

## First Aid Bingo

24 questions taken from Sections One to Three of the “yellow” St. John Ambulance “First On the Scene” activity book

1. First action to perform at the scene? Assess Responsiveness	2. A person has good air exchange A person can speak
3. A person has no air exchange The facial colour is bluish	4. The aim of first aid for a minor open wound is to: Control bleeding and prevent infection.
5. To protect yourself from infection when giving first aid Use disposable gloves and a face mask/shield.	6. When doing a scene survey Assess hazards and make area safe.
7. Life threatening injury Person diving into a shallow pool and hitting his head.	8. A casualty tells you he feels cold A symptom
9. A man tells you that he slipped on the ice History	10. A casualty’s skin is cold and clammy A sign
11. Airway, breathing & circulation Steps of the primary survey	12. Inadequate circulation to the body tissues Shock
13. Signs of Shock Skin is white, moist and cold. Breathing is slow. Pulse is fast.	14. For a conscious casualty, fee and legs raised about 30 cm. Shock position
15. A brief loss of consciousness caused by a temporary shortage of oxygen to the brain Fainting	16. A person is deprived of oxygen in the air Breathing emergency
17. Very slow and shallow breaths or very fast and shallow breaths Signs of ineffective breathing	18. A person having 14 breaths a minutes Sign of effective breathing
19. When AR is required and the mouth cannot be opened Use mouth-to-nose method	20. Blow air in casualty’s nose; prevent air leakage by using your thumb to close the mouth and allow air to escape between breaths by opening the mouth. Mouth-to-nose method of AR.
21. Lay the person down with legs elevated, ensure a supply of fresh air and loosen tight clothing First aid for someone who feels faint	22. Cause of shock Breathing problems, severe bleeding, severe burns, spinal cord injuries, heart attack or medical emergencies.
23. Check for a carotid pulse To check circulation	24. The force that causes the injury and the way it is applied to the body Mechanism of injury

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Skin is white, moist and cold. Breathing is slow. Pulse is fast. <sup>13</sup>	A symptom <sup>9</sup>	Control bleeding and prevent infection. <sup>4</sup>	To check circulation <sup>23</sup>	Sign of effective breathing <sup>18</sup>
A symptom <sup>8</sup>	The facial colour is bluish <sup>3</sup>	<b>FREE</b>	Breathing problems, severe bleeding, severe burns, spinal cord injuries, heart attack or medical emergencies. <sup>22</sup>	Signs of ineffective breathing <sup>17</sup>
Shock <sup>12</sup>	Person diving into a shallow pool and hitting his head. <sup>7</sup>	A person can speak <sup>2</sup>	First aid for someone who feels faint <sup>21</sup>	Breathing emergency <sup>16</sup>
Steps of the primary survey <sup>11</sup>	Assess hazards and make area safe. <sup>6</sup>	Assess Responsiveness <sup>1</sup>	Mouth-to-nose method of AR. <sup>20</sup>	Fainting <sup>15</sup>

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