

Student Resource: Staying Safe Outdoors - Self-Check (junior)

1. Place a checkmark beside the safety rules you would follow on a hike to be sure you stay safe.

- ☐ drink lots of water
- ☐ eat snacks
- ☐ tell the teacher if you don't feel well
- ☐ tell the teacher if you feel cold and are shivering
- ☐ tell the teacher if your feet are wet
- ☐ watch for things I can trip on like tree roots

2. Place a checkmark beside the safety rules to follow to be safe in the sun.

- ☐ put sunscreen on
- ☐ take my hat off to cool my head if I get hot
- ☐ stay in the shade as much as I can
- ☐ wear a helmet when I am on a bike

3. List 4 things you should always take on a hike.

4. What should you include in a First Aid kit for an outdoor 1 day hike?

5. What should you do if you get lost?

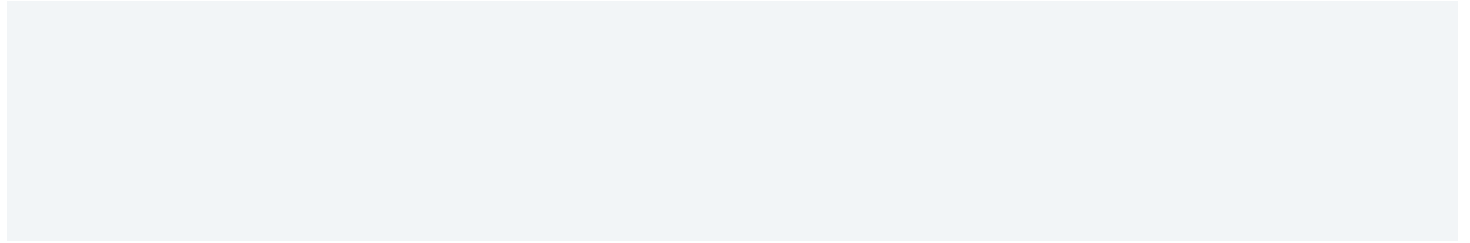
- ☐ stay where you are
- ☐ try to find your way back to the group

6. What are 2 of the signs someone who has a heat-related illness will show?

7. Give 2 steps you could take to help them.

8. What are 2 signs someone who has a cold-related illness will show?

9. Give 2 steps you could take to help them.



Answers:

Question 1: Check all.

Question 2: Check all but “Take my hat off to cool my head if I get hot” and “wear a helmet when I am on a bike”.

Question 3: First aid kit, lots of water, snacks, whistle, map and compass, sunscreen, insect repellent.

Question 4: Bandages of different shapes & sizes, cream to treat cuts, blisters or insect bites, tweezers and scissors, gauze and sterile dressings, alcohol swabs, hand sanitizer/wipes, a triangular bandage and safety pins, tensor bandages, splints for fingers or arms, instant ice packs, foil blanket, plastic whistle, first aid instructions, EpiPen, Concussion identification tool.

Question 5: Stay where you are; use a whistle or bell to make noise and attract attention.

Question 6: Red skin, headache, changed behaviour, rapid and shallow breathing.

Question 7: Move to a cooler place, loosen clothing, give them water (if they are alert), fan their skin or pour water on their arms and/or chest.

Question 8: Pale skin, shivering, confused, cold to the touch.

Question 9: Get them inside, replace any wet clothing with dry clothing, wrap them in a blanket, give them warm fluids if they are alert.