

## **First Aid**

**1. What is the first thing you do when you see someone knocked off their bicycle?**

- A Run into the road to help them
- B Check it is safe before you help them
- C Move them if they are injured
- D Give them a drink as they may be suffering with shock

**2. Which one of these is the wrong thing to do when calling the emergency services?**

- A Tell them which service you require
- B Dial 911
- C Use a mobile phone with no credit
- D Tell them where you are

**3. When you have confirmed that a casualty is not responding, what do you do next? (Remember DRAB)**

- A Check they are breathing, then tilt their head back to open their airway?
- B Put them straight into the recovery position?
- C Check for danger?
- D Open their airway and then check whether they are breathing?

**4. You have checked it is safe, given first aid treatment to the unresponsive person and phoned the emergency services - what should you do next?**

- A Go home?
- B Stay with the injured person until the ambulance arrives?
- C Leave the casualty to talk to the other people around?
- D Go and get something to eat and drink?

## **Play Safety**

### **5. What should you do to make sure your cycle helmet fits correctly?**

- A Make sure the adjustable 'toggles' sit just under your ears.
- B Wear it tilted so it is on the back of your head.
- C Do the strap up as tight as you can.
- D Make sure the helmet is a bit smaller than your head.

### **6. What is the MINIMUM factor of sun cream children should wear?**

- A Factor 15
- B Factor 50
- C Factor 30
- D Factor 25

### **7. What is the best reason for taking your mobile phone to the beach?**

- A Listen to music.
- B Take photographs.
- C Check the weather.
- D Keep in touch with grown-ups, look up the tide times or contact the emergency services.

### **8. What is important to think about before riding your bike in darkness?**

- A Your tyres are pumped up and your lights work .
- B Both your lights work, and you wear something reflective.
- C Yours brakes work and you wear dark clothing.
- D Your chain is on and your back light works.

## **Beach and water safety**

### **9. How many high tides do we have a day?**

- A there are two high tides each day.
- B There are 4 high tides each day
- C There are only high tides in the summer
- D There are only high tides when it is very windy.

### **10. What is cold shock?**

- A When you fall into water and get scared
- B When you're scared of snowmen
- C When it gets cold outside and the ponds freeze over
- D When you fall into water and can't breathe properly

### **11. When we get flooding from the sea or rain, water will flow down through drains, these can?**

- A Make the water very rough
- B Trap you against them by the flow of water.
- C Lift up and move
- D Get blocked by leaves and twigs.

### **12. Why should you never try to walk across flowing water?**

- A The water could knock you over and take you away.
- B The water can make you cold and ill
- C There could be big fish that will bite you
- D There could be sharp stones that would cut your feet

## **Road safety**

**13. What is the most important thing to look for when trying to find a safe place to cross the road?**

- A Find a parked car so that you can hide behind it and stick your head out to check for traffic.
- B Find somewhere quiet so you can hear traffic coming.
- C Find a road where you can see traffic coming easily and they can see you.
- D Find a narrow road, so you can cross more easily.

**14. When using a 'traffic light crossing' with the green man flashing or a 'zebra crossing' what is the most important thing to do before crossing the road?**

- A Make sure I am standing at the edge of the pavement, so I can easily be seen by others.
- B Make sure all the traffic has stopped before crossing the road.
- C Wait for a grown up to start to cross the road because then you know it's safe.
- D Wait for drivers to wave you across the road.

**15. When taking a walk on roads without a pavement and when it is dark, you should NOT?**

- A Wear a hi-visibility or reflective coat or jacket so that car drivers and other road users can see you.
- B Wear headphones with your music playing loud so that you cannot hear the cars, to help you relax.
- C Take a torch or wear a light so that you can be seen by motorists.
- D Check behind you and when passing junctions to check for any quiet/electric cars.

**16. When you arrive at a 'traffic light crossing' and the 'green man' goes on and off or just goes out, what should you do?**

- A Just keep crossing it's perfectly safe; the cars will wait for you.
- B Run quickly or you will have to wait for another go
- C You should stop at the crossing and press the button and wait for the green man to come on again
- D Take extreme care as the lights are broken.

## **Fire safety**

**17. On which day should you check your smoke alarm?**

- A On your birthday
- B On Christmas Day
- C On the first of every month
- D On Halloween

**18. What should you do if your smoke alarm goes off?**

- A Shout to alert everyone then get out, stay out and call 999
- B Get everyone out then go back in to rescue the pets
- C Get under the duvet in your bedroom
- D Go and find out what is on fire and try to put it out

**19. How should you move through smoke, to escape from a smoke- filled house?**

- A Run as fast as you can holding your breath
- B Crawl beneath the smoke and go backwards down the stairs
- C Walk as carefully as possible forwards down the stairs
- D Get a damp cloth and put it in front of your face so you don't breathe in smoke, then get out

**20. There is a fire in your home and you can't get out, what should you do?**

- A Jump out of the nearest window, even if it is too high to jump
- B Try and put the fire out yourself
- C Get everyone into a room, put bedding or clothes at the bottom of the door, call 999, open a window and shout for help
- D Put bedding at the bottom of the door and get into the nearest wardrobe.

## **Kitchen safety**

**21. Where is the best place to keep medicines and batteries?**

- A In the fruit bowl
- B On the table next to the candles
- C In a locked cupboard or on a high shelf.
- D At the back of the kitchen work surface

**22. How do you prevent a burn?**

- A Leave a boiling kettle at the front of the work surface
- B Use oven gloves when handling things from the oven or grill
- C Leave metal spoons in a pan whilst cooking
- D Use a metal fork to remove bread from a toaster

**23. Button Batteries are dangerous because**

- A They are round
- B They are metallic
- C They are easy to swallow
- D They are cheap to buy

**24. Which of these should NOT be put into a microwave**

- A A glass of water
- B A metal bowl of baked beans
- C A ceramic cup of milk
- D A china plate of pasta