

**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.

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**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