

Name: _____

Date: _____

Saving the Day: A 4th Grade First Aid Rescue Mission

Identify life-saving tools and response steps for common playground bumps, bee stings, and nosebleeds to build confidence in real-life emergencies.

1. You are hiking and your friend gets a nosebleed. What is the safest way to help them stop the bleeding?

- A. Have them tilt their head far back
- B. Have them lean forward and pinch the soft part of the nose
- C. Tell them to lie down flat on the ground
- D. Ask them to blow their nose as hard as possible

2. If someone is stung by a bee and it leaves a stinger behind, you should use the edge of a _____ to gently scrape it away.

- A. Pair of tweezers
- B. Sharpened pencil
- C. Plastic credit card
- D. Kitchen knife

3. If you see a person collapse and they are not waking up, the first thing you should do is check the area to make sure it is safe for you to help.

- A. True
- B. False

4. Which of these items would be most useful in a first aid kit to keep a person warm if they are in shock or it is very cold?

- A. Sterile gauze
- B. Emergency space blanket
- C. Antiseptic wipes
- D. Adhesive bandages

5. When a person feels faint or dizzy, you should have them _____ and elevate their legs about 12 inches.

- A. Stand up straight
- B. Run in place
- C. Lie down flat
- D. Spin in circles

6. If you get a chemical like cleaning spray in your eyes, you should rub them with your hands immediately.

- A. True

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B. False

7. If a friend is coughing loudly because they have a grape stuck in their throat, what should you do?

- A. Perform the Heimlich maneuver immediately
- B. Give them a glass of water to drink
- C. Encourage them to keep coughing
- D. Pat them hard on the back

8. To protect yourself from germs while helping someone with a bloody cut, you should put on _____ from the first aid kit.

- A. Safety goggles
- B. Disposable gloves
- C. A winter hat
- D. An apron

9. Applying butter or grease to a kitchen burn is the best way to help it heal.

- A. True
- B. False

10. In an emergency, if you are the person calling 911, what is the most important piece of information to tell the dispatcher first?

- A. Your favorite color
- B. The name of your school
- C. Your exact location
- D. What you ate for lunch