



## 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: **Diabetic Emergency**

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

Wayne and Ellie were excited to be at the Darwin Show. They had decided that they would go on every ride, look at every exhibit and watch as much of the show jumping as they could fit in.

They were enjoying themselves so much that they had not even stopped to eat the usual show food of Dagwood Dogs or Hot Potatoes with sour cream.

The show jumping was of particular interest to them both as they had a niece who competed. As they watched, Wayne began to feel a bit unwell. He felt hungry and tired, instantly recognising that he had not been mindful of his diabetes and had neglected to eat for several hours.

Ellie saw that Wayne was unwell and that she needed to act swiftly. What action should she take?

**Incorrect**

a. Give them a diet coke as diabetics cannot have any sugar.

This is incorrect since Diet drinks do not contain sugar, which is exactly what a person in a diabetic emergency needs.

**Incorrect**

b. Give an alcoholic drink.

Most people with diabetes can enjoy a small amount of alcohol, however in this emergency situation this is **absolutely** not the solution. The risk of hypoglycaemia increases with the more alcohol you drink, so diabetics must drink alcohol very carefully.

**Correct**

c. Give something sweet to eat or drink if they are conscious.

If the patient is conscious, give them some sugar, glucose or a sweet drink. This will help to elevate the low blood sugar level. Do not use diet drinks as they do not contain sugar.

**Incorrect**

d. Make sure they do not eat or drink anything for at least an hour.

This is incorrect because this is likely what caused the emergency in the first place. The patient's blood sugar is low already from a lack of eating/drinking and the opposite action should be taken.

### Correct answer in full:

If the patient is conscious, give them some sugar, glucose or a sweet drink. This will help to elevate the low blood sugar level. Do not use diet drinks as they do not contain sugar.

Continue giving sugar every 15 minutes until the patient recovers. If possible give them a sandwich or biscuits. Loosen tight clothing. If they do not improve or they become unconscious, call 000 for an ambulance. Remain with the patient until the ambulance arrives.



### Diabetic Emergency and your First Aid Kit

What would you use from your kit?

Having a Glucometer on-hand can help to identify the patient's blood sugar. Also, glucose paste or jelly beans are good items to have in your First Aid kit. We offer a large variety of kits and individual supplies to keep your current kit up to date at any of our [retail locations](#)



### Diabetic Emergency and First Aid Training

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