



## BRONZE BOOMERANG - TEST # 1 HEALTH and FIRST AID

### Responsibility for Self

#### COMPULSORY



1	Personal Health:	
a.	Explain how to keep your hands and nails clean and why.	
b.	Explain when you should wash your hands.	
c.	Demonstrate how to look after your teeth.	
2	Basic First Aid:	
a.	Put together a simple first aid kit.	
b.	Show how to treat a graze or small cut.	
3	Infections: Show an understanding of how colds are spread and how to prevent them.	
4	Adult Help:	
a.	Explain why you need adult help in case of accidents.	
b.	Pass a message including an address from one adult to another.	
c.	Explain how to use a mobile phone and a public phone and discuss the steps you would take to make an emergency call.	

EXAMINER:
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DATE COMPLETED:
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CUBS TESTED			