



AMREF INTERNATIONAL UNIVERSITY
SCHOOL OF PUBLIC HEALTH
DEPARTMENT OF HEALTH SYSTEMS MANAGEMENT AND DEVELOPMENT
BACHELOR OF SCIENCE IN HEALTH SYSTEMS MANAGEMENT AND
DEVELOPMENT
END OF SEMESTER EXAMINATION MAY-AUGUST 2026
CHP 116/HMD123: FIRST AID AND SAFETY SKILLS

MAIN EXAMINATION

TIME: Two Hours

Date: 6th August 2026

TIME : Two (2) Hours Start-----5:30 pm-----End.....7:30 pm.....

INSTRUCTIONS TO CANDIDATES

- 1) This exam is out of 70 marks
- 2) Section-A is compulsory with a Total of 30 Marks
- 3) Answer any TWO (2) questions in Section B

Read carefully the additional instructions preceding each section.

SECTION A: SHORT ANSWER QUESTION (COMPULSARY)

30Marks

1. One principle of first aid is to preserve life. State **three** ways in which life can be preserved when providing first aid **3Marks**
2. Highlight **Five** reasons why a first aider should check circulation below an injury before and after tying any bandage **5Marks**
3. Outline the first aid management for head injury **5Marks**
4. Outline the first aid for animal and human bites **5 Marks**
5. Explain **Four** basic factors that a first aider must consider when providing first aid for poisoning. **4 Marks**
6. Demonstrate the first aid management for a casualty experiencing a nosebleed **4 Marks**
7. Differentiate between open and closed wounds **4 Marks**

SECTION B ANSWER ANY 2 (TWO) QUESTIONS

40Marks

1. A 30-year-old man is involved in a road traffic accident and sustains fractures on both legs. As a first aider at the scene, you are required to assess the casualty and provide appropriate first aid to control the bleeding and prevent further injury
 - a. State **Four** signs and symptoms of fractures **4 Marks**
 - b. Discuss the first aid management for severe external bleeding **14 Marks**
 - c. Differentiate between a tourniquet and hemostatic dressing **2Marks**
2. While gardening a 30-year-old woman gets a wooden sliver embedded deeply in her hand. She attempts to remove it but experiences increasing pain. As a trained first aider, you are required to assess her and provide appropriate first aid while preventing complications such as infection
 - a. State **Four** instances that hinder the removal of slivers **4Marks**
 - b. Explain the steps involved in safe removal of a sliver **6Marks**
 - c. Outline the first aid management of a wound with an embedded object **5Marks**
 - d. Using the acronym **SHARP** identify the signs and symptoms of wound infection **5Marks**
3. A 60-year-old man suddenly collapses while doing walking to the shopping center. He is unresponsive and is not breathing normally. As a trained first aider you arrived at the scene and begins emergency care.
 - a. Outline the stages of the chain survival **5Marks**
 - b. Explain the steps involved in adult basic life support (BLS) **10Marks**
 - c. State **Five** signs and symptoms of heart attack **5 Marks**

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