

Class 9 - Physical Education and Well Being

Khel Praveen

First Aid

CBSE NOTES

First Aid - Mastery Worksheet

Strengthen your foundation with key concepts and basic applications.



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Solve the following questions. Write your answers in the space provided.

1. Explain the R.I.C.E. principle of first aid and discuss how each component contributes to the healing process for soft tissue injuries. Provide a scenario where this can be effectively applied.

Hint: Consider how each component interacts with the body's healing mechanisms.



Solve the following questions. Write your answers in the space provided.

2. Compare and contrast the R.I.C.E. method and the PRICE method of injury management. Which do you think is more effective in a sports setting and why?

Hint: Evaluate the importance of prevention in injuries.



Solve the following questions. Write your answers in the space provided.

3. Discuss the 'Three Ps of First Aid'—Preserve Life, Prevent Worsening, and Promote Recovery. Give examples of how each can be applied in different first aid situations.

Hint: Apply real-life scenarios to illustrate each point.

4. What is the significance of the DRSABCD action plan in emergency response? Detail each step and provide an example of its application.

Hint: Think of a real emergency experience to illustrate the plan.



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Solve the following questions. Write your answers in the space provided.

5. Explain the process of managing a nosebleed. Include steps and reasoning aimed at preventing complications.

Hint: Focus on why each step is critical for safety.

6. In the treatment of sprains or strains, what are the differences between the 'PRICE' and 'POLICE' methods? Elaborate on which situations might require one method over the other.

Hint: Consider the timeline and severity of the injury.



Solve the following questions. Write your answers in the space provided.

7. Describe how to perform CPR on an adult and a child, noting any critical differences between the two. Why are these differences significant?

Hint: Keep in mind the physiological differences in age.

8. Discuss the importance of staying with an injured person until help arrives. How does emotional support play a role in first aid?

Hint: Reflect on psychological principles in crisis situations.



Solve the following questions. Write your answers in the space provided.

9. Identify and explain eight essential items that should be included in a basic First Aid kit and their respective uses.

Hint: Think about common injuries you might face in sports.



Check your answers with the solutions below.

1. Explain the R.I.C.E. principle of first aid and discuss how each component contributes to the healing process for soft tissue injuries. Provide a scenario where this can be effectively applied.

Solution: The R.I.C.E. principle consists of Rest, Ice, Compression, and Elevation, which are crucial for soft tissue injury management. Rest prevents further damage, Ice reduces pain and swelling, Compression limits swelling and provides support, and Elevation aids fluid drainage to minimize swelling. For instance, if a player sprains their ankle during a game, applying R.I.C.E. immediately can help ensure a quicker recovery.

2. Compare and contrast the R.I.C.E. method and the PRICE method of injury management. Which do you think is more effective in a sports setting and why?

Solution: R.I.C.E. focuses on Rest, Ice, Compression, and Elevation, while PRICE includes Protection as the initial step. Protection adds a preventive measure to avoid further injury before applying R.I.C.E. In a sports setting where injuries can worsen quickly, PRICE may prove more effective due to its initial focus on safeguarding the injured area.

3. Discuss the ‘Three Ps of First Aid’—Preserve Life, Prevent Worsening, and Promote Recovery. Give examples of how each can be applied in different first aid situations.

Solution: Preserve Life focuses on keeping the person alive through stabilization (e.g., CPR). Prevent Worsening includes direct action to stop injury progression (e.g., applying pressure to a bleeding wound). Promote Recovery emphasizes emotional support and monitoring until help arrives (e.g., reassurance for an injured athlete). Each aims to ensure that the injured person receives optimal care.



Check your answers with the solutions below.

4. What is the significance of the DRSABCD action plan in emergency response? Detail each step and provide an example of its application.

Solution: The DRSABCD action plan is a systematic approach to emergency response where D (Danger) assesses safety, R (Response) checks responsiveness, S (Send for help) calls emergency services, A (Airway) ensures clear breathing passage, B (Breathing) checks for breathing, C (CPR) initiates chest compressions if necessary, and D (Defibrillator) provides AED assistance if available. For example, in an unconscious person, following this plan ensures a structured response.

5. Explain the process of managing a nosebleed. Include steps and reasoning aimed at preventing complications.

Solution: To manage a nosebleed, instruct the person to sit upright, lean slightly forward, and pinch the fleshy part of the nose for 10 minutes to control bleeding. This position prevents blood from flowing down the throat and aspirating into the lungs, which can be dangerous. Avoid lying down and refrain from blowing the nose immediately after to prevent recurrence.

6. In the treatment of sprains or strains, what are the differences between the 'PRICE' and 'POLICE' methods? Elaborate on which situations might require one method over the other.

Solution: While both PRICE and POLICE aim to manage injuries effectively, POLICE emphasizes Protection and Optimal Loading, allowing gradual return to activity while minimizing further injury. PRICE is simpler and focuses on immediate intervention. For an acute injury on the field, PRICE may be used, whereas POLICE is preferable for chronic injuries requiring careful rehabilitation.



Check your answers with the solutions below.

7. Describe how to perform CPR on an adult and a child, noting any critical differences between the two. Why are these differences significant?

Solution: For adults, perform 30 chest compressions followed by 2 rescue breaths. For children, 1 or 2 hands may be used for compressions, with the same compression-to-breath ratio. The differences arise from the anatomy and size, as children have smaller chests and require gentler handling. Recognizing these discrepancies is vital for effective resuscitation.

8. Discuss the importance of staying with an injured person until help arrives. How does emotional support play a role in first aid?

Solution: Staying with an injured person provides not only physical support but also emotional reassurance, reducing their shock and anxiety. This emotional connection can improve the individual's overall well-being and willingness to cooperate with first aid measures. Communicating calmly and effectively ensures the injured party remains stable and clear-headed until professional help arrives.

9. Identify and explain eight essential items that should be included in a basic First Aid kit and their respective uses.

Solution: 1. Adhesive Bandages - for small cuts. 2. Sterile Gauze - to cover larger wounds. 3. Antiseptic Wipes - for cleaning wounds. 4. Elastic Bandage - for compression. 5. Tweezers - to remove splinters. 6. Scissors - for cutting bandages. 7. Instant Cold Packs - to reduce swelling. 8. Pain Relievers - to alleviate pain. Each item addresses specific needs in injury management, supporting quick response.



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