Student ‘Everyday Lifesaver’ Knowledge Quiz

Please ensure all questions are answered on the answer sheet provided.

One mark will be awarded for each correct multiple choice answer.

1. What is the acronym we use when dealing with an emergency?
   a) DSRABCD
   b) SRDACDB
   c) BDCASBD
   d) DRSABCD

2. In an emergency, the first thing we check for is dangers. What do you do if it’s not safe?
   a) Continue helping the patient
   b) Call triple zero
   c) Phone a friend
   d) Run away

3. What is the safest way to gain a response from someone?
   a) Talk & Text
   b) Scream & Shout
   c) Talk & Touch
   d) Shake & Bake

4. What position would you put the patient in if there was fluid in the airway?
   a) Leave them as found
   b) On their stomach
   c) In the recovery position
   d) Sit them up and reassure them

5. When assessing a patient’s breathing, what three things do you do?
   a) Look, Listen & Feel
   b) Talk, Smile & Clap
   c) Sit, Reassure & Call
   d) Taste, Touch & Smell

6. What does “normal” breathing mean?
   a) Loud gasping
   b) Soft wheezing and coughing
   c) No sound at all
   d) Consistent breaths in and out
7. When commencing CPR, what is the recommended ratio for compressions and breaths?
   a) 30:1  
   b) 2:30  
   c) 32:2  
   d) 30:2

8. When and why would you only do chest compressions?
   a) They are wearing lipstick  
   b) You don’t have gloves to protect yourself  
   c) It’s not safe to do mouth to mouth because of injury  
   d) You don’t have time

9. Where are you likely to find a defibrillator?
   a) Backyard shed  
   b) Train station  
   c) In the boot of a taxi  
   d) Under the seat in the movie theatre

10. What does the defibrillator do?
    a) Analyses and delivers shock to a patient if needed  
    b) Starts the car  
    c) Can shock anyone  
    d) Delivers CPR to a patient not breathing normally

11. If something happened at school and you needed to call triple zero, for an ambulance, what information would you give to the operator? (5 Marks)

    Please ensure to write your answer on the answer sheet provided.

12. Before you go swimming at your local aquatic environment (such as a pool, beach, lake, river), how can you be aware and prepared? (5 Marks)

    Please ensure to write your answer on the answer sheet provided.
‘Everyday Lifesaver’ Knowledge Quiz – Answer Sheet

INSTRUCTIONS

Write your name clearly in the space provided on the answer sheet.

Read all questions carefully.

For multiple choice questions, mark your answer with an “X” on the answer sheet only.

Do not spend too much time on any one question.

If unsure about any question, leave it and come back to it later.

Questions: 10 Multiple Choice and 2 Short Answer questions

Student Answer Sheet:

Student Name: ______________________________                      Class: ____________

1. A B C D  6. A B C D
2. A B C D  7. A B C D
3. A B C D  8. A B C D
5. A B C D 10. A B C D

11. __________________________________________________________
    __________________________________________________________
    __________________________________________________________

12. __________________________________________________________
    __________________________________________________________
    __________________________________________________________

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### Everyday Lifesaver Knowledge Quiz – Teacher Marking Sheet

**INSTRUCTIONS**

Write your name clearly in the space provided on the answer sheet.

Read all questions carefully.

For multiple choice questions, mark your answer with an “X” on the answer sheet only.

Do not spend too much time on any one question.

If unsure about any question, leave it and come back to it later.

Questions: 10 Multiple Choice and 2 Short Answer questions

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**Teacher Answer Sheet:**

<table>
<thead>
<tr>
<th>Student Name:</th>
<th>Class:</th>
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| 1. | A | B | C | D | 6. | A | B | C | D |
| 2. | A | B | C | D | 7. | A | B | C | D |
| 3. | A | B | C | D | 8. | A | B | C | D |
| 5. | A | B | C | D | 10. | A | B | C | D |

11. The 5 P’s: Place, Phone, Problem, People, Progress

12. Read the safety signs, check the weather, familiarise yourself with the environment and identify dangers such as a rip current, check the water conditions, make sure you are not alone, have safety gear such as a lifejacket, have rescue strategies in place, have things with you to use as rescue items, have a mobile phone, snacks and enough water, find the red and yellow flags, ask a local or life saver, know your own ability.

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