



Beavers First Aid Quiz Oct 2019

1. What is the emergency phone number?
 - a. 911
 - b. 555
 - c. **999**

2. What's the first thing to do when somebody hurts themselves?
 - a. Get them into a sitting position
 - b. **Tell a grownup or send someone to tell a grownup**
 - c. Shake them and slap them to make sure they're awake

3. What do you do for a nosebleed?
 - a. **Tell the patient to tilt their head forward and pinch their nose**
 - b. Tell the patient to blow their nose hard
 - c. Tell the patient to tilt their head back and sniff

4. What do you do for a burn?
 - a. Clean the burn with a wet wipe
 - b. **Hold the burned area under cold water for 20 minutes or more**
 - c. Put a plaster on the burn

5. What's the first thing to do for a cut?
 - a. **Stop the bleeding by holding a tissue or towel over the wound and pressing hard for a few minutes**
 - b. Wash the wound in warm water to clean it
 - c. Put ice on the wound to stop the pain

6. What's the second thing to do for a cut?
 - a. Put ice on the wound to stop the pain
 - b. Put antiseptic cream on the wound
 - c. **Clean the wound with clean drinking water**

7. What's the third thing to do for a cut?
 - a. Put antiseptic on the wound (after giving the answer, explain we don't use antiseptic because we now know it can damage healthy skin and prevent healing)
 - b. **Put a plaster on the wound**
 - c. Put ice on the wound



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8. What do we do for a bump on the head?
 - a. **Put ice on the bump to prevent swelling**
 - b. Put a plaster over the bump
 - c. Put a warm towel over the bump

9. What do we do if someone sprains their ankle?
 - a. Massage the ankle and apply a warm towel while the patient sits or lies comfortably
 - b. Tell them to walk around as moving around will help the ankle get better
 - c. **Apply ice or a cold towel while the patient sits or lies comfortably.**

10. What are some signs of hypothermia (being much too cold)
 - a. **Shivering, confusion, not speaking clearly**
 - b. Sweating, red face
 - c. Feeling or being sick

11. How do we help someone who has hypothermia (after calling 999)?
 - a. Put them in a hot bath
 - b. **Bring them indoors and wrap them with blankets**
 - c. Give them a cold drink (once you have given the correct answer explain that we never give the patient a hot bath or use heat lamps or massage to warm the person up as this can cause their heart to stop.)