



## What would you do if you were the first on the scene?



Don't be  
a First Aid  
Dummy!

# QUIZ

With our ***Don't be a First Aid Dummy! Quiz***, each month, we'll take you through an emergency situation where you'll be put on the frontline. Test your knowledge or brush up on your skills with our short, serious but fun first aid quiz. It might not only improve first aid outcomes but help save lives.

Want to get the monthly quiz email? Just [click here](#) to join!

### this month: **Sprains**

#### What would you do if...?

Julie is going for her morning run. It is a beautiful morning and she decides to take a different route so that she can see the sunrise over the ocean. There are a few steps to negotiate and as she steps down, Julie loses her footing as a little dog runs between her legs.

Julie falls to the ground and clutches at her ankle as she feels sudden pain. The little dogs owner, Annie just happens to be a first aider and carries a first aid kit in her car. What should Annie do?

**Correct**

a. Follow the RICE management plan.

This is the best course of action, read below for the steps to take in the RICE management plan.

Read the correct answer in full [below](#)

**Incorrect**

b. Put cooked rice in a plastic bag on to the injury.

This would not be effective. The RICE management plan is an acronym for Rest, Ice, Compression, Elevation.

**Incorrect**

c. Tell the patient to walk around on the leg to stretch out the muscles.

This is incorrect as it is recommended to rest the injury. Walking around and stretching may cause further damage.

## Incorrect

d. Apply an icepack and leave it there for 2 hours without removing.

This is incorrect as leaving ice on for such a long time can cause 'burns'. It is recommended to put an ice pack on for only 15 minutes every 2 hours in the first 24 hours.

## Correct answer in full:

Follow the RICE management plan:

**Rest** - Rest the patient and the injured limb

**Ice** – Apply icepack wrapped in a wet cloth for 15 minutes every 2 hours for 24 hours, then for 15 minutes every 4 hours for 24 hours

**Compression** – Apply a compression bandage firmly to extend well beyond the injury

**Elevate** - Elevate the injured limb

Note: If in doubt, manage it as a fracture and seek medical attention if needed.



## Sprains and your First Aid Kit

What would you use from your kit?

An icepack and compression bandages would be necessary in this situation. If you don't have these items in your kit, stop by our [retail locations](#) and keep your kit up-to-date!



## Sprains and First Aid Training

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