

FIRST AID WORKSHEET

HOW CAN YOU STOP A BAD SITUATION FROM BECOMING WORSE?

TEST YOUR FIRST AID KNOWLEDGE

1. For each of the following first aid situations state one action that should be taken and one action that should never be done.

apply pressure use a fire extinguisher apply a cold compress
induce vomiting wash for 15 minutes with running water
apply toothpaste or Vaseline Call the QEH emergency services
panic and run away cover it with toilet paper leave contact lenses in.



- a. John looked behind him and saw that a small fire had started.

He should:

He should NOT:



- b. Sarah felt a burning and realized that she had a small cut which was bleeding.

She should:

She should NOT:



- c. Aliyah swallowed some unidentified substance.

She should:

She should NOT:



- d. Chad forgot to put on his goggles and while he was doing the experiment a chemical went into the eye.

He should:

He should NOT:



- e. Shekhina was frying some chips and the oil burnt her hand.

Her mother should:

Her mother should NOT: