

Name: _____

Date: _____

Answer Key: Quiet Hazards, Loud Heroes: A 4th Grade First Aid Expedition

Students gain the confidence to handle unexpected injuries by analyzing real-world scenarios and choosing the safest emergency responses.

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 to take?

Answer: B) Wash the skin gently with soap and cool water

Washing the area helps remove the plant oils (like urushiol from poison ivy) that cause the reaction, while cool water soothes the itch.

2. True or False: If a person is experiencing a heat-related illness like heat exhaustion, you should move them to a shady or air-conditioned area.

Answer: A) True

Lowering the body temperature by moving to a cooler environment is a critical first step in treating heat exhaustion.

3. When treating a bleeding injury, you should apply _____ pressure directly to the wound with a clean cloth.

Answer: B) Steady

Steady, direct pressure helps the blood to clot and stops the bleeding more effectively than light or inconsistent pressure.

4. While playing at the park, your teammate twists their wrist. To follow the 'Ice' part of the R.I.C.E. method, how should the ice be applied?

Answer: B) Wrapped in a cloth for 15-20 minutes

Wrapping ice in a cloth protects the skin from 'ice burns,' and limiting the time prevents tissue damage while still reducing swelling.

5. A student in the cafeteria begins coughing forcefully after taking a bite of an apple. You should _____.

Answer: C) Encourage them to keep coughing

Name: _____

Date: _____

If a person is coughing forcefully, their airway is only partially blocked; coughing is the most effective way for them to clear it themselves.

6. True or False: If you suspect someone has a broken bone (fracture), you should try to straighten the limb before help arrives.

Answer: B) False

You should never try to realign a broken bone, as this can cause further damage to nerves, blood vessels, and tissues. Keep it still instead.

7. If you are with someone who is having a nosebleed, what is the safest position for their head?

Answer: B) Tilted slightly forward

Tilting the head forward prevents blood from going down the throat, which could cause gagging or stomach irritation.

8. Before helping someone with a bloody scrape, you should put on _____ to protect yourself from germs.

Answer: B) Disposable gloves

Medical or disposable gloves act as a barrier against bloodborne pathogens, keeping both the helper and the injured person safe.

9. True or False: If a small object like a pebble gets stuck in someone's ear, you should use a cotton swab or tweezers to try and dig it out.

Answer: B) False

Poking objects into the ear can push the item deeper or damage the eardrum. This situation requires a professional health provider.

10. You see a person collapse and they are not breathing. After calling for help, you notice an AED (Automated External Defibrillator) on the wall. What should you do?

Answer: B) Turn it on and follow the voice prompts

AEDs are designed to be used by anyone; the machine provides clear, step-by-step voice instructions to help save a life.