



SILVER BOOMERANG - TEST # 1 HEALTH and FIRST AID

Responsibility for Self

COMPULSORY



1	Personal Health:	
a.	Explain how to keep your feet in good condition and why.	
b.	Discuss why sleep is important.	
c.	Discuss the importance of a balanced diet.	
d.	Prepare a healthy lunch for an outing.	
2	Basic First Aid:	
a.	Check and replenish <i>or</i> put together a simple first aid kit and take it on bushwalks and outings with you.	
b.	Show how to treat a bleeding nose.	
c.	Show how to treat stings and insect bites common to your region.	
3	Infections: Show an understanding of how germs and head lice can pass to people by contact and how to prevent this.	
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:

DATE COMPLETED:

CUBS TESTED			