

Name: _____ Date: _____

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?

- A. Rub the area vigorously with a dry towel
- B. Wash the skin gently with soap and cool water
- C. Cover the rash with a dark, heavy blanket
- D. Apply hot water to the area immediately

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.

- A. True
- B. False

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

- A. Light
- B. Steady
- C. Intermittent
- D. Whirling

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?

- A. Directly on the skin for two hours
- B. Wrapped in a cloth for 15-20 minutes
- C. Inside a bowl of hot water
- D. Only if the skin is already bleeding

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

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

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

- A. True
- B. False

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

- A. Tilted far back to stop the flow
- B. Tilted slightly forward
- C. Lying flat on the floor
- D. Between their knees

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

- A. Winter mittens
- B. Disposable gloves
- C. Sunscreen
- D. A surgical mask

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.

- A. True
- B. False

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?

- A. Wait for the ambulance to touch it
- B. Turn it on and follow the voice prompts
- C. Try to find the manual in the library
- D. Hide it so it doesn't get damaged