

## ASSESSMENT TASK 2 – FIRST AID ACTIVITY – SURF RESCUE CERTIFICATE

This activity will allow candidates to demonstrate through a practical activity their competence in treating to an acceptable standard a patient with a single injury or illness.

### Assessment objectives:

The candidate can perform appropriate first aid on more than one occasion.

### Designing the activity:

All candidates MUST perform:

- THREE required scenarios
- PLUS one optional scenario

### Equipment required:

You will need a first aid kit for this activity

### Activity essentials:

The activity MUST cover each of the following critical components for each candidate each time it is run:

- Emergency action plan (DRSABCD)
- Patient management (including PPE)
- Vital signs
- Secondary assessment and treatment

The activity MUST cover each of the following critical components at least once for each candidate during all of the activities in which a candidate participates:

- Record incident
- Clean and restore equipment
- Debrief appropriately

### Assessment checklists

#### Required Scenarios:

#### Severe bleeding

Limb is injured and bleeding heavily; casualty is conscious; breathing is rapid and shallow

- Lay patient flat with legs slightly raised
- Apply direct pressure to wound
- Apply further pressure with bandages as required
- Treat patient for shock

#### Respiratory emergency

Suspected asthma attack

- Sit person upright, comfortably
- Administer asthma reliever and spacer
  - Shake asthma reliever before use
  - 1 puff – 4 breaths – repeat 4 times
- Wait 4 minutes, repeat previous step if no improvement
- Call Ambulance and keep repeating if still no improvement

#### Chest pain

Casualty is conscious and breathing normally

- Assist casualty to sit comfortably
- Assist casualty with medication

#### Optional scenarios:

#### Stroke

Casualty is conscious; unable to talk properly

- FAST test
- Help patient into a comfortable position
- Reassure the patient
- Maintain the patient's body temperature

#### Altered consciousness

- Manage any injuries appropriately
- Assess the scene for likely cause of altered consciousness
- Stay with the patient

#### Heat stroke

Casualty is unconscious

- Apply ice packs (sides of neck, armpits, groin)
- Treat for shock

#### Fracture

Casualty is conscious; fracture is open

- Reassure patient and advise them not to move
- Immobilise the limb in the position it was found
- Treat for shock

#### Marine envenomation

Casualty is conscious and breathing normally

- Treat as per your location

## FIRST AID – Supplementary questions to ask during assessment

- What are the principal aims of first aid?
- What do we mean by “consent” in first aid?
- What is the correct process for documenting a first aid incident?
- Who is the most appropriate person to document this incident?
- What documentation might you be required to complete, and why?
- Why do we wear personal protective equipment?
- List some of the vital signs we might look for
- What do you look for during a body check?
- Name some of the principal systems of the body
- Explain how the circulatory system works
- Explain how the respiratory system works
- What are some of the signs of shock?
- What measures can we take to guard against hypothermia?
- How does a first aider treat [choose any common injury/condition]?
- What are some of the signs and symptoms of a fracture?
- What are some of the signs and symptoms of a dislocation?
- What does the term RICER stand for?
- Explain how you would ensure that you were protected from infection
- Did anything during that activity cause worry or stress? How did you deal with it?