Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_

PE 8.12 Basic First Aid **Pre-Assessment**

**Red Light – Green Light**

Take **three small steps forward** if your answer is **green = I agree.**

Take **three small steps backwards** if your answer is **red** **= I DO NOT agree**.

1. When someone first starts choking, you should stand by and encourage them to cough. **❑ Red Light ❑ Green Light**
2. The first thing you do for an unconscious person is to check to see if they are breathing. **❑ Red Light ❑ Green Light**
3. If someone is cold you should put them in a hot bath to warm them up.

 **❑ Red Light ❑ Green Light**

1. To treat frostbite, you should get out of the cold and warm up the affected area with body heat. **❑ Red Light ❑ Green Light**
2. You lose the most heat from your head. **❑ Red Light ❑ Green Light**
3. You should clean animal bites with soap and warm water.

**❑ Red Light ❑ Green Light**

1. To treat severe bleeding, apply a very tight tourniquet to cut off circulation.

**❑ Red Light ❑ Green Light**

1. You should always pop a blister. **❑ Red Light ❑ Green Light**
2. To treat a small cut, clean it with soap and water and apply a Band-Aid.

**❑ Red Light ❑ Green Light**

1. To treat a sunburn, you should apply an after sun lotion or take a cool bath.

**❑ Red Light ❑ Green Light**

1. To prevent heat exhaustion, drink plenty of water and wear a hat.

**❑ Red Light ❑ Green Light**

1. Some people have life threatening allergies to spider and insect bites and use an Epi-pen if they get bitten. **❑ Red Light ❑ Green Light**
2. You should always remove an impaled object in the eye immediately.

 **❑ Red Light ❑ Green Light**

1. Fainting is a short period of unconsciousness usually lasting a few seconds.

**❑ Red Light ❑ Green Light**

1. Regardless of the type of injury you should always treat for shock.

**❑ Red Light ❑ Green Light**

1. Always assess the ABCs – Airway, Breathing, Circulation

**❑ Red Light ❑ Green Light**

1. A knocked out tooth should be immediately placed back in your mouth.

**❑ Red Light ❑ Green Light**

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_

PE 8.12 Basic First Aid **Pre-Assessment**

**Red Light – Green Light ANSWER KEY**

Take **three small steps forward** if your answer is **green = I agree.**

Take **three small steps backwards** if your answer is **red** **= I DO NOT agree**.

1. When someone first starts choking, you should stand by and encourage them to cough. ❑ Red Light  **❑ Green Light**
2. The first thing you do for an unconscious person is to check to see if they are breathing. Go/Send for help first **❑ Red Light** ❑ Green Light
3. If someone is cold you should put them in a hot bath to warm them up.

A lukewarm bath…hot causes more damage **❑ Red Light** ❑ Green Light

1. To treat frostbite, you should get out of the cold and warm up the affected area with body heat. ❑ Red Light **❑ Green Light**
2. You lose the most heat from your head. ❑ Red Light  **❑ Green Light**
3. You should clean animal bites with soap and warm water.

❑ Red Light  **❑ Green Light**

1. To treat severe bleeding, apply a very tight tourniquet to cut off circulation.

Direct Pressure should be applied. ❑ **Red Light** ❑ Green Light

1. You should always pop a blister. **❑ Red Light** ❑ Green Light

Blisters are natures Band-Aids.

1. To treat a small cut, clean it with soap and water and apply a Band-Aid.

❑ Red Light  **❑ Green Light**

1. To treat a sunburn, you should apply an after sun lotion or take a cool bath.

❑ Red Light  **❑ Green Light**

1. To prevent heat exhaustion, drink plenty of water and wear a hat.

❑ Red Light  **❑ Green Light**

1. Some people have life threatening allergies to spider and insect bites and use an Epi-pen if they get bitten. ❑ Red Light  **❑ Green Light**
2. You should always remove an impaled object in the eye immediately.

Brace the object and cover BOTH eyes. **❑ Red Light** ❑ Green Light

1. Fainting is a short period of unconsciousness usually lasting a few seconds.

❑ Red Light  **❑ Green Light**

1. Regardless of the type of injury you should always treat for shock.

❑ Red Light  **❑ Green Light**

1. Always assess the ABCs – Airway, Breathing, Circulation

❑ Red Light  **❑ Green Light**

1. A knocked out tooth should be immediately placed back in your mouth.

Placed in a bag of milk/water for dentist shortly **❑ Red Light** ❑ Green Light