

Exercise Safety

1. List four items to remember while exercising that will help you avoid injury:

- a) _____
- b) _____
- c) _____
- d) _____

2. If you sustain an injury during exercise, you should follow the R.I.C.E. formula:

- R: _____
- I: _____
- C: _____
- E: _____

3. What steps should you take to care for a minor wound?

- a) _____
- b) _____
- c) _____
- d) _____

4. If a person experiences a life-threatening emergency, what can you do to help?

- a) _____
- b) _____
- c) _____
- d) _____
- e) _____
- f) _____