

DR. MAXWELL'S FIRST AID QUIZ

LISTEN TO DR. MAXWELL'S PODCAST TO
CHECK YOUR ANSWERS.



- 1 If I had a nosebleed, I'd ...
 - ☐ hold my nose and look up.
 - ☐ hold my nose and look down.
- 2 If I burnt my hand, I'd ...
 - ☐ hold it under the cold water tap.
 - ☐ put oil on it.
- 3 If I twisted my ankle, I'd ...
 - ☐ put it in a bowl of hot water.
 - ☐ put ice on it.
- 4 If I got a black eye, I'd ...
 - ☐ put ice on it.
 - ☐ put some eye drops in.
- 5 If a bee stung me, I'd ...
 - ☐ take some antihistamine tablets.
 - ☐ put a plaster on the sting.
- 6 If I cut my finger and it was bleeding, I'd ...
 - ☐ wash and dry it and then put a plaster on.
 - ☐ tie something around my wrist to stop the blood flowing.