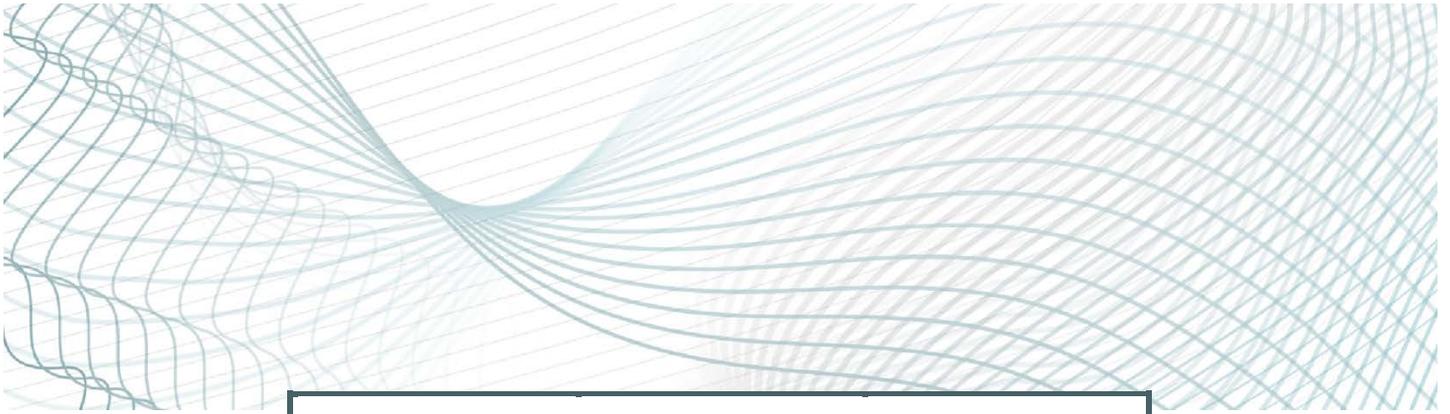


STUDENT WORKBOOK

NAME OF THE LEARNER

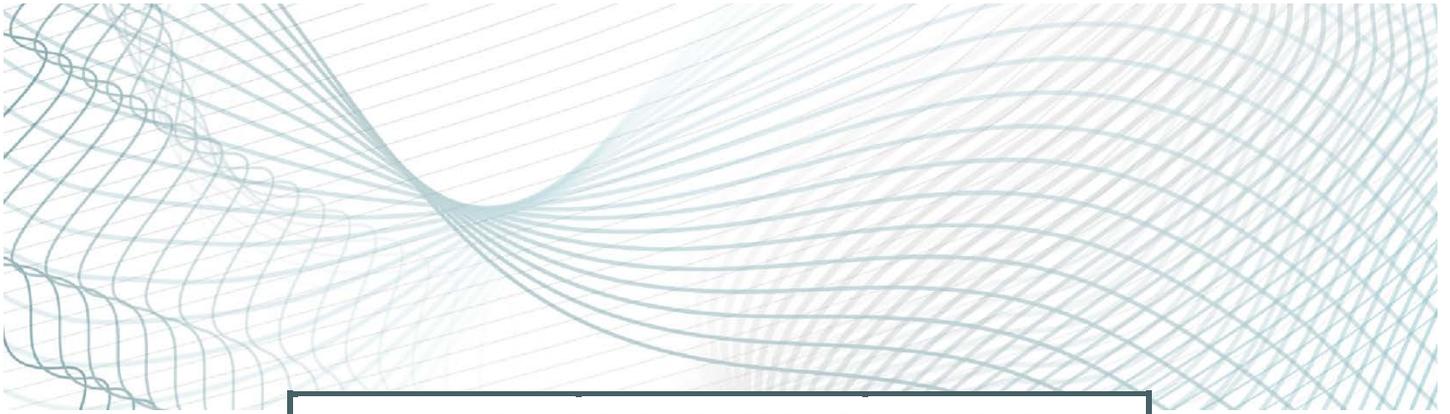
COURSE NAME



WHAT IS A STUDENT WORKBOOK

Student workbooks are educational materials that have components that aid in learning and ensure that students have the knowledge and abilities required in online courses.

Students have various learning styles and requirements. Their demands should be met through the use of additional materials in order for their learning to be lasting.

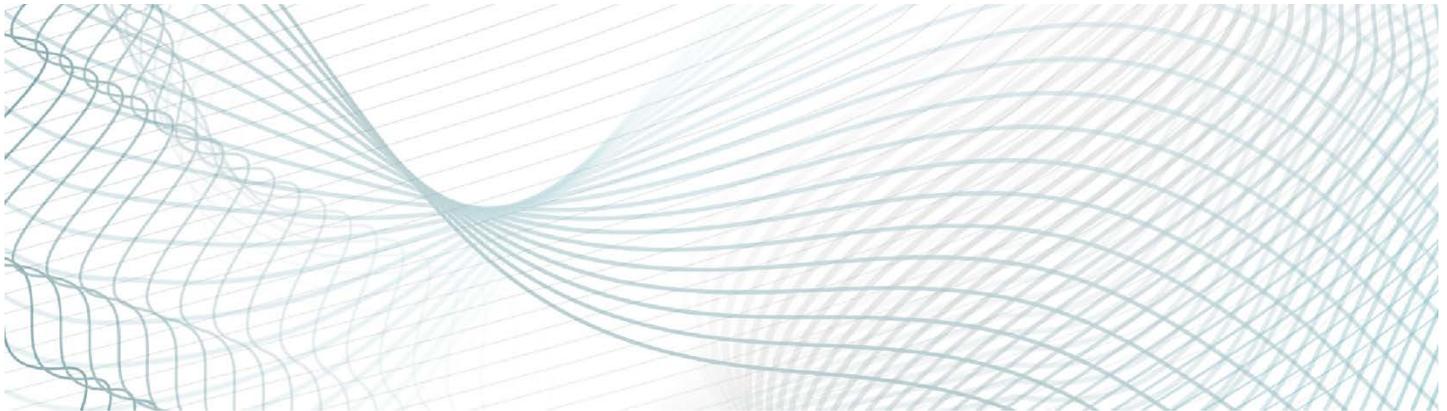


WHAT ARE THE BENEFITS OF STUDENT WORKBOOKS?

-
- **Workbooks enhance critical thinking skills.**
 - **Workbooks force a learner to engage with the content on a deeper level.**
 - **Workbooks can fill in educational gaps.**
 - **Workbooks transform learning into an interactive experience rather than being passive.**

INSTRUCTIONS

- Take some time and see if you can remember the key takeaways from every module. If not, go through the modules again and re-learn the material
- Read the prompts and try to come up with an answer that reflects what you have learnt in the module. Just make sure to complete each question within 30 minutes.
- TYPE YOUR ANSWERES ON THE PDF.**
- DO NOT FORGET TO SAVE YOUR ANSWERS ON THE PDF.**
- Take some time to recharge if you need. Then come back and complete the workbook



ASSESSMENT PROCESS

THIS WORKBOOK IS FOR SELF-ASSESSMENT ONLY. YOU ARE NOT REQUIRED TO SUBMIT THIS WORKBOOK TO RECEIVE A GRADE.

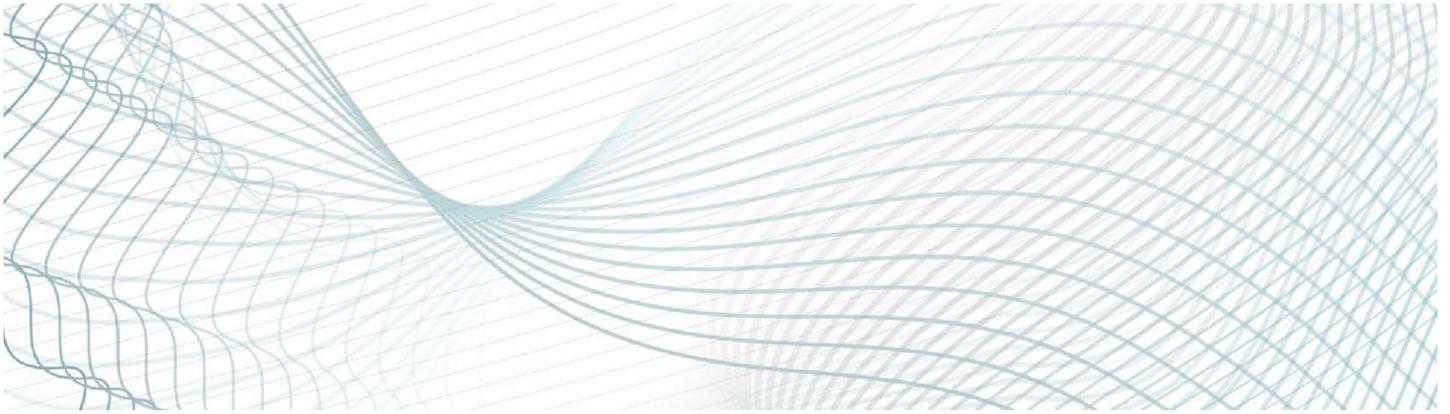
THEREFORE, TAKE TIME TO REFLECT BACK ON WHAT YOU HAVE LEARNT IN THIS COURSE AND COMPLETE THE WORKBOOK AT YOUR OWN PACE.

REFLECTIONS

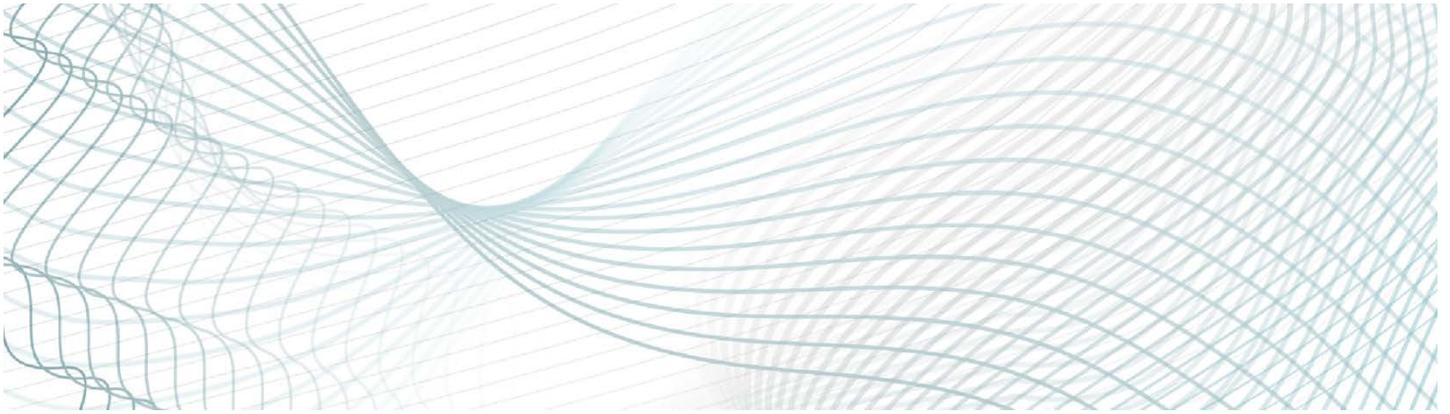
Before you get started on the questions in this workbook, contemplate the answers to some of the following questions. These questions will help you to reflect on the core issues surrounding your circumstance. Take as much time as you need - hours, even days!!!

But make sure you have a clear understanding of these questions before you get started on the workbook. The answers to these questions will give a whole new meaning to your course completion journey.

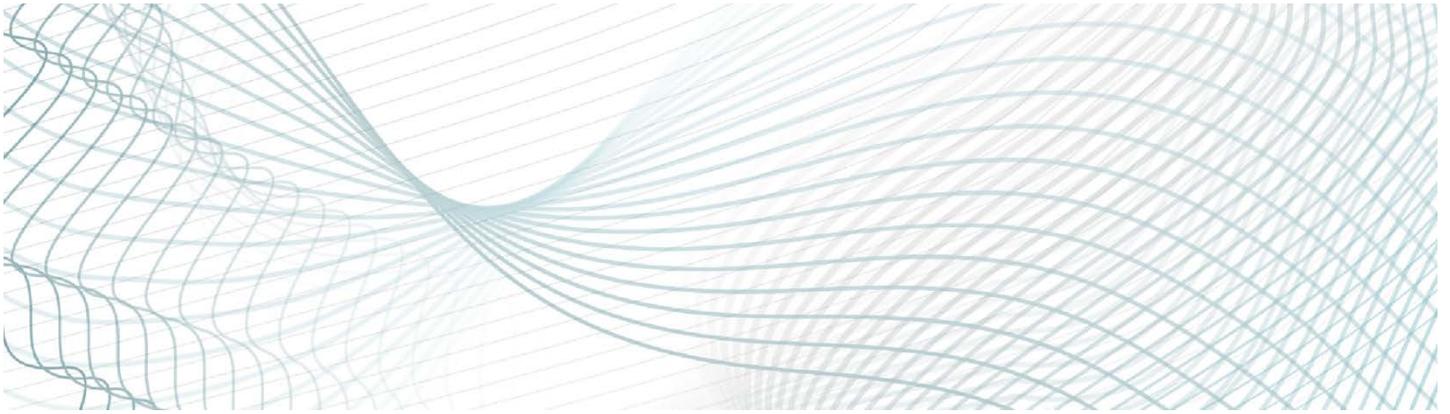




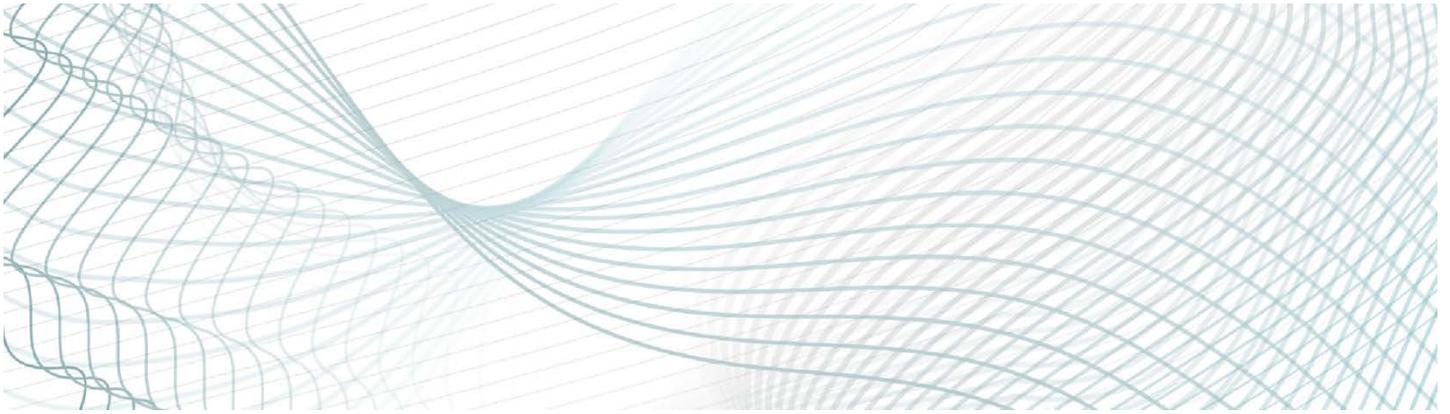
Why are you doing this course?



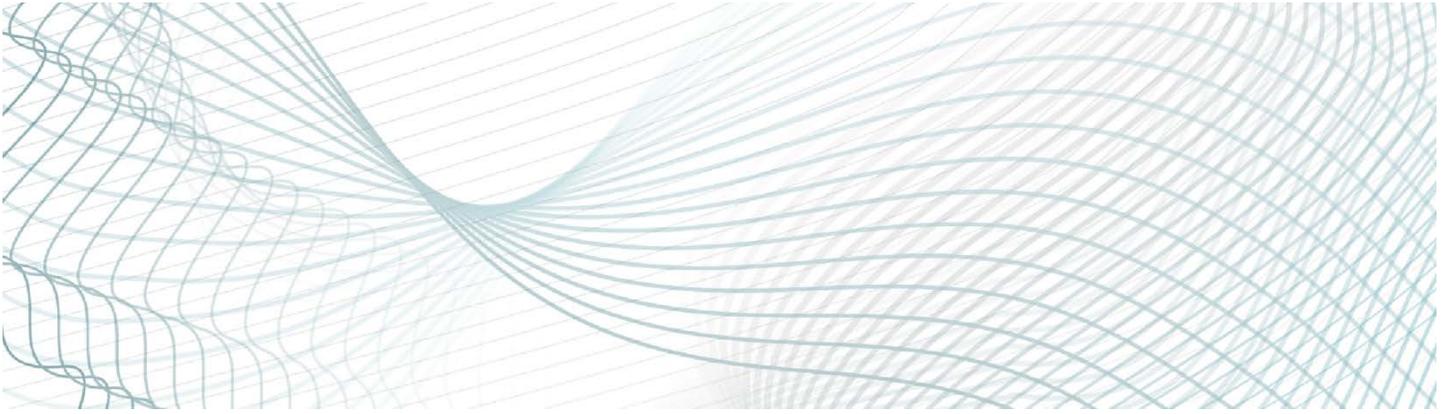
Why have you decided to enrol in this course now, and not earlier or later in your life?



What did you know about the topic before enrolling in this course?



What new things have you learnt after completing this course?



How do you hope to use the knowledge learnt in this course?



DAY 01

QUESTION

Imagine being at a coffee shop, standing in a long queue to get an espresso. Suddenly the person two spots in front topples over to the ground. You saw them clutching their chest as they fell. You run up to provide assistance and find that the person has stopped breathing. Your count shows that it has been more than 10 seconds, and the person is showing no signs of breathing.

Now, what are you going to do in this situation? Write a detailed answer and explain your reasons.

ANSWER



DAY 02

QUESTION

Suppose you are watching a show on Netflix with your family. The scene depicts a person who is being administered CPR. The person administering the CPR seems to be an amateur, which becomes apparent from his technique. Now, you know from studying the course materials that there are some typical errors during CPR.

What do you think a person should keep in mind when administering CPR? [Hint: Think about the errors]

ANSWER



DAY 03

QUESTION

Imagine it is your first day in a new office. You are being inducted into the different procedures of the office. Your onboarding manager now starts going over the Health and Safety Policy. He mentions a scenario – You are working on your desk. It's a busy day as usual with lots of stress. Suddenly your colleague next to you falls off her chair. You assess the situation and realise that you have to administer CPR – During your initial brief on the Health and Safety Policy, you were informed that there is an AED in the office first aid box. At this point, your onboarding manager looks toward you for your answer. Explain your course of action in detail.

ANSWER



DAY 04

QUESTION

During CPR, if you realise that the casualty has a spinal injury after your initial assessment, what should be the course of action? Keep in mind; it is imperative that an unresponsive person get CPR as soon as possible. Accepting the constraints of the situation, what should be your response?

ANSWER



DAY 05

QUESTION

Assume you are writing a brief on CPR for your classmates. Condense all the steps of performing CPR that you know into a five-step process. Provide explanations for the steps as if you were explaining to a layman.

ANSWER



DAY 06

QUESTION

In case it is beneficial to use an AED during CPR, what do you think the Standard Operating Procedures should be for such an operation. Explain in detail.

ANSWER



DAY 07

QUESTION

An Asthma patient suddenly starts wheezing and grabs their throat as if an invisible rope is tightened around their neck. As a first-aider, what should you do in that situation? Explain.

ANSWER



DAY 08

QUESTION

Sometimes, people choke when their airway is partially or fully blocked. Getting the offending item out of the throat solves the issue in these cases. CPR isn't necessary. You encountered a situation recently that involved the same incident as mentioned. But your initial diagnosis turned out to be wrong, and the person did require CPR to be responsive again. Now, explain which factors could have helped you to come to a more accurate initial assessment? How would you handle this case in the future if you had to face a similar situation?

ANSWER



DAY 09

QUESTION

Hyperventilation can happen due to anxiety disorders or panic attacks. Imagine you encountered someone in the grip of hyperventilation. What should be your modus operandi?

ANSWER



DAY 10

QUESTION

This course has taught you the essentials regarding CPR. Do you think CPR always works? What are some of the situations, in your opinion, where CPR usage can go wrong?

ANSWER



DAY 11

QUESTION

CPR is almost always administered by first-aiders when they encounter a patient having heart failure. Do you think casualties should have the right to decide beforehand if they should be administered CPR when their heart stops? Explain your reasoning.

ANSWER



DAY 12

QUESTION

Clumsy administration of CPR can complicate an already deteriorating health case. Explain your views about the justification of training the general populace on first-aid and CPR.

ANSWER