

World First Aid Day Quiz

1. When is World First Aid Day observed?

- ☐ a) Second Saturday of September
- ☐ b) First Sunday of October
- ☐ c) Third Friday of August
- ☐ d) Last Monday of July

(Answer: a) Second Saturday of September)

2. Which organization established World First Aid Day?

- ☐ a) Red Cross and Red Crescent Societies
- ☐ b) World Health Organization
- ☐ c) United Nations
- ☐ d) UNICEF

(Answer: a) Red Cross and Red Crescent Societies)

3. In which year was World First Aid Day first introduced?

- ☐ a) 2000
- ☐ b) 2003
- ☐ c) 2005
- ☐ d) 2010

(Answer: a) 2000)

4. What is the main aim of World First Aid Day?

- ☐ a) Promote sports activities
- ☐ b) Spread knowledge of basic life-saving skills
- ☐ c) Encourage language diversity
- ☐ d) Support digital inclusion

(Answer: b) Spread knowledge of basic life-saving skills)

5. Which of these is the immediate first step for a bleeding wound?

- ☐ a) Wash with warm water
- ☐ b) Apply pressure to stop bleeding
- ☐ c) Tie the limb tightly
- ☐ d) Leave it open to air

(Answer: b) Apply pressure to stop bleeding)

6. What is the recommended position for someone who has fainted?

- ☐ a) Sitting upright
- ☐ b) Lying flat with legs raised
- ☐ c) Standing still

☐ d) Leaning forward

(Answer: b) Lying flat with legs raised)

7. What should you do first if someone is choking?

☐ a) Give water

☐ b) Perform the Heimlich maneuver

☐ c) Tap their head

☐ d) Make them lie down

(Answer: b) Perform the Heimlich maneuver)

8. Which phone number is used for emergency medical help in most countries?

☐ a) 101

☐ b) 108

☐ c) 112

☐ d) 119

(Answer: c) 112)

9. What is the first step in CPR (Cardiopulmonary Resuscitation)?

☐ a) Check for responsiveness and breathing

☐ b) Give chest compressions

☐ c) Give mouth-to-mouth breaths

☐ d) Call emergency services

(Answer: a) Check for responsiveness and breathing)

10. How many chest compressions should be given in CPR before rescue breaths?

☐ a) 15

☐ b) 20

☐ c) 30

☐ d) 40

(Answer: c) 30)

11. What is the safe recovery position for an unconscious but breathing person?

☐ a) Lying on the back

☐ b) Sitting upright

☐ c) Lying on the side

☐ d) Standing with support

(Answer: c) Lying on the side)

12. What should be applied to a minor burn immediately?

☐ a) Ice cubes directly

☐ b) Cold running water

☐ c) Butter

☐ d) Cotton

(Answer: b) Cold running water)

13. Which first aid method is used for a sprained ankle?

- ☐ a) RICE method (Rest, Ice, Compression, Elevation)
- ☐ b) Only massage
- ☐ c) Hot pack immediately
- ☐ d) Keep walking

(Answer: a) RICE method (Rest, Ice, Compression, Elevation))

14. What should be avoided when treating a nosebleed?

- ☐ a) Leaning forward
- ☐ b) Pinching the nose
- ☐ c) Tilting the head back
- ☐ d) Applying pressure

(Answer: c) Tilting the head back)

15. Which symbol is globally associated with first aid?

- ☐ a) Red Star
- ☐ b) Green Cross
- ☐ c) Blue Circle
- ☐ d) Yellow Triangle

(Answer: b) Green Cross)

