1. The Canadian Red Cross Society was founded in 1896, and its Fundamental Principles were proclaimed in 1965. The Society is committed to social justice in the elimination of society structures and actions that oppress, exclude, limit, or discriminate on the basis of race, gender, ethnicity, financial ability, sexual orientation, religion, disability, or age.
   a) True
   b) False

2. What acronym could best be used to represent the seven Fundamental Principles?
   a) HUNUVII
   b) HINIVUU
   c) HUUVINI
   d) None of the above

3. The Red Cross emblem in Canada is reserved by law for exclusive use by:
   a) the Canadian Red Cross Society
   b) medical units of the armed forces
   c) both a and b
   d) Red Cross First Aid and Water Safety Programs

4. The Red Cross First Aid Instructor Development Program prepares Instructor candidates to teach and facilitate through:
   a) teaching, learning, and assessment/evaluation theory
   b) participation in individual and group assignments
   c) practice-teaching exercises
   d) all of the above

5. The Instructor Network (www.instructornetwork.ca) includes the following resources:
   a) Media presentations and skills DVD
   b) lesson plans
   c) Instructor notes and other Instructor/Instructor Trainer forms
   d) both b and c

6. Henry Dunant’s book, A Memory of Solferino, is the story of his experiences, which moved him to create and promote national Red Cross societies.
   a) True
   b) False

7. Today the International Red Cross and Red Crescent Movement’s ideals are promoted and implemented by the International Committee of the Red Cross and the Federation of the Red Cross and Red Crescent Societies, which has more than 190 National Societies worldwide (as of April 2011).
   a) True
   b) False

8. Volunteers are the heart of the Red Cross. Canadian volunteers help in Canada and around the world. Some of the Red Cross programs and services they help with are:
   a) Disaster Management, International Operations, Family Links
   b) RespectED, First Aid and Swimming and Water Safety Programs
   c) Homecare Services and Health Equipment Loan Programs
   d) all of the above

9. The red crystal emblem is a lesser-known equivalent of the Red Cross or Red Crescent Society emblems.
   a) True
   b) False

10. In 1993, the Canadian Red Cross adopted a Social Justice and Diversity Policy. The Red Cross is committed to social justice, and all Red Cross programs and services must reflect this commitment.
    a) True
    b) False
11. As a Red Cross First Aid Instructor, your role is to help your course participants:
   a) learn specific knowledge and skills
   b) realize injuries are preventable
   c) become aware of Red Cross activities in their community and the volunteering opportunities
   d) all of the above

12. Red Cross First Aid is to be kept simple. Specific techniques are not considered as important as basic principles. As an Instructor, you should encourage participants to apply the means of achieving the principles in their own way.
   a) True
   b) False

13. The Canadian Red Cross asks you not to communicate information that is not within the materials of the course. If you have further training, please use it only to support your confidence while teaching.
   a) True
   b) False

14. A “standard” is a predetermined outcome or procedure that participants are expected to achieve. A “practice” is the performance of or way of doing a skill/procedure that allows a participant to meet the standard.
   a) True
   b) False

15. Verbal communication works best when you:
   a) talk with participants rather than at them
   b) remember the Fundamental Principles and show cultural sensitivity
   c) use relevant information and examples and give clear messages and instructions
   d) all of the above

16. Nonverbal communication reinforces your message through:
   a) body positioning or posture
   b) facial expressions or hand gestures
   c) matching body language with verbal messages
   d) all of the above

17. Practical consideration of other cultures and English-as-a-Second-Language participants would include:
   a) avoiding use of slang terms and acronyms
   b) speaking more slowly and clearly and using visual aids as you explain
   c) both a and b
   d) bringing in translators for each different language

18. Observing and listening are important links in the process of communicating with course participants.
   a) True
   b) False

19. Learning is a change in behaviour that is the result of experience, knowledge, and/or attitude. People learn at different rates and in different ways. As a Red Cross Instructor you are expected to:
   a) make your class a fun and positive learning experience
   b) create a safe, comfortable environment that encourages learning
   c) be patient and respectful and accommodate different learning styles
   d) all of the above

20. Which of the following are modes of perception through which people receive information?
   a) Visual and auditory
   b) Tactile and kinesthetic
   c) Verbal and mandatory
   d) Both a and b

21. According to the “multiple intelligences” theory, people solve problems in different ways using different “intelligences,” which is why they learn differently. The “intelligences” include:
   a) bodily/kinesthetic intelligence and spatial intelligence
   b) musical intelligence and interpersonal intelligence
   c) naturalist intelligence and existential intelligence
   d) all of the above
22. When teaching first aid and/or developing your lesson plans, consider the three domains of learning: cognitive, psychomotor, and affective. They are separate but often occur at the same time. Affective learning refers to:
   a) what needs to be done
   b) what needs to be felt or believed
   c) what needs to be known
   d) all of the above

23. Every age group learns differently and may present different characteristics (e.g., confidence levels, source of motivation, preferred activities). The thing people of all age groups have in common is:
   a) the need for structure and a strict testing component
   b) that they learn best in a non-threatening environment
   c) their motivation for learning/changing how they think and feel
   d) all of the above

24. Assessment and evaluation can be important aspects of learning. To make the most of assessment and evaluation, remember that:
   a) participants need to know what is being evaluated
   b) participants need to know how they will be assessed
   c) participants need to know what makes a performance successful
   d) all of the above

25. The way in which you administer knowledge evaluations will be determined by class situations, the abilities of participants, and provincial/territorial legislation (this information can be found in the Canadian Red Cross First Aid National Program Standards).
   a) True
   b) False

26. To be certified, participants must meet all the knowledge and skill requirements before the end of the course. An effective method of evaluating the participants’ first aid and CPR skills and their understanding of them is to use:
   a) question-and-answer sessions
   b) round-table discussions
   c) scenarios
   d) written evaluations

27. When teaching skills, the order of the 4Ds is:
   a) Demonstrate, Describe, Do, Debrief/Discuss
   b) Debrief/Discuss, Do, Describe, Demonstrate
   c) Describe, Do, Demonstrate, Debrief/Discuss
   d) Do, Describe, Debrief/Discuss, Demonstrate

28. There are many types of instructional techniques. Before choosing a preferred method for teaching a topic or skill, ask yourself:
   a) does it meet participant needs and can you do it well?
   b) do participants have the right knowledge, experience, and equipment available to them?
   c) are participants aware of any preparation they need to do prior and is the environment appropriate?
   d) all of the above

29. Instructors should keep the expression “variety is the spice of life” in mind when planning their first aid courses and incorporate multiple teaching techniques throughout.
   a) True
   b) False

30. Each group of participants is different in some way, and it is not always possible to teach a course the same way every time. When adapting your course remember:
   a) to always cover all of the “must knows”
   b) that you can change the amount of emphasis and time you give to certain subjects or skills and you can modify the language and terminology to suit the group
   c) that adapting the examples and scenarios to make them more relevant to the group can increases interest and improve learning
   d) all of the above

31. As an Instructor, it is extremely important to continuously self-reflect in order to continue learning and to improve your teaching abilities. Which of the following questions least exemplifies useful self-reflection?
   a) Were the participants clear on what was expected and did they feel comfortable?
   b) Am I a great Instructor or what? Everyone thinks I am so fabulous!
   c) Did we meet the objectives of the course in a comfortable, enjoyable manner? If not, why?
   d) Was there sufficient time for participants to absorb and apply knowledge and to practise skills?
32. The purpose of a First Aid & CPR course is to:
   a) empower people to use their knowledge, skills, and experience to identify, assess, and perform in the event of an emergency
   b) educate participants regarding prevention of injuries
   c) encourage participants to plan ahead and be prepared for potential disasters and emergencies
   d) all of the above

33. When organizing and setting up a course, the fundamentals include:
   a) a course preparation checklist and copy of the Canadian Red Cross First Aid National Program Standards
   b) materials, equipment, administrative supplies, and appropriate location/classroom environment
   c) lesson plans
   d) all of the above

34. Course content is dictated by the standards of each course and legislation. Where can you find sample course outlines and lesson plans to assist in course planning?
   a) The participant manual
   b) Workplace Health and Safety legislation
   c) The Instructor manual and Instructor Network
   d) The redcross.ca website

35. When organizing a course, you can find all the information you need regarding the required classroom size/conditions, course times/content, and sample course outlines and lesson plans in the First Aid & CPR Instructor Manual, Canadian Red Cross First Aid National Program Standards, and Instructor Network.
   a) True
   b) False

36. The “must knows” are identified and listed in the Instructor manual under which part(s)?
   a) Table of contents
   b) Part I (The Red Cross, How People Learn, Instructional Techniques, Organizing the Courses)
   c) Part II (Specific Course Content) and Part III (Additional Instructor Notes)
   d) Glossary

37. Part II of the Instructor manual contains specific course content, including:
   a) Tips
   b) Instructor Notes
   c) Objectives
   d) all of the above

38. Part III of the Instructor manual includes additional required information for Child Care First Aid & CPR and Marine Basic First Aid & CPR courses.
   a) True
   b) False

39. When teaching the Child Care First Aid & CPR courses to child care workers (e.g., teachers, coaches, daycare workers), which additional section in Part III MUST be included?
   a) First aid for marine stings
   b) Child and youth protection
   c) First aid for remote situations
   d) All of the above

40. In the Introduction to the Instructor manual, the description of Part III contains a list of resources found on the Instructor Network. These include:
   a) additional Instructor resources, knowledge evaluations, and skills checklists
   b) national Instructor and Instructor Trainer forms
   c) skills DVD and course PowerPoint presentation
   d) both a and b

41. Where are the Canadian Red Cross First Aid National Program Standards found?
   a) First Aid & CPR Instructor Manual
   b) Instructor Network
   c) First Aid & CPR Manual
   d) Both a and c

42. Appendix A in the Red Cross First Aid & CPR Instructor Manual includes a glossary of terms and definitions.
   a) True
   b) False

43. The Canadian Red Cross First Aid National Program Standards should be used and referenced by:
   a) Red Cross First Aid Instructors, Instructor Trainers, Master Instructor Trainers
   b) Red Cross staff and volunteers
   c) Training Partners
   d) all of the above
44. More information on Canadian Red Cross programs and services is available at www.redcross.ca.
   a) True
   b) False

45. As a Red Cross First Aid Instructor, you are expected to apply and exemplify the Red Cross philosophy and Fundamental Principles at all times during Red Cross First Aid courses and whenever representing the Red Cross or Red Cross programs.
   a) True
   b) False