

# General Personal Safety Quiz

Name: \_\_\_\_\_

Using various safety products will help you be safer in everyday life. Answer the questions below to review several such products.

**1a.** I should use a helmet when (circle all that apply):

Horseback-riding      Bike-riding      Playing basketball  
Sleeping      Scooter-riding      Skateboarding

**1b.** If I do not wear a helmet when I should, I might

\_\_\_\_\_

**2a.** I should wear a seatbelt when

\_\_\_\_\_

**2b.** If I do not wear a seatbelt when I should, I might

\_\_\_\_\_

**3a.** I should wear sunscreen when I am (circle all that apply):

playing in the sun      outside on a warm, cloudy day  
swimming outdoors      boating      inside my home

**3b.** If I do not wear sunscreen when I should, I might

\_\_\_\_\_

**3c.** True or False: I should wear sunscreen no matter my age, skin color, height, or weight. \_\_\_\_\_

*(continued)*

**General Personal Safety Quiz** *(continued)*

**4a.** I should wear insect repellent when I am (circle all that apply):  
camping    outside at dawn or dusk    inside at lunchtime  
outside at night    sleeping inside    outside right after rain

**4b.** If I do not wear insect repellent when I should, I might

\_\_\_\_\_

**5.** Here is a list of other safety equipment. Write one or more uses for each type on the lines provided.

a. Knee pads: \_\_\_\_\_

b. Shin guards: \_\_\_\_\_

c. Elbow pads: \_\_\_\_\_

d. Mouth protector: \_\_\_\_\_

e. Face protector: \_\_\_\_\_

f. Lifejacket: \_\_\_\_\_

**6.** Choose two of the items listed in number 5. Write one on each line below and name an activity you might use the item for. After each activity, tell what might happen if you do not use the safety items when you should.

\_\_\_\_\_

\_\_\_\_\_

**7.** I will improve my personal safety by (write at least two ways on the lines):

\_\_\_\_\_

\_\_\_\_\_