

Year 4 PSHE: Becoming a First Aid Hero

Learning objective: To understand the basic principles of first aid, how to recognise an emergency, and how to get help quickly.

Read each question carefully and use your knowledge of staying safe and helping others to write your answers. Think about what Max, Leo, and the rest of the BookFlik crew would do to keep everyone safe!

First aid is the immediate help given to someone who is hurt or becomes ill. Being a first aider means you know how to keep yourself safe, check for danger, and call for the right help when it is needed.

Word bank: Emergency · Adult · 999 · Pressure · Calm · Danger · Help

1. If you see someone who is hurt, what is the very first thing you must check for before you go to help them? (2 marks)

2. You are at the park with Leo the Lion and he trips, cutting his knee badly. It is bleeding. Describe one thing you should do to help stop the bleeding. (2 marks)

3. If someone is very poorly or badly hurt, what number do you dial on a phone to reach the emergency services? (1 mark)

4. Why is it important to tell an adult immediately if an accident happens, rather than trying to fix a serious injury all by yourself? (2 marks)

5. If you have to call 999, the operator will ask you questions. List two pieces of information you should be ready to give them. (2 marks)

Draw: Draw a poster showing the steps to take in an emergency. Include a picture of a telephone and a 'First Aid Hero' badge to show how to be helpful and brave.



Extension challenge: Imagine you are explaining first aid to a younger student. Write three 'Golden Rules' for staying safe in the playground that would help prevent accidents from happening in the first place.