

First Aid Heroes: Staying Safe with Max and Nova

Learning objective: To understand basic first aid principles, how to identify an emergency, and when to seek help.

Read each flashcard carefully. Try to answer the question on the front before checking the answer on the back. Use these to test a partner or study on your own to become a First Aid hero!

What is the main goal of First Aid?

To provide immediate help to someone who is hurt or ill until professional medical help arrives.

Max asks: If you see someone who might be hurt, what is the very first thing you must check?

Check that the area is safe for you to enter so you don't get hurt too.

Nova asks: What is the UK telephone number you should call in a serious emergency?

999.

If you call 999, what three pieces of information will the operator need?

Your location, what happened, and how many people are hurt.

What does it mean if someone is 'conscious'?

It means they are awake and aware of what is happening around them.

If someone has a small cut that is bleeding, what should you do?

Apply gentle pressure to the area using a clean cloth or bandage to stop the bleeding.

Why should you always tell a trusted adult if someone is hurt?

Because adults can help give better care, contact emergency services, and make sure the person gets the right help.

True or False: You should move someone who has fallen and might have a broken bone.

False. You should keep them still and get help immediately.

What should you do if someone has something stuck in their eye?

Do not rub it. Encourage them to blink or rinse it gently with clean water.

What is the 'DR' in the DR ABC first aid code?

Danger (check the area) and Response (check if the person is awake).

If you are unsure if it is an emergency, what should you do?

Always tell an adult immediately so they can decide if help is needed.

How can you show kindness to someone who is hurt?

Stay calm, speak in a gentle voice, and reassure them that help is on the way.