

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

1. Identify 5 things you should do on a hike to be sure you stay safe.

2. List 4 things you can do to be safe in the sun.

3. List 5 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?

6. What are 3 of the signs someone who has a heat-related-illness will show?

7. Give 3 steps you could take to help someone with a heat-related illness.

8. What are 3 signs someone who has a cold-related illness will show?

9. Give 3 steps you could take to help with a cold-related illness.

10. Explain the ABC's of First Aid.

A

B

C

11. What are the important Do's and Don'ts if you think someone has hurt their head or neck?

Answers:

Question 1: Drink lots of water, eat snacks regularly, tell the teacher if you feel dizzy or feel like fainting, take a break if you're tired, tell the teacher if you feel cold and are shivering, keep your feet dry, watch for things you can trip on like tree roots, stay on the trail, stay away from cliff edges, don't fool around or put others at risk.

Question 2: Put sunscreen on, keep my hat on, stay in the shade as much as I can, wear a life jacket if I am near water, wear a helmet if 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.

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 in a blanket, give warm fluids (if they are alert).

Question 10: If the person is unresponsive, tilt the head back and lift the chin to open the airway, Check for normal breathing, Someone who can speak or cry is breathing, Check for circulation problems - look from head to toe for deadly bleeding and signs of shock. If the person is unconscious, is breathing, and has no obvious injuries, roll the person onto their side into the recovery position and wait for help.

Question 11: Call for help, don't move them unless their life is in danger where they are; leave the person in the position they were found; support their head and neck; tell the injured person not to move, don't move them unless there is a life-threatening situation.