



AMREF INTERNATIONAL TRAINING CENTRE

**COUNSELLING PSYCHOLOGY, HEALTH RECORDS AND COMMUNITY HEALTH
LEVEL 5, LEVEL 6**

HW/CU/CP/CR/02/5/MA

Conduct First Aid Services

July/August 2026

WRITTEN ASSESSMENT

DATE: 12TH AUGUST 2026

Time: 2 HOURS START: 2PM FINISH: 4PM

INSTRUCTIONS TO CANDIDATE

- Marks for each question are indicated in the brackets.
- The paper consists of **TWO** sections: **A** and **B**.
- Candidates are provided with a separate answer booklet.
- **DO NOT** write on this question paper.

This paper consists of FOUR (4) printed pages

Candidates should check the question paper to ascertain that all pages are printed as indicated and that no questions are missing.

SECTION A

Answer all questions in this section

1. Aisha is called to assist a patient with a deep laceration and active bleeding at Kibera Clinic. List FOUR types of PPE Aisha should wear when managing this bleeding casualty. (4 marks)
2. A boda-boda rider presents at a first aid station with contaminated road rash wounds after a collision. State THREE principles of wound management in first aid, with a rationale for each. (3 marks)
3. During a community health dialogue in Mathare, residents report various emergencies including injuries, disease outbreaks, and environmental threats. List FOUR emergency hazard types that may occur in a Kenyan community health setting, giving one example of each. (4 marks)
4. Fatuma, a St John Ambulance first aider, responds to a reported collapse at a Nairobi bus terminus. Highlight THREE (3) steps of scene size-up Fatuma should perform on arrival. (3 marks)
5. A market vendor collapses and is found with no pulse. A bystander has already called for emergency assistance. State the correct compression-to-ventilation ratio for adult CPR and give ONE reason why maintaining this ratio is important. (2 marks)
6. During a CPR training at Kayole Health Centre, the trainer introduces the chain of survival concepts. List THREE links in the chain of survival. (3 marks)
7. A pastoralist in Laisamis, Marsabit County is bitten by a puff-adder snake. The nearest facility is 40 km away. Outline TWO interventions that must be avoided. (4 marks)
8. The in-charge at Kariobangi Health Post asks a student to audit the first aid kit. Identify FOUR items in a standard first aid kit and state the purpose of each. (4 marks)
9. Two patients are brought to a first aid post following a building collapse in Ruiru. Patient A has a deformed leg with intact skin; Patient B has a bone protruding through an open wound. List THREE (3) first aid management steps applicable to the care of both patients with fractures. (3 marks)
10. A student is asked to demonstrate splinting during an AITC practical skills session. State TWO principles that must be observed when applying a splint as a first aid intervention. (2 marks)

11. A health volunteer witnesses a crowd crush resulting to many casualties at a community event in Embakasi. She needs to call for emergency help. State TWO relevant emergency contact numbers in Kenya and indicate when each should be used. (2 marks)
12. A kitchen worker at Kenyatta Market sustains burns of varying depths after a cooking oil fire. Classify burns according to depth and describe the characteristic features of each classification. (4 marks)
13. You observe a child at a school canteen suddenly grips her throat, turns red, and becomes unable to cry or speak. State TWO signs that distinguish severe choking from mild choking and name the immediate first aid intervention for severe choking in a child. (2 marks)

SECTION B (60 MARKS)

Answer ANY THREE questions in this section

15. A community health worker arrives at Gikomba Market, Nairobi, where a 35-year-old male has collapsed, unresponsive, after clutching his chest. (20 marks)

- (a) Discuss FIVE immediate assessment and management of this casualty using the ABCDE approach. (10 marks)
- (b) Describe FIVE roles of the chain of survival in improving outcomes for cardiac arrest casualties. (10 marks)

16. You are at a school at a primary school in Thika. During lunch, an 8-year-old pupil begins choking on a piece of meat. He is conscious but unable to speak or cough effectively.

- (a) Describe FIVE immediate management of severe choking in a child. (10 marks)
- (b) Explain FIVE documentation and incident reporting process you would follow after managing this emergency, including the information to record and who should be notified. (10 marks)

17. At a public celebration in Kisumu, a gas cylinder explodes. Several casualties sustain burns of varying severity, and you are the only trained first aider on scene until EMS arrives.

- (a) Describe FIVE interventions that must be avoided when managing burns. (10 marks)
- (b) Explain FIVE trauma management principles you would apply in this mass casualty situation. (10 marks)

18. A CDACC assessor at AITC asks a Level 6 student to demonstrate understanding of how OSH legislation protects healthcare workers in Kenya.

- (a) Explain FIVE roles of OSH regulations in preventing occupational injuries in Kenyan healthcare settings. (10 marks)
- Describe FIVE steps involved in completing a workplace hazard register in a community health facility. (10 marks)