

What To Do In An Emergency Quiz – Answer Sheet

1	<p>If someone has lost consciousness it is always best to lay them flat on their back</p>	<p>True <input type="checkbox"/> False <input checked="" type="checkbox"/></p> <p>If the person is sick, they could choke on their vomit if left on their back. Some people have died sadly this way.</p>
2	<p>What is the term for the way you should position someone if they're unconscious</p>	<p>Recovery position</p>
3	<p>You are at a party, your best friend is really drunk, slurring their words and can hardly stand up. What should you do:</p> <p>a) Put them in bed to sleep it off</p> <p>b) Leave them to it, someone else will keep an eye on them</p> <p>c) Give them black coffee</p> <p>d) Get them to drink water</p> <p>e) Stay with them and try to keep them awake until they've sobered up</p> <p>f) Tell a trusted adult</p>	<p>Tick the correct answers</p> <p>✗ - Putting someone to bed who has drunk a lot of alcohol could be very dangerous as if they are sick and choke, no-one else will know.</p> <p>✗ - Who else is going to keep an eye on them? They are in a very vulnerable position when drunk; they could have an accident, lose consciousness, be the victim of an assault etc.</p> <p>✗ - Contrary to myths, black coffee will not work, it does not sober people up</p> <p>✓ - water won't sober them up, but it will help stop them becoming dehydrated</p> <p>✓ - It's really important to stay with someone until they're feeling better</p> <p>✓ - They can help you in this situation</p>
4	<p>One of your friends has become really anxious after smoking some cannabis. What could you do to calm them down?</p> <p>a) Go to a quieter area</p>	<p>Tick the correct answers</p> <p>✓ - Crowds can be</p>

	<p>b) Reassure them in a calm, quiet voice c) Leave them alone</p> <p>d) Breathe slowly together</p> <p>e) Explain they'll feel better once the effects of the drug wear off</p> <p>f) Tell a trusted adult</p>	<p>intimidating places ✓ - Don't shout at them ✗ - Don't leave them alone, they're in a vulnerable position if alone ✓ - This can help control rapid breathing and calm the person down ✓ - Reassurance that the feeling will pass can help</p> <p>✓ - They can help you in this situation</p>
5	<p>Your friend is about to be sick, what could you do to help?</p> <p>a) Reassure them b) Get them to bend over so their head is lower than their lungs</p> <p>c) Leave them to go to sleep afterwards</p> <p>d) Give them sips of water if they wish</p> <p>e) Tell a trusted adult</p>	<p>Tick the correct answers</p> <p>✓ - this will help calm them ✓ - this avoids potential choking ✗ - They could be sick again, which could be dangerous if asleep and alone ✓ - This will help to rehydrate them ✓ - They can help you in this situation</p>
6	<p>Your friend is overheating after taking ecstasy, how can you help?</p> <p>a) Take the person to a cool, calm place</p> <p>b) Encourage them to drink lots of water</p> <p>c) Place a lukewarm damp cloth on their skin</p> <p>d) Try to restrain them</p> <p>e) Leave them alone</p> <p>f) Tell a trusted adult</p>	<p>✓ - This can help them begin to cool down ✗ - Drinking too much water can be really dangerous in this situation, instead encourage them to sip water, no more than one pint per hour ✓ - This can help to cool down</p> <p>✗ - This can be really dangerous, don't do it ✗ - They're in a vulnerable position and shouldn't be left alone ✓ - They can help you in this situation</p>
7	<p>Using different drugs together (including alcohol), is known as polydrug use. This can be particularly risky.</p>	<p>True ✓ False <input type="checkbox"/></p>

8	If you're very concerned about someone under the effects of alcohol / drugs, who could you phone?	999 and ask for an ambulance Also, a trusted adult
9	If you've phoned for an ambulance you should stay with the unwell person until the paramedics arrive	True <input checked="" type="checkbox"/> False <input type="checkbox"/> You can help to flag them down and show exactly there the unwell person is. Never leave them for fear of getting in trouble, their safety is most important