

Name: _____ Date: _____

Answer Key: Serious Superhero Safety: 6th Grade First Aid Training

Middle schoolers gain the confidence to handle unexpected incidents by identifying common medical supplies and basic emergency protocols.

1. If you encounter a peer who has fallen and is bleeding significantly from their arm, what is your very first priority as a responder?

Answer: B) Checking the scene for safety

Before helping others, you must ensure the environment is safe for you to enter so you do not become a second victim.

2. When a person is experiencing a nosebleed, you should instruct them to tilt their head backward to stop the flow.

Answer: B) False

Tilting the head back can cause blood to run down the throat; instead, lean forward and pinch the soft part of the nose.

3. An _____ is a medical device that can automatically analyze a person's heart rhythm and deliver an electric shock if necessary.

Answer: C) AED

An Automated External Defibrillator (AED) is designed to be used by bystanders during a cardiac emergency.

4. Which item in a standard first aid kit is specifically used to reduce swelling and inflammation in a fresh injury?

Answer: B) Cold compress/Instant ice pack

Cold temperatures constrict blood vessels, which helps minimize swelling and numbs pain for injuries like sprains.

5. If you suspect someone has a broken bone, you should try to move the limb back into its normal position immediately.

Answer: B) False

You should never try to 'set' a bone yourself; the goal is to keep the limb still (immobilized) until professionals arrive.

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6. When treating a minor heat burn, the best substance to apply immediately is ____.

Answer: C) Cool running water

Cool running water draws heat away from the skin safely, whereas ice can cause further tissue damage.

7. What is the primary purpose of wearing disposable gloves while providing first aid to another person?

Answer: C) To protect against bloodborne pathogens

Gloves act as a barrier to prevent the transmission of germs and diseases between the responder and the victim.

8. In the R.I.C.E. method for treating injuries, the letter 'C' stands for ____.

Answer: B) Compression

Compression involves using a bandage to apply light pressure, which helps limit swelling.

9. A first aid responder should call 911 if a person is unconscious, even if they appear to be breathing normally.

Answer: A) True

Unconsciousness is considered a medical emergency because it may indicate a serious underlying condition.

10. Which of these is a sign that a person might be experiencing heat exhaustion during an outdoor sports game?

Answer: A) Heavy sweating and dizziness

Heavy sweating, dizziness, and nausea are common indicators of the body overheating and needing rest and hydration.