

Name: _____ Date: _____

Answer Key: Safety Superhero: The First Aid Decision Challenge for 1st Grade

Evaluate emergency scenarios and determine the safest actions to take when friends or family members need immediate help.

1. You see your friend fall and scrape their knee. There is a little bit of dirt in the scrape. What is the very first thing you should suggest they do?

Answer: B) Wash the scrape gently with clean water

Washing a scrape with clean water helps remove germs and dirt so the boo-boo can heal correctly without getting an infection.

2. If an adult is hurt and cannot talk, the best thing to do is stay very quiet and hide so you don't get in trouble.

Answer: B) False

In an emergency, you must find another adult or call for help immediately. Hiding is dangerous because the hurt person needs a doctor.

3. If a person is coughing very loudly because food is stuck, you should ____.

Answer: B) encourage them to keep coughing

If someone is coughing loudly, it means they can still breathe. Coughing is the body's best way to push the food out on its own.

4. Which of these is a 'Safety Rule' for using a kitchen stool to reach a cookie jar?

Answer: B) Asking a grown-up to help or watch you

Tipping over on a stool can cause a bad fall. Having an adult help ensures the stool is steady and you are safe.

5. Applying an ice pack to a bumped head can help the 'goose egg' bump stay small.

Answer: A) True

Cold ice helps reduce swelling, which prevents the bump from getting bigger and hurting more.

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6. When you see a bottle with a 'Poison' or 'Skull' sign, you must ____.

Answer: C) don't touch and tell an adult

Certain liquids can make you very sick if they touch your skin or if you swallow them. Never touch unknown bottles.

7. If you are playing outside and get a nosebleed, what is the smartest way to sit?

Answer: C) Sit up and tilt your head slightly forward

Leaning forward helps the blood come out of your nose instead of going down your throat, which can make you feel sick.

8. Sunscreen is only for the beach; you don't need it if you are playing at the park.

Answer: B) False

You can get a sunburn anywhere the sun is shining. Sunscreen protects your skin from getting a painful red burn.

9. If you accidentally touch a hot stove, you should immediately put your hand under ____.

Answer: A) cool running water

Cool water helps stop the heat from hurting your skin deeper. Never use ice or butter, as they can damage the skin.

10. Why do we wear bright colors or reflectors when riding a bike at dusk?

Answer: B) So drivers can see us easily

Being 'visible' is a safety skill. When it gets dark, it is hard for cars to see people unless they are wearing bright or shiny things.