

Activity

Health Inventory**Your Personal Safety**

This checklist can help you assess how careful you are when walking or riding in a vehicle. Read the following questions. Then, check the appropriate box next to each one.

always some-
times never

1. Do you walk on the sidewalk when one is available?
2. Do you walk facing traffic?
3. Do you cross the street at a crosswalk?
4. Do you look both ways before crossing the street?
5. Do you make sure the driver can see you if you're crossing in front of a vehicle?
6. Do you try to avoid walking at night if you can?
7. Do you avoid wearing headphones when walking?
8. Do you wear a seat belt when riding in an automobile?
9. Do you avoid distracting the driver when riding in a vehicle?
10. Do you stay in your seat when riding in a vehicle?

SCORE YOURSELF

Give yourself 4 points for each *always* answer, 2 points for each *sometimes* answer, and 0 points for each *never* answer. Write your score here: _____.

40: Excellent—You do a great job of making safe decisions when walking or riding.

30–39: Very good—You need to make just a few small changes to be safer on the road.

20–29: Good—You are on the right track, but you need to make several changes.

10–19: Fair—You are taking too many risks when walking or riding, but you can change.

0–9: Poor—Luckily, it's not too late to change your behavior and keep yourself safer.

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Assessment

Quiz**Lesson: Safety on the Road**

Write the letter of the correct answer in the space provided.

- _____ 1. To stay safer while walking, you should
- a. wear dark clothing at night.
 - b. walk facing away from traffic.
 - c. stay out of crosswalks.
 - d. avoid wearing headphones.
- _____ 2. About how many people get hurt each year in cycling accidents?
- a. 3,000
 - b. 30,000
 - c. 300,000
 - d. 3 million
- _____ 3. To stay safer when skating, you can wear
- a. a helmet.
 - b. wrist guards.
 - c. knee pads and elbow pads.
 - d. All of the above
- _____ 4. Which of the following statements is NOT true?
- a. Automobile accidents are the leading cause of death for people under age 14.
 - b. Air bags are devices that inflate during an accident.
 - c. For the best protection, anyone under age 12 should ride in the front seat.
 - d. Seat belts help keep you from being thrown around in a car.
- _____ 5. When riding in a car, small children should
- a. use seat belts.
 - b. sit in the front seat.
 - c. use a child safety seat or booster seat.
 - d. sit in someone's lap.
- _____ 6. To stay safer when riding a bus, you should
- a. sit down while the bus is moving.
 - b. cross the street behind the bus.
 - c. bend over while in front of the bus.
 - d. All of the above

Assessment

Quiz

Lesson: Safety Outdoors

Write the letter of the correct answer in the space provided.

- _____ 1. Drinking plenty of water
 a. is only important in hot weather.
 b. helps your body regulate its temperature.
 c. does not help prevent heat injuries.
 d. is mainly important in extreme cold.
- _____ 2. When hiking or camping in a remote area, you should
 a. carry a compass, but not a map.
 b. not worry about carrying emergency signal devices.
 c. go with at least three other people.
 d. All of the above
- _____ 3. When at the beach, you should
 a. swim parallel to the shore.
 b. swim alone if possible.
 c. ignore surf conditions.
 d. All of the above
- _____ 4. When mountain biking, you should
 a. carry plenty of water.
 b. watch out for hikers on the trail.
 c. tune up your bike regularly.
 d. All of the above

Match the definitions with the correct term. Write the letter in the space provided.
 Some terms will not be used.

- | | |
|--|--------------------|
| _____ 5. an injury that happens when the body cannot control its temperature | a. hypothermia |
| _____ 6. a below-normal body temperature | b. coldstroke |
| _____ 7. a condition caused by too much water loss through sweating on a hot day | c. frostbite |
| _____ 8. damage to the skin and other tissues caused by extreme cold | d. heat exhaustion |
| | e. cold exhaustion |
| | f. heatstroke |

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Quiz

Lesson: Deciding to Give First Aid

Write the letter of the correct answer in the space provided.

- _____ 1. A sudden event that demands immediate action is a(n)
a. first-aid class.
b. accident.
c. emergency.
d. emergency phone call.
- _____ 2. In an emergency, you should
a. check out the situation first.
b. care for the victim first.
c. stay in the area if you're not sure that you're safe.
d. not worry about your own safety.
- _____ 3. First aid
a. is emergency medical care.
b. may be given to someone who has been hurt.
c. may be given to someone who is sick.
d. All of the above
- _____ 4. Which of the following statements is NOT true?
a. You should give first aid if you haven't taken a first-aid class.
b. Taking a first-aid class helps you act quickly in an emergency.
c. Taking a first-aid class helps you act correctly when someone is hurt.
d. If you have training, you can give a victim first aid in an emergency.
- _____ 5. When making an emergency phone call,
a. never give the operator your name.
b. don't hang up until the operator does.
c. don't tell the operator what you've done to help the victim.
d. All of the above
- _____ 6. An emergency phone number list should include numbers for
a. the fire department and police department.
b. your parents at work.
c. relatives and neighbors.
d. All of the above

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Assessment

Quiz

Lesson: First Aid for Injuries

Write the letter of the correct answer in the space provided.

- _____ 1. Which of the following statements is NOT true?
- a. Most cuts and scrapes need stitches.
 - b. If someone gets a cut, you should stop the bleeding right away.
 - c. You should always visit the emergency room for a deep cut.
 - d. If you help someone who has a cut, you should use sterile gloves.
- _____ 2. In a third-degree burn,
- a. the top two layers of skin are affected.
 - b. there may be little pain.
 - c. the skin blisters.
 - d. the burned area is red.
- _____ 3. Poisons can be
- a. eaten or drunk.
 - b. inhaled.
 - c. absorbed through the skin.
 - d. All of the above
- _____ 4. A fracture is a(n)
- a. dislocation.
 - b. bone that has been forced out of the joint.
 - c. area on the skin that swells.
 - d. broken or cracked bone.
- _____ 5. Which of the following statements is NOT true?
- a. Dislocations happen when a person falls or runs into something.
 - b. You don't need to go to the emergency room for most dislocations.
 - c. A dislocated joint may swell and bruise.
 - d. You should not move a dislocated limb.
- _____ 6. If someone hurts his or her head,
- a. move the victim right away.
 - b. keep the victim cool.
 - c. try to keep the victim awake until help arrives.
 - d. All of the above

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Enrichment Activity *continued*

Lesson: Basic First Aid

Did you know that King Tut's tomb contained an "ancient first aid kit" containing bandages and slings? First aid has a long and interesting history. Ancient people used a variety of herbs, plants, natural elements, and even animals to provide relief for pain and treat illness. In this exercise, you can explore the history of first aid. Using the library or the Internet, look up how each of the following items has been used to provide first aid. Note that the medical practices of ancient cultures are sometimes referred to as "folk medicine." You may be surprised to learn that, in some form, many of these elements are still used today. Write your findings on the lines provided.

1. How was basil relied on to treat the wounds caused by a mythical beast?

2. What was Chamomile used for during World War II?

3. Why did the ancient Greeks value willow bark? What modern medicine has the same essential ingredient?

4. What properties did the ancient Egyptians discover in honey?

5. How did a mixture of egg whites and turpentine improve care for wounded soldiers during the Middle Ages?

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