

Health and Safety Quiz 1

If you are completing this quiz as part of the learning activities for the Foundation in Dance Instruction please print this question page and then answer all questions on the printed sheet

Nosebleeds

1. Nose bleeds can be caused by:

- a. blowing the nose too hard
- b. sunburn to the nose
- c. tapping the nose gently

2. Nose bleeds can be treated by:

- a. asking the person to tilt their head forwards and blow through the nose
- b. asking the person to tilt their head backwards and squeeze the soft part of the nose
- c. asking the person to tilt their head forward and squeeze the soft part of the nose

3. Other treatment for a nosebleed includes:

- a. applying an ice pack on the bridge of the nose
- b. pushing some tissue up the nostrils
- c. blowing the nose

Cuts

4. Cuts are:

- a. breaks in the skin and underlying tissues caused by injuries
- b. caused by sunburn
- c. caused by dirt getting into the wound

5. The main aim of treatment of a cut is to:

- a. put a sterile adhesive bandage
- b. clean the wound and prevent infection
- c. press the edges of the cut together

6. If the cut is bleeding, the aim of treatment is to:

- a. clean the wound
- b. stop the flow of blood
- c. apply a sterile adhesive bandage

Bleeding

7. The aim of treatment of bleeding is to:

- a. Apply a dressing
- b. Stop the flow of blood
- c. Remove the blood stained dressing and apply another clean dressing

8. Stemming the flow of blood can be achieved by:

- a. Lowering the affected part of the body below the heart and applying direct pressure to the wound
- b. Raising the affected part of the body above the heart and applying a tourniquet
- c. Raising the affected part of the body above the heart and applying direct pressure to the wound

9. Which of the following should you NOT do to a bleeding wound:

- a. Apply direct pressure
- b. Try to remove foreign bodies
- c. Raise the affected part above the heart