

Name: _____ Date: _____

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?

- A. Cleaning the wound with soap
- B. Checking the scene for safety
- C. Searching for a first aid kit
- D. Applying a tourniquet immediately

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

- A. True
- B. False

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

- A. EpiPen
- B. Inhaler
- C. AED
- D. Antibiotic

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

- A. Adhesive bandages
- B. Cold compress/Instant ice pack
- C. Sterile gauze pads
- D. Tweezers

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

- A. True
- B. False

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

- A. Butter or oil
- B. Ice cubes
- C. Cool running water
- D. Toothpaste

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

- A. To keep your hands warm
- B. To improve your grip
- C. To protect against bloodborne pathogens
- D. To make the patient feel more comfortable

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

- A. Cleaning
- B. Compression
- C. Caution
- D. Comfort

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

- A. True
- B. False

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

- A. Heavy sweating and dizziness
- B. Shivering and blue lips
- C. Sneezing and itchy eyes
- D. Increased energy and hunger