

Being a First Aid Hero

Learning objective: To understand the importance of basic first aid and how to respond safely in an emergency.

Read the text carefully and answer the questions below in full sentences.

Accidents can happen anywhere, but knowing some basic first aid can help you stay calm and be a real hero. If you see someone who has been hurt, the most important rule is to check that it is safe to approach them. Always look for hazards, like broken glass or traffic, before you move closer. If the area is safe, speak to the person to see if they are conscious. If they do not respond, you must ask an adult to call 999 for an ambulance immediately. While you wait for help, stay with the person and offer kind words to reassure them. You do not need to be a doctor to provide comfort; simply staying calm and keeping others away can make a huge difference. Max, our maths-loving monkey, always says that solving a puzzle requires focus, and the same is true for an emergency. By knowing the right steps, you can help keep people safe until the professionals arrive. Remember, your primary job is to alert an adult and keep yourself out of danger while you wait for the emergency services.

Word bank: emergency · first aid · hazard · conscious · ambulance · calm · support

1. What is the very first thing you should do if you see someone who has been hurt? (2 marks)

2. What number should an adult call if someone is unconscious and needs an ambulance? (2 marks)

3. Why is it important to check for hazards before you go to help an injured person? (2 marks)

4. How can staying calm help someone who is waiting for an ambulance? (2 marks)

5. Do you think it is important for children in Year 4 to learn first aid? Explain your answer using evidence from the text. (3 marks)

Draw: Draw a poster showing three simple steps to take if you see an accident: 1. Check for danger, 2. Alert an adult, 3. Stay calm and comfort the person.



Extension challenge: Research what should be inside a standard school first aid kit and create a checklist of five essential items you might find inside.