



Assessment Answer Sheet

Name: _____

Date: _____

Trainer name: _____

Exam ref: _____

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

11	A	B	C	D	
12	A	B	C	D	
13	A	B	C	D	
14	A	B	C	D	
15	A	B	C	D	
16	A	B	C	D	
17	A	B	C	D	
18	A	B	C	D	
19	A	B	C	D	
20	A	B	C	D	

Total score: _____

Course Evaluation

Thank you for choosing a Safe and Sound Training Course. To help us improve our training we would appreciate it if you could complete this evaluation.

1: Poor 2: Fair 3: Good 4: Very Good 5: Excellent

	1	2	3	4	5
How would you rate the booking procedure?					
How would you rate the quality of teaching?					
How would you rate the pace of the course?					
How would you rate the course activities?					
How would you rate the quality of the course materials?					
How would you rate the training venue?					

	Yes	No
The content was appropriate and relevant to individual needs		
Would you recommend Safe and Sound to others?		

What did you particularly appreciate about the course and why?

Are there any training areas, products or services that you'd like Safe and Sound to provide?

Additional comments

Would you like us to email you important first aid updates? Yes No

Email address: _____

Are you happy to give us a star rating for our website? Yes No

Assessment Criteria

Tick this checklist as you practice each topic

		Choking	
		1) Danger checked	
		2) Encourage casualty to cough	
		3) Shout for help (stay with casualty)	
		4) Give 5 x back blows	
		5) Give 5 x abdominal thrusts	
		6) Give 5 x chest thrusts for baby	
		7) Call 999/112 as appropriate	
		8) Answer correctly: What will you do if the casualty becomes unresponsive?	
		Control of Bleeding	
		1) Check dangers	
		2) Gain consent and obtain history	
		3) Sit or lay	
		4) PPE if available	
		5) Expose and examine	
		6) Direct pressure	
		7) Aseptic technique	
		8) Dress wound	
		9) Position appropriately for shock	
		10) Call 999/112	
		11) How do you treat a nose bleed?	
		12) Name three signs of shock	
		13) What should you do if the wound continues to bleed?	
		Tourniquets and Haemostatic Dressings	
		1) When to apply a tourniquet	
		2) Where and how to apply the tourniquet safely	
		3) When to apply a haemostatic dressing	
		4) Where and how to apply a haemostatic dressing	
CPR			
1) Danger Checked			
2) Response Checked			
3) Airway Checked			
4) Breathing Checked for 10 secs			
5) Call 999/112 - send for AED			
6) 5 Rescue Breaths (Paed only)			
7) CPR started 30:2			
Safe AED Use (optional assessment)			
1) Prepare Casualty - pacemaker/ jewellery/chest hair/other			
2) Respond to contra indication ref pad placement			
3) Apply AED pads			
4) Respond to AED prompt			
5) Respond to shock advised ensuring scene safety (everyone to stand clear)			
6) Respond to no shock advised			
7) Continue CPR and follow AED prompts			
Unconscious Casualty			
1) Danger checked			
2) Response checked			
3) Airway checked			
4) Breathing checked up to 10 secs			
5) Call 999/112			
6) PPE if available			
7) Recovery position			
8) Moitor ABC			
9) Answer correctly: What should you do for a seizure?			