



NATIONAL OPEN UNIVERSITY OF NIGERIA
Plot 91, Cadastral Zone, University Village,
Nnamdi Azikiwe Expressway, Jabi, Abuja
Faculty of Education
Department of Human Kinetics & Health Education
2024 1 EXAMINATION

Course Code: HED 315

Course Title: EMERGENCY CARE AND FIRST AID

UNITS: 2c

INSTRUCTION: Answer question one (1) & any other two (2) questions from the options provided.

1. a. Describe eight (8) transportation techniques that can be used to move victims from site of accident to the hospital.
b. Describe the RICEM first aid steps for strains.
2. a. Identify ten (10) golden rules of first aid.
b. State five (5) ways through which injuries can be prevented in gymnasium.
3. a. Write a short note on "Poisoning".
b. If the victim is unconscious, identify four (4) steps in the treatment of poison.
4. a. Identify five (5) importance of first aid.
b. Discuss five (5) steps a first aider must take in rescuing a drowning person.