# Self-Assessment Worksheet: How Prepared Am I for an Emergency?

Name: Blank Class: Blank Date: Blank

Having some basic knowledge about what to do in case of an emergency can help keep you and others around you safe in many situations. Answer *yes* or *no* to each question by putting an X in the corresponding box. Add up the total number of yes responses and use the guide at the end of the assessment to evaluate your score.

|  |  |  |
| --- | --- | --- |
|  | Yes | No |
| I know how to reduce the risk of injuries in and around water.  |  |  |
| I know how to prevent sunburns.  |  |  |
| There are smoke alarms installed in my home.  |  |  |
| I always wear a seat belt when I am in a motor vehicle.  |  |  |
| I can be safe when using technology.  |  |  |
| I feel prepared if there is an active shooter situation in my school.  |  |  |
| I know basic first aid procedures.  |  |  |
| I know how to reduce the risk of injuries during sports and recreational activities.  |  |  |
| I know how to protect myself from hackers on social media and my phone.  |  |  |
| I know how to stay safe in a natural disaster if one occurs where I live.  |  |  |

My score for How Prepared Am I for an Emergency?= lank (total number of *yes* answers)

If you gave eight or more *yes* responses, you are well prepared to deal with a variety of emergency situations. If you gave six or seven *yes* responses, you are somewhat prepared to deal with a variety of emergency situations. If you gave five or fewer *yes* responses, you may be putting yourself at risk and may not be ready to deal with a variety of emergency situations.