TAMILNADU COUNCIL FOR OPEN AND DISTANCE LEARNING
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CERTIFICATE IN FIRST AID

ASSIGNMENT QUESTIONS

Answer ALL the questions in detail.

1. Explain the meaning, objectives and golden rules of First Aid. Discuss the qualities and responsibilities of a good First Aider.

2. Describe the legal and ethical considerations in providing first aid. Explain the importance of consent, personal safety and infection prevention.

3. Prepare a detailed note on the contents of a First Aid Kit, explaining the uses of each item and the methods of maintaining the kit.

4. Explain the procedures for assessing an injured person, including checking consciousness, breathing and circulation. Discuss the importance of vital signs.

5. Describe the principles and procedures of CPR, BLS and AED. Explain their importance in saving lives during cardiac emergencies.

6. Explain the different types of bandages, dressings and splints. Describe their uses in the management of common injuries.

7. Discuss the different types of wounds, bleeding, burns and scalds. Explain the appropriate first aid procedures for each condition.

8. Explain the types of fractures, dislocations, sprains and strains. Discuss the methods of immobilisation and safe transportation of injured persons.

9. Describe the causes, signs, symptoms and first aid management of snake bites, animal bites and insect stings.

10. Explain the first aid management of choking, drowning, poisoning, seizures and allergic reactions.

11. Discuss the warning signs and emergency management of heart attack, stroke, asthma and diabetes-related emergencies.

12. Explain the importance of first aid in disaster management. Discuss the role of first aid during floods, earthquakes, cyclones, fire accidents and road traffic accidents