

Class 4 PSHE Assessment: First Aid Heroes

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

Read each question carefully. Use the word bank to help you with your answers. Write clearly and show your thinking.

Max the monkey has been helping Kit the fox learn about keeping safe. They know that in an emergency, the most important thing is to stay calm and follow the correct steps to help someone who is hurt.

Word bank: DRABC · Emergency · Adult · 999 · Pressure · Recovery position · Calm · Danger

1. If you see someone who appears to be hurt, what is the very first thing you must check before you approach them? (Hint: Think of the first letter in DRABC) (2 marks)

2. What is the correct telephone number you must dial to contact the emergency services in the UK? (1 mark)

3. When you speak to the emergency operator, what are two pieces of information you must give them? (2 marks)

4. If a friend has a small cut that is bleeding, how should you help them? Explain what you should do to the wound. (3 marks)

5. Why is it important to find a trusted adult as quickly as possible during an emergency? Give two reasons. (4 marks)

6. Max and Kit are playing in the park when they see someone fall off their bike and they are not moving. Describe the steps you would take to help. Include how you would check for danger, how you would get help, and why you should stay with the person. (8 marks)

Draw: Draw a picture of a 'First Aid Hero' kit. Include three items you think would be useful to have in a basic first aid box, and label them.



Extension challenge: Total: /25. Imagine you are teaching a younger pupil about First Aid. Write a short 'Safety Rhyme' or 'Safety Rule' that is easy to remember to help them know what to do if they find someone hurt.