Clover Safe

ENVIRONMENTAL HEALTH AND SAFETY

Clover Safe notes are intended primarily for 4-H volunteers and members nine years and older



HIKING SAFETY QUIZ

Use what you have learned about hiking safety to determine which of the below statements are true or false:

1. Experienced 4-H hikers are expected to hike alone into unknown territory without telling anyone where they are going and when they will return.

- 2. It is a good safety practice to look for snakes or insects before placing your hands on rock outcrops or trees or picking up rocks, plants, or leaves.
 - True False
- 3. Always carry an adequate amount of water for the weather conditions during the hike.

| True | False |
|------|-------|
|------|-------|

4. If a lightning threat from a thunderstorm arises, seek safety by beginning to walk perpendicular to the storm direction at a deliberate pace.



False

5. Smart 4-H hikers bring a safety kit and cell phone when hiking.

| True | |
|------|--|
|------|--|

6. The recommended medical treatment for snakebites includes applying a tourniquet, making a small incision at the snakebite location, and using your mouth to suck the snake venom out.



7. Always take care not to dislodge rocks onto 4-H hikers below or following you.

| 🗌 True | False |
|--------|-------|
|--------|-------|

8. Wandering from your 4-H hiking partner or group is not a wise safety practice.

| | True | | False |
|--|------|--|-------|
|--|------|--|-------|

Answer Key: F, T, T, F, T, F, T.

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Additional EH&S information may be accessed at the ANR Web Site at http://safety.ucanr.edu

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