

PRACTICE BOOK SUPPLEMENTARY TO THE ORANGE CROSS BOOK

the Orange Cross practice book



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This book was commissioned by and under the supervision of the Dutch 'Stichting Koninklijke Nationale Organisatie voor Reddingwezen en Eerste Hulp' (the Royal Dutch Foundation for Rescue and First Aid), 'The Orange Cross'



THE ORANGE CROSS

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About The Orange Cross

The Royal Dutch Foundation for Rescue and First Aid "The Orange Cross" was established in 1909. It promotes a widespread knowledge on first aid among the population. It examines independently and also (re)certifies first aiders and first aid instructors. In addition, the Orange Cross develops study material for first aiders, victim-actors and instructors.

www.hetoranjekruis.nl / www.ehbo.nl

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Engelse versie

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Introduction practice book

Previous prints of the Orange Cross book were accompanied by a practice book, in which learners could practice and test themselves on the study material. The 27th edition is accompanied by a practice book as well. First of all, first aid is a matter of action. The assignments in this book can help you verify whether or not you comprehend all the study material and understand what to do. All practical first aid techniques should be inspected by a certified first aid instructor.

The assignments in this book are numbered per part (1 to 3). The answers can be found at the back of the book. Sometimes, there is more than one correct answer to a question.

The Orange Cross wishes you luck in preparing for the exam.

The Hague, July 2016

B.A.J. Jongejan, Doctor, director

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QUESTIONS

INTRODUCTION

1. Can anybody in the Netherlands call 112?

.....

2. Who decides whether an ambulance is dispatched and who decides whether a victim is taken to hospital?

.....

.....

.....

3. Choose the correct statement:

- I Not having gloves is a reason to skip first aid, because of the risk of infection.
- II Not having gloves isn't a reason to skip first aid because the risk of infection is limited

- A. Statement I is correct.
- B. Statement II is correct.
- C. Both statements are correct.
- D. Both statements are incorrect.

4. Can anyone become a first aider?

.....

.....

5. Where, or with whom, can you register once you have obtained your first aid diploma?

.....

.....

1 FIRST AID: THE FIRST LINK IN THE CHAIN OF EMERGENCY CARE

1. What do we mean by the first link in the chain of emergency care? Name two examples.

1.

2.

1.1 THE FIRST AIDER

2. How do you prepare yourself to be a first-aider? Name four practical matters.

1.

2.

3.

4.

3. What items should always be part of your small first aid kit?



4. Which three techniques do not pertain to first aid?

1.
2.
3.

5. Is it allowed for a carer to perform these techniques?

.....

.....

.....

1.2 THE VICTIM

6. Imagine this: you come across a car crash victim. Name five ways to calm the victim.

1.
2.
3.
4.
5.

7. Which statement is correct?

- I The information provided in the SOS pendant is important to the first aider.
 - II The information provided in the SOS pendant is important to the healthcare professional.
- A. Statement I is correct.
- B. Statement II is correct.
- C. Both statements are correct.
- D. Both statements are incorrect.

1.3 ACTIVATING PROFESSIONAL HELP

8. When you or a bystander calls 112 after a severe accident, you request:

- A. To call the hospital.
- B. An ambulance.
- C. The police.
- D. An ambulance, the police and/or the fire department.

9. What should the dispatcher know first?

.....

.....

10. If you suspect abuse or aggression, but it seems safe at the time, do you call 112 for the police emergency or do you call your local police station?

.....

11. Choose the correct statement:

- I In case of an immediate need for help always call the general practitioner or the Out-of-Hours GP Service
 - II In case of an immediate need for help always call 112 yourself.
- A. Statement I is correct.
 - B. Statement II is correct.
 - C. Both statements are correct.
 - D. Both statements are incorrect.

12. After calling 112, what can you do to ensure that professional help will reach the victim as soon as possible?

.....

.....

.....

13. Which statement is correct?
- I After the healthcare professionals arrive, immediately stop giving first aid.
 - II After the healthcare professionals arrive, continue giving first aid until they take over from you.
- A. Statement I is correct.
- B. Statement II is correct.
- C. Both statements are correct.
- D. Both statements are incorrect.

1.4 EMOTIONAL RESPONSES

14. What should you do if you keep thinking about the accident long after it happened?

.....

.....

15. Name three emotional responses from victims or bystanders.

1.

2.

3.

16. How do you make sure that bystanders do not get in the way?

.....

17. Groups of people often remain hesitant and are less inclined to help you. How do you break through this attitude?

.....

2 PREVENT (MORE) VICTIMS

2.1 BE AWARE OF DANGER

1. It is impossible to provide first aid in an unsafe situation. What do you do if the situation is unsafe?

.....

.....

.....

2. Name five measures to ensure a safe situation for yourself, bystanders and the victim.

1.
2.
3.
4.
5.

2.2 REMOVE THE VICTIM FROM A DANGEROUS SITUATION

3. At what point do you move a victim? Name 2 possible situations.

1.
2.

4. When should you use the Rautek technique?

.....

.....

.....

5. How do you implement the Rautek technique from the ground?
Use the pictures to explain what to do.



1.
.....



2.
.....



3.
.....



4.
.....

6. What should be the first step when implementing the Rautek technique from a (car) seat? Name the first three steps.

1.

2.

3.

7. What do you do when there is too much tension on the seat belt?

.....

.....

.....

8. What are extra points of interest when implementing the Rautek technique from the car(seat)?

.....

.....

.....

.....

.....

9. At what point is the Rautek technique from a bed or a couch necessary?

.....

.....

.....

.....

.....

2.3 CONTAGION

10. What can you do to reduce cross contamination?

.....

.....

.....

.....

.....

11. When putting on gloves, two aspects are crucial.

- 1.
- 2.

3 PROVIDE RESPONSIBLE FIRST AID

1. In case of several victims and not enough help, which two measures are definitely required?

1.
.....
2.
.....

2. In case of several victims and not enough help, is it possible to perform CPR?

.....
.....

3.1 VOMITING IN THE SUPINE POSITION?

3. What do you do when a person is vomiting in the supine position?

.....

4. What are the two steps to follow if you want to rapidly turn a person onto the side?

1.
.....
2.
.....

3.2 SEVERE BLOOD LOSS

5. In case of severe blood loss, which three measures are required?

- 1.
.....
- 2.
.....
- 3.
.....

6. Which statement is correct?

- I To apply pressure to a heavily bleeding wound, only use a sterile compress or bandage to put onto the wound.
- II To apply pressure to a wound and if you do not have gloves or any sort of bandages at your disposal, any resource is permitted.
- A. Statement I is correct.
- B. Statement II is correct.
- C. Both statements are correct.
- D. Both statements are incorrect.

3.3 ASSESMENT OF CONSCIOUSNESS

7. At what point is a person alert or, in other words, well conscious?

-
-
-
-



8. At what point is a person conscious, but not-alert?

.....

.....

.....

9. At what point is a person unconscious?

.....

.....

10. What is the correct order of measures when the victim is unconscious?

- a. Turn the turn the victim onto his back.
- b. Check breathing.
- c. Make sure you approach the victim so that you can look him into the face.
Then, ask the person loudly how he is doing.
- d. Make sure a bystander calls 112 and fetches an AED, or - if you are alone -
call 112 yourself.

- A. a-b-c-d
- B. b-d-a-c
- C. c-d-b-a
- D. c-d-b-a

3.4 ASSESSMENT OF BREATHING

11. What is the name of the technique for checking an unconscious person's breathing?

- A. The tilt method.
- B. The airway lift method.
- C. The head tilt-chin lift method (chin lift).
- D. The forehead lift method.



12. How long should you evaluate an unconscious person's breathing?

- A. At least 10 seconds.
- B. Up to ten seconds.
- C. At least 20 seconds.
- D. Up to 20 seconds.

13. Which steps should you pay special attention to when you check an unconscious person's breathing? Name three.

- 1.
- 2.
- 3.

14. Name five measures that you must take to determine whether a victim's breathing is normal.

- 1.
- 2.
- 3.
- 4.
- 5.

15. Choose the correct statement:

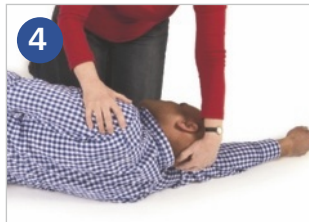
- I A victim's breathing is not normal if there is a rattling or wheezing sound.
 - II A victim's breathing is not normal if there is hardly any to no breathing noticeable and if the victim's abdomen and/or chest is not, or just occasionally moving.
- A. Statement I is correct.
 - B. Statement II is correct.
 - C. Both statements are correct.
 - D. Both statements are incorrect.

16. What can you do to check an unconscious person's breathing

.....

.....

17. How do you turn an unconscious victim from the stomach onto his back? Place the pictures in the correct order.



- A. 1-2-3-4
- B. 1-3-2-4
- C. 4-2-1-3
- D. 3-1-2-4

18. What is the missing focus point in the list below when checking the breathing of a conscious victim? Check whether the victim:

- A. Appears to be short of breath and anxious.
- B. Grabs his throat.
- C. Gasps for air.
- D.
- E. Has injury or burns to the face.
- F. Has irregular movement of the abdomen and chest.

3.5 UNCONSCIOUS AND NO (NORMAL) BREATHING

19. In the first minutes after a cardiac arrest, the unconscious victim may still move as if he is breathing, without actually breathing. How can you recognize these breathing movements?

.....

.....

20. Which four components does CPR entail?

- 1.
- 2.
- 3.
- 4.

21. When should you perform CPR?

.....

.....

.....

.....

22. Is it allowed to move the victim before you start CPR?

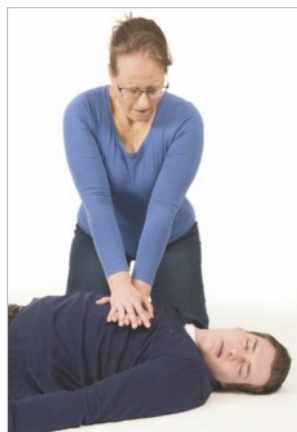
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► CHEST COMPRESSIONS

23. How far down should you press the chest during the compressions?

- A. At least 6 centimetres.
- B. No more than 5 centimetres.
- C. At least 5 centimetres.
- D. At least 5 centimetres, but no more than 6 centimetres.



24. And in the case of children?

.....

.....

.....



25. What not to do during chest compressions?

.....

.....

26. How fast should chest compressions be?

- A. Between 100-120 compressions a minute.
- B. Between 80-120 compressions a minute.
- C. Between 100-110 compressions a minute.
- D. Slightly under two compressions per second.

27. What is the main emphasis during CPR?

.....

28 What not to do during rescue breaths?

.....

.....

29. How do you hold an infant’s face during rescue breaths?

.....

.....

.....

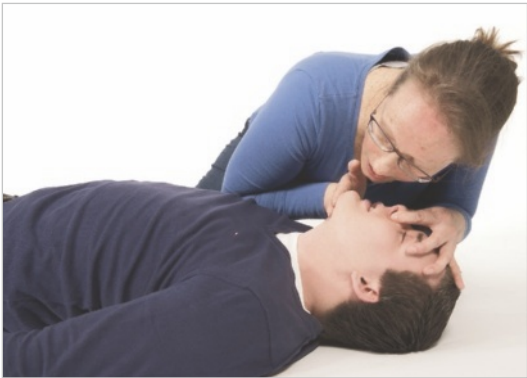
30. Whenever rescue breaths are effective, the chest rises slightly. Which four steps should you take if this does not occur?

1.

2.

3.

4.



► THE AED

31. Is it safe to use an AED in any event?

.....

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32. In CPR for a child up to 8 years old, what do you do if there are no special AED or children's electrodes?

.....

.....

33. What is missing from the AED bag?
The action showed on this picture is in fact not carried out optimally.

- A. What should be in an AED bag and what is missing here?
- B. How would you proceed?

A:

B:

.....

.....



This is the practice book supplementary to the 27th edition of the Orange Cross book. The reader can use the questions in this book to test himself on the study material. This workbook is a useful tool for both exam preparation for the First Aid Certificate, as well as recertification.



THE ORANGE CROSS

