

Name: _____ **Date:** _____

Safety Shield: 5th Grade First Aid Rescue Mission Quiz

Identify life-saving responses to nosebleeds, bee stings, and sun exposure while building a personal emergency action plan.

1. If a friend is having a nosebleed during recess, what is the safest way for them to sit?

- A. Leaning backward to keep blood in
- B. Lying down flat on their back
- C. Leaning forward and pinching the soft part of the nose
- D. Running around to find a teacher

2. To treat a itchy bee sting, you should first scrape the stinger out and then apply a _____ to reduce swelling.

- A. Heating pad
- B. Wet bandage
- C. Cold pack or ice
- D. Layer of butter

3. If you see a person collapse and they are not waking up, the very first thing you should do is check if the scene is safe for you to enter.

- A. True
- B. False

4. Which of these is the most important item to wear to prevent a head injury while skateboarding?

- A. Wrist guards
- B. A properly fitted helmet
- C. Knee pads
- D. Sunglasses

5. You should use a clean, dry cloth to apply pressure to a wound that is bleeding heavily.

- A. True
- B. False

6. When spending all day at the beach, you should reapply _____ every two hours to prevent skin damage.

- A. Tanning oil
- B. Cold water
- C. Sunscreen
- D. Bug spray

7. If a kitchen fire starts in a pan, what is the best way to safely put it out?

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- A. Throw a cup of water on it
- B. Fan it with a towel
- C. Slide a lid over the pan to smother it
- D. Blow on it as hard as you can

8. If you find an unmarked bottle of liquid in the garage, it is safe to smell it to figure out what it is.

- A. True
- B. False

9. If you are walking in a park and a thunderstorm begins, you should seek shelter inside a building and avoid standing under _____.

- A. Tall trees
- B. Plastic benches
- C. Low bushes
- D. Open fields

10. Which of these is the best way to help someone who is shivering and very cold after falling into a lake?

- A. Give them an ice-cold drink
- B. Remove wet clothes and wrap them in dry blankets
- C. Have them run a race to warm up
- D. Put them directly in a very hot bath