

For exercise injuries, have some R.I.C.E. — QUIZ

Can you remember R.I.C.E. well enough to use it when you need it? Take the following quiz.

This quiz is worth five points for "Make Your Move" participants. Complete the quiz and mail it to: Judi Staley, HEHF Health Education Services, H1-04

Make Your Move QUIZ

1. R.I.C.E. stands for: _____

2. The purpose of R.I.C.E. is to: _____

3. The materials you need for R.I.C.E. are: _____

4. R.I.C.E. is used for injuries such as: _____

Submitted By _____

Hanford ID Number _____ Mailstop _____

