

QUIZ : HELP SAVE LIVES
Test your knowledge on first aid !

1) Who can give first aid treatment ?

- a) Only ambulance staff.
- b) Only adults.
- c) Adults and children .

2) If someone is choking, how can you help ?

- a) Hit them on the back.
- b) Lean them backwards.
- c) Lie them on their side.

3) What is the best thing to put on a burn, at first ?

- a) Warm running water.
- b) Cold running water.
- c) Kitchen film.

4) Pressing on the wound is the treatment for what ?

- a) A broken bone.
- b) A bad bleed.
- c) A bee sting.

5) Which of these is the best way to treat a nose bleed ?

- a) Lean head forward, pinch soft part of the nose.
- b) Lean head forward, pinch hard part of the nose.
- c) Lean head backwards, pinch soft part of the nose.

6) Why might someone use an inhaler ?

- a) They have nose bleeds a lot.
- b) They have asthma.
- c) They fall over often.

7) If you find someone collapsed on the floor, what should you do first?

- a) Put my jacket over them to keep them warm.
- b) Check if they are breathing.
- c) Run off to find an adult.

8) How would you help an unconscious person who is breathing ?

- a) Sit them up and make sure their head is facing forward.
- b) Turn them on their side, with their head back.
- c) Turn them on their side with their head forward

9) What is the best way to help a person with a broken leg ?

- a) Press on it.
- b) Pour cold water on it.
- c) Keep it still and support it.



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