

Tips for Teens

Basic First Aid

Relay Questions

1. Your brother Tommy falls at the park and has a quarter sized scrape on his knee. What is something that will assist in treating this ailment?

A: Antiseptic wash, bandage/band aid, gauze wrap

2. This item in your first aid kit is useful for insect or bug bites.

A: Anti-Itch Cream

3. You try to assist your friend who cut their leg on some wire in their animal's pen on their farm. Your hands are dirtied from cleaning out pens. What should you use first?

A: Hand sanitizer or soap

4. Your toddler sister Tara accidentally ingests an unidentified pill that she found on the floor. Who should you contact?

A: Poison Control/911, parent or guardian

5. You were playing on the school's playground and got a splinter from the bridge. What tool may be helpful in this situation?

A: Tweezer

6. Amy's finger is bleeding after she cut herself slicing up vegetables for dinner. You grab a band-aid and a small piece of gauze. Due to the blood, what may also be smart to grab before you assist in bandaging her finger?

A: Gloves

7. Oops! You get hit in the face/nose with a basketball during a scrimmage. Your nose is bleeding. What can you grab to stop blood flow?

A: Tissues or cloth/towel

8. You look out the window and see a tree has come down on a power line and a live wire is laying out across the road. What may be helpful in this scenario of helping who to contact?

A: Emergency contact-list

9. Adam slips on the freshly mopped kitchen floor and hits his head on the corner of the counter. His forehead is visibly bruising. What item can help reduce swelling in this situation?

A: Ice or cold pack

10. Ouch! You are taking cookies out of the oven when your arm touches the side of the cookie tray. Your arm immediately turns red but isn't bubbling. What item may be helpful to you?

A: Burn Cream

***Feel free to make up a few of your own!**