The person is breathing and has no major injuries. What should you do next?

- a. Place the person in the recovery position
- b. Begin cardiopulmonary resuscitation
- c. Press on the soft part of their chin to block their airway
- d. Roll the casualty so that they are face down on the ground

8. When cut, which blood vessel will usually clot and stop bleeding by itself?

- a. Artery
- b. Vein
- c. Capillary
- d. Avulsion

9. Soft tissue injuries are injuries to

- a. Bones, brain and skin
- b. Skin, muscles and bone
- c. Tendon, ligaments and skin
- d. Tendons, intestines and ligaments

10. What is the name of the wound dressing that is wrapped tightly around an arm or leg to stop large amounts of blood loss?

- a. Dressing
- b. Bandage
- c. Tourniquet
- d. Gauze



11. Name 3 items of personal protective equipment (PPE).

a. ----- b. ----- c. -----

12. if a patient's fingertips turn blue or purple after applying a bandage to their arm, what is this a sign of?

- a. The bleeding has stopped
- b. The patient is still bleeding
- c. The bandage is too loose
- d. The bandage is too tight

13. What does bleeding from an artery look like?

- a. Blood is bright red and spurts out of the wound
- b. Blood is bright red and oozes from the wound
- c. Blood is dark red and oozes from the wound
- d. Blood trickles out of the wound with low pressure

14. What does bleeding from vein look like?

- a. Blood is bright red and spurts out of the wound
- b. Blood is bright red and oozes from the wound
- c. Blood is dark red and oozes from the wound
- d. Blood trickles out of the wound with low pressure

15. What does bleeding from capillaries look like?

- a. Blood is bright red and spurts out of the wound
- b. Blood is bright red and oozes from the wound
- c. Blood is dark red and oozes from the wound
- d. Blood trickles out of the wound with low pressure

16. Which of the following is a type of open soft tissue injury?

- a. Fractured bone
- b. Broken bone
- c. Amputation
- d. Brain damage



17. The ----- are the most common way in which germs are spread.

- a. hands
- b. feet
- c. air
- d. eyes

18. if a person is breathing normally, unresponsive and has no major injuries, they should be put into the ----- position

- a. safety
- b. recovery
- c. injury
- d. first aid

19. When should you phone for an ambulance and ask for help?

- a. If someone is seriously ill or injured
- b. If you are not sure what to do in an emergency
- c. If you are not qualified to give first aid
- d. All of the above

20. A tourniquet is made of two parts: a strap and a -----.

- a. Bandage
- b. dressing
- c. windlass
- d. first aid kit

21. What is an open soft tissue injury?

- a. A broken bone
- b. An injury to an internal organ, such as the heart
- c. An injury where skin is not broken, causing bruising
- d. An injury where the skin is broken, causing blood loss

22. Why should you not remove an object causing a puncture injury before a medical professional arrives?



23. Why might someone wear medical information jewellery?

- a. To tell others if they have an existing medical condition
- b. To tell others which COVID-19 vaccination they have taken
- c. To show they are a certified first aider
- d. All of the above

24. How should you check for breathing in a casualty?

- a. Look to see if their chest is rising and falling
- b. Listen over their mouth and nose for breathing sounds
- c. Feel their breath against your cheek
- d. All of the above

25. Which of the following areas is an appropriate place to store a first aid kit?

- a. A place that is difficult to find for adults
- b. On the wall of an area that is used often, such as a kitchen
- c. A place that is easily accessed by children and babies
- d. Hidden in a place that cannot be seen by guests

26. What is first aid?

- a. Immediate care of an injured person until they receive full medical treatment
- b. Long term care of a patient who is in hospital
- c. Surgery performed on a sick patient
- d. Medication given to a patient after visiting a doctor

27. Put the steps to put someone in the recovery position in the right order from number 1 to number 7.

- Remove any phones or bulky items from their pockets
- Lift the far knee up until the foot is flat on the floor.
- Take the arm closest to you and place it at a right angle to their body (with their palm facing up).
- Move the other arm across their chest and place the back of their hand on their cheek.
- Once fully over, re-adjust the head position if needed and place the top leg at a 90° angle.
- Kneel down beside the casualty.
- While keeping the casualty's hand pressed against their cheek, hold the raised knee, and roll them towards you.



28. Can you choose four soft tissue injuries

- a. Abrasion
- b. Cut
- c. Laceration
- d. Avulsion
- e. Scratch

29. How do you know if your bandage is too tight?

- a. Nothing will happen
- b. A different colour of skin will appear
- c. The injured part of the body will fall off
- d. You can call for an ambulance

30. What would I do with a 'dressing'?

- a. Eat it
- b. Use it to stop the bleeding
- c. Wear it
- d. Protect or cover an injury

31. \_\_\_\_\_ tissue injuries are injuries to any skin, muscle, tendon, or ligament in the body.

- a. Medium
- b. Tough
- c. Hard
- d. Soft

32. The word 'Amputation' means what?

- a. To use a gauze dressing
- b. To add a limb to the person's body
- c. To use a plaster
- d. To cut off part of a person's body

33. Which vessel is damaged or cut if the blood is dark red and comes out slowly or ooze?

- a. Vein
- b. Muscle
- c. Artery
- a. Capillary





34. Which vessel carries blood to the heart?

- a. Capillaries
- b. Muscles
- c. Arteries
- d. Veins

35. Which one is not part of the circulatory system

- a. Capillaries
- b. Muscles
- c. Arteries
- d. Veins

36. When you have finished with your protective gloves what should you do with them?

- a. Put them in the bin
- b. Throw them on the floor
- c. Wash them and use them again
- d. Put them in a biohazard container

37. What is the first step in handwashing

- a. Rub hands palm to palm
- b. Use towel to turn off tap
- c. Apply enough soap to cover all hand surfaces
- d. Wet hands with water

38. When packing a first aid kit, what should not be added

- a. Candy
- b. Scissors
- c. Gloves
- d. Safety pins

39. How long should you check to see if an unconscious casualty is breathing?

- a. At least 2 seconds
- b. At least 20 seconds
- c. Between 2-3 seconds
- d. At least 5-10 seconds



40. When checking for breathing at the scene of an emergency, you should put your \_\_\_\_\_ close to the persons nose and mouth while you look towards their chest, to see if there are any signs of breathing.

- a. mouth
- b. ear
- c. nose
- d. hands

41. When should you perform cardiopulmonary resuscitation (CPR) on a casualty?

- a. If they are unresponsive and not breathing
- b. If the casualty asks for CPR
- c. If they respond when you ask if they are OK
- d. If they are unresponsive and breathing

42. When should you use a tourniquet?

- a. If a casualty is bleeding from their head
- b. If the bleeding can stop on its own
- c. If a casualty is losing a lot of blood from their leg
- d. If a casualty is not bleeding heavily

43. A person has a cut that is bleeding very fast and it spurting out of the wound. The blood is bright red and is not stopping by itself. Which type of blood vessel is cut?

- a. Artery
- b. Vein
- c. Capillary
- d. Abrasion

44. A person stepped on a sharp nail which has gone through their foot. What type of soft tissue injury is this?

- a. Puncture
- b. Avulsion
- c. Laceration
- d. Abrasion



45. What is the purpose of personal protective equipment?

- a. It allows you to know if a casualty has any existing medical conditions
- b. It promotes the transmission of disease through exposure to hazardous substances
- c. It protects individual from coming into contact with hazardous substances
- d. It makes it easier for the parts of the body to become contaminated

46. Which type of soft tissue injury is deep and may go through to muscle tissue?

- a. Puncture
- b. Avulsion
- c. Laceration
- d. Abrasion

47. A patient has fallen off their bike and has an abrasion to their hand. The wound is bleeding lightly. What should you do?

- a. Apply tourniquet straight away to reduce blood loss
- b. Apply a dressing to the wound to stop the bleeding
- c. Apply a bandage tightly and cut off the circulation to the fingers
- d. All of the above

48. Which type of soft tissue injury is deep and may go through to muscle tissue?

- a. Puncture
- b. Avulsion
- c. Laceration
- d. Abrasion

49. A friend has a cut and their blood is trickling out of the wound. By the time you have got the first aid kit, the bleeding has stopped by itself. Which type of blood vessel has been cut?

- a. Artery
- b. Vein
- c. Capillary
- d. Abrasion



50. How should you open the airway of an unresponsive casualty?

- Tilt the head back and lift the chin up using the soft part of the chin
- Tilt the head back and lift the chin up using the solid part of the chin
- Tilt the head forward and make sure the chin is touching the casualty 's chest
- Look to see if their chest is rising and falling for at least 5-10 seconds

51. Soft tissue injuries are injuries to the \_\_\_\_\_ in the body.

- Tendons, intestines and ligaments
- Bones, brain and skin
- Tendons, ligaments and skin
- Skin, muscles and bones

52. A cut \_\_\_\_\_ will bleed very fast and spurt blood out of the wound. If untreated, the person could be dead within minutes.

- Artery
- Vein
- Capillary
- Abrasion

53. What is the first thing a first aider should do at the scene of an accident?

- Check for breathing
- Look for danger
- Move the patient
- Call for a first responder

54. When providing first aid, what should you use to prevent any contact with hazardous substances?

- AED
- PPE
- CPR
- ABC



55. Select three items that are found in a basic first aid kit.

- a. Sterile eye pad
- b. Wheelchair
- c. Stethoscope
- d. Thermometer
- e. Cleansing wipes

56. Fill in the blanks about opening the airway and checking for breathing:

up	Chin	Forehead
Open	Back	Solid

Before checking for breathing you must \_\_\_\_\_ the airway.

To do this, you place one hand on the \_\_\_\_\_, and the fingers of your other hand on the \_\_\_\_\_ part of the \_\_\_\_\_.

Then gently tilt the head \_\_\_\_\_ and lift the chin \_\_\_\_\_.

57. Which medical device is wrapped very tightly around an arm or leg and can stop a large amount of blood loss?

.....

58. In the United Arab Emirates, you must be certified to give first aid.

- a. True
- b. False

59. Write the name medical supplies in first aid kit



1. -----
2. -----
3. -----
4. -----
5. -----
6. -----
7. -----
8. -----
9. -----
10. -----
11. -----
12. -----

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