

Name: _____ **Date:** _____

Safety Sentinel Quest: A First Aid Challenge for 7th Grade

Hazard recognition, injury assessment, and protocol recall. Students identify necessary steps to maintain stability and safety in common adolescent environments.

1. You and a friend are hiking when they accidentally brush against a plant and develop an itchy, red rash. What is the best first step for treatment?

- A. Apply a tight bandage to stop the itching
- B. Wash the area with soap and cool water to remove oils
- C. Rub the rash vigorously with a dry towel
- D. Apply high heat to the area immediately

2. If a person is experiencing a nosebleed, they should lean their head back as far as possible to stop the flow.

- A. True
- B. False

3. When checking a scene for safety before helping an injured person, you should look for ____ to ensure you do not become a victim yourself.

- A. potential hazards
- B. the person's ID
- C. a witness
- D. the nearest phone

4. During a soccer game, a teammate is hit in the mouth and a permanent tooth is knocked out. What is the recommended way to transport the tooth to the dentist?

- A. Scrub the tooth clean with a stiff brush
- B. Wrapped in a dry paper towel
- C. In a container of milk or saliva
- D. In a cup of hot tap water

5. Before touching an injured person's open wound, you should put on latex-free gloves to provide a barrier against pathogens.

- A. True
- B. False

6. A person has fallen and their arm is bent at an unnatural angle. You suspect a bone fracture. What should you do while waiting for help?

- A. Try to straighten the arm immediately
- B. Keep the limb still and in the position it was found
- C. Apply a heating pad to the injury

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D. Ask the person to lift a heavy object to test their strength

7. According to the Good Samaritan laws, most states protect people who provide ____ to others in an emergency.

- A. prescribed medication
- B. surgical procedures
- C. voluntary first aid
- D. financial assistance

8. If a person is conscious and appears to be having a severe allergic reaction (anaphylaxis) but cannot reach their auto-injector, what is the first priority?

- A. Have them lay down and wait for it to pass
- B. Call 911 or emergency services immediately
- C. Offer them a glass of water
- D. Tell them to take a nap

9. When a person is suffering from heat exhaustion, you should move them to a cool place and give them small sips of water.

- A. True
- B. False

10. If you are the only person at the scene of an emergency, you should 'Check, Call, and Care.' The 'Care' step refers to ____.

- A. calling your parents
- B. providing first aid
- C. taking a photo
- D. cleaning the room