



Practice Worksheet on Life Safety Skills

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Subject: Safety Education

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Long Answer Questions

1. Explain the importance of first aid in emergency situations and list at least five essential first-aid procedures.
2. Describe common household hazards (electrical, fire, chemical, etc.) and explain safety measures for their prevention.
3. Discuss safe practices for operating kitchen appliances, power tools, and other household equipment, emphasizing the prevention of electric shock and injury.
4. Explain basic traffic rules, pedestrian safety, and the importance of using protective gear like helmets and reflective clothing.
5. Describe safe practices during outdoor activities such as hiking, camping, and swimming. Highlight the importance of environmental awareness and respect for nature.
6. Explain emergency contact numbers (police, ambulance, fire department) and procedures for reporting and responding to different emergency situations.

7. Discuss cyber safety, including safe online practices, responsible use of social media, and protection against cyberbullying and online predators.

8. Explain personal safety measures, including self-defense techniques, awareness of surroundings, and strategies for avoiding dangerous situations.

Multiple Choice Questions

1. What is the safest way to behave in school hallways?

- a) Always run in the hallways.
- b) Walk calmly and quietly in the hallways.
- c) Push and shove other students.
- d) Leave your belongings unattended.

2. Which action is best for maintaining hygiene?

- a) Never wash your hands.
- b) Wash your hands thoroughly before eating.
- c) Share food with others without washing it first.
- d) Touch your face frequently.

3. Which action promotes safety?

- a) Use protective gear when appropriate.
- b) Ignore safety guidelines.
- c) Take unnecessary risks.
- d) Disregard warnings.

4. What's the most important thing to do with your belongings?

- a) Leave it unattended.
- b) Leave your personal belongings everywhere.

- c) Keep your belongings in a safe place.
- d) Share your valuable things with strangers.

5. What should you do if a stranger makes you feel unsafe?

- a) Ignore unfamiliar people.
- b) Trust strangers easily.
- c) Tell a trusted adult if a stranger makes you feel unsafe.
- d) Go off with strangers without hesitation.

6. Which action is best to protect yourself online?

- a) Share all your personal information online.
- b) Be cautious about sharing personal information online.
- c) Use public Wi-Fi without concern.
- d) Ignore online safety guidelines.

7. What should you do if you witness an accident?

- a) Call emergency services immediately.
- b) Ignore the situation.
- c) Try to handle the situation alone.
- d) Wait for someone else to help.

8. What is crucial for personal safety?

- a) Always assume things are safe.
- b) Disregard safety precautions.
- c) Take risks without thinking.
- d) Be aware of your surroundings and potential dangers.

Answer Key

Long Answer Questions - Expected Responses

1. Explain the importance of first aid in emergency situations and list at least five essential first-aid procedures.

Expected Answer: Explanation of the importance of first aid in emergency situations.

2. Describe common household hazards (electrical, fire, chemical, etc.) and explain safety measures for their prevention.

Expected Answer: Details on various types of household hazards and how to prevent accidents.

3. Discuss safe practices for operating kitchen appliances, power tools, and other household equipment, emphasizing the prevention of electric shock and injury.

Expected Answer: Discussion of safe practices for using household appliances and equipment.

4. Explain basic traffic rules, pedestrian safety, and the importance of using protective gear like helmets and reflective clothing.

Expected Answer: Explanation of basic traffic rules and pedestrian safety measures.

5. Describe safe practices during outdoor activities such as hiking, camping, and swimming. Highlight the importance of environmental awareness and respect for nature.

Expected Answer: Description of safe practices during outdoor activities and the importance of environmental awareness.

6. Explain emergency contact numbers (police, ambulance, fire department) and procedures for reporting and responding to different emergency situations.

Expected Answer: Explanation of emergency contact numbers and procedures for various emergency situations.

7. Discuss cyber safety, including safe online practices, responsible use of social media, and protection against cyberbullying and online predators.

Expected Answer: Discussion of cyber safety, including safe online practices and protection against cyberbullying.

8. Explain personal safety measures, including self-defense techniques, awareness of surroundings, and strategies for avoiding dangerous situations.

Expected Answer: Explanation of personal safety measures to protect oneself from potential threats and dangers.

Multiple Choice Questions – Correct Answers

1. What is the safest way to behave in school hallways?

Correct Answer: Walk calmly and quietly in the hallways.

2. Which action is best for maintaining hygiene?

Correct Answer: Wash your hands thoroughly before eating.

3. Which action promotes safety?

Correct Answer: Use protective gear when appropriate.

4. What's the most important thing to do with your belongings?

Correct Answer: Keep your belongings in a safe place.

5. What should you do if a stranger makes you feel unsafe?

Correct Answer: Tell a trusted adult if a stranger makes you feel unsafe.

6. Which action is best to protect yourself online?

Correct Answer: Be cautious about sharing personal information online.

7. What should you do if you witness an accident?

Correct Answer: Call emergency services immediately.

8. What is crucial for personal safety?

Correct Answer: Be aware of your surroundings and potential dangers.