

Class 9 - Physical Education and Well Being

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First Aid

CBSE NOTES

First Aid - Practice 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. What is First Aid and why is it important?

Hint: Consider the aims of First Aid that you learned in your class.

2. Describe the R.I.C.E. principle and its application in sports injuries.

Hint: Think about situations in sports where you might need to apply these steps.



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

3. Explain the aims of First Aid using the 'Three Ps' framework.

Hint: Recall the specific strategies you can use for each aim.

4. What precautions should you take when administering First Aid?

Hint: Remember the golden rules discussed in your class.



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

5. What is CPR, and when is it necessary to perform it?

Hint: Consider the DRSABCD action plan that guides CPR.

6. How would you manage a nosebleed using First Aid?

Hint: Think about the common causes of nosebleeds discussed earlier.



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

7. Explain the importance of a First Aid kit and its key components.

Hint: Reflect on the items you feel are essential in a First Aid kit.

8. Describe the different transfer techniques used in First Aid.

Hint: Think about when you might apply each technique in a real situation.



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

9. What is the significance of maintaining a calm demeanor while providing First Aid?

Hint: Recall how emotions can affect the actions of both the rescuer and the victim.



Check your answers with the solutions below.

1. What is First Aid and why is it important?

Solution: First Aid is the immediate care provided to a person who has been injured or suddenly taken ill before professional medical help arrives. Its importance lies in its ability to stabilize a person's condition, prevent worsening of the injury, and save lives. Understanding the basic principles of First Aid can empower individuals to act swiftly and wisely in emergencies. It ensures that the injured person receives appropriate care that often significantly impacts recovery and outcomes. For example, effective management of choking can prevent suffocation, while proper techniques in bleeding control can minimize blood loss.

2. Describe the R.I.C.E. principle and its application in sports injuries.

Solution: R.I.C.E. stands for Rest, Ice, Compression, and Elevation, a widely recognized method for treating soft tissue injuries. When an injury occurs, the first step is to rest the affected area, stopping any activity that could lead to further damage. Ice should be applied for 10 to 15 minutes every 2 hours to reduce swelling and pain. Compression involves wrapping the injury with an elastic bandage to limit swelling, and elevation means keeping the injured area elevated above heart level to help reduce swelling. This method is essential in sports to ensure rapid recovery and return to play, highlighting that early intervention can often influence healing time.

3. Explain the aims of First Aid using the 'Three Ps' framework.

Solution: The 'Three Ps of First Aid' refers to Preserve Life, Prevent Worsening, and Promote Recovery. To Preserve Life means taking immediate actions to ensure vital signs are stabilized, such as ensuring breathing and circulation. Prevent Worsening involves applying techniques, like the R.I.C.E. method, to avoid making the injury worse before professional help arrives. Promoting Recovery focuses on comforting the injured person and helping support their healing process until medical personnel can take over. This structured approach helps guide individuals in providing effective care during emergencies, illustrating that comprehensive care involves both immediate actions and emotional support.



Check your answers with the solutions below.

4. What precautions should you take when administering First Aid?

Solution: When administering First Aid, several precautions are vital to ensure the safety of both the provider and the injured person. First, always assess the scene for any potential dangers to avoid becoming a victim yourself. It's crucial to stay calm and think clearly to make informed decisions. If possible, use protective equipment like gloves to minimize exposure to bodily fluids. Calling for professional medical help is fundamental if the injury is severe or if you're unsure about the situation. Also, follow the golden rules of First Aid, such as handling the injured person carefully, especially if there is a suspected spinal or neck injury. Keeping your focus on providing effective care while ensuring your own safety is essential.

5. What is CPR, and when is it necessary to perform it?

Solution: CPR, or Cardiopulmonary Resuscitation, is a life-saving technique used when someone's heart stops beating or they are not breathing. It combines chest compressions with rescue breaths to maintain blood circulation and oxygenation in the body during a medical emergency. CPR is necessary when an individual is unresponsive and not breathing normally, indicative of a cardiac arrest. Proper administration of CPR can dramatically increase survival rates, making knowledge of the correct compressions and breathing techniques imperative. Individuals should be trained to recognize when CPR is appropriate and how to perform it effectively, including understanding when to use an Automated External Defibrillator (AED).

6. How would you manage a nosebleed using First Aid?

Solution: To manage a nosebleed, the correct First Aid approach involves several steps. First, the individual should sit down and lean slightly forward to prevent blood from flowing down the throat. Pinch the fleshy part of the nose, just below the bone, using the thumb and index finger, applying steady pressure for around 10 minutes without releasing it. This method helps in clotting the blood vessels and reducing blood flow. Avoid leaning backward and do not lie down. If the bleeding does not stop after 10 to 15 minutes, medical attention should be sought. It's also beneficial to keep the nasal passages moist in dry conditions by using saline sprays or petroleum jelly.



Check your answers with the solutions below.

7. Explain the importance of a First Aid kit and its key components.

Solution: A First Aid kit is essential in managing injuries and illnesses effectively during emergencies. Its importance lies in its ability to provide immediate care and stabilization for various situations, from cuts and bruises to more serious injuries. Key components of a basic First Aid kit include adhesive bandages, sterile gauze pads, antiseptic wipes, adhesive tape, scissors, tweezers, and a CPR face shield. It may also include items like gloves and instant cold packs. Having a well-stocked First Aid kit allows for quick response to injuries, ultimately facilitating better outcomes by ensuring appropriate and timely care can be rendered.

8. Describe the different transfer techniques used in First Aid.

Solution: Transfer techniques in First Aid are methods used to move an injured person safely. They are crucial when needing to evacuate an individual from a hazardous situation or reach medical assistance. Techniques can include the one-person carry, where you support the person's back and legs; the two-person carry, which involves each person supporting either side; and the blanket drag, suitable for moving a person who cannot walk. However, cautious assessment is essential; if spinal injuries are suspected, movement should be minimized unless there is immediate danger. Understanding these techniques allows First Aid providers to offer effective assistance while prioritizing the injured person's safety.

9. What is the significance of maintaining a calm demeanor while providing First Aid?

Solution: Maintaining a calm demeanor while providing First Aid is critical for several reasons. First, remaining calm helps control panic and anxiety, which can be contagious and escalate an already stressful situation. It allows the First Aid provider to think clearly, assess the injury accurately, and make informed decisions. Calmness promotes effective communication with the injured person, helping to reassure them during their crisis. Furthermore, a composed attitude can inspire confidence in bystanders, influencing them to assist as necessary. Overall, a calm approach is essential to effectively administer first aid and ensure the well-being of both the provider and the injured.



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