

Class 4 PSHE Assessment: First Aid Foundations

Learning objective: To understand the basic principles of first aid, how to assess a risk, and how to respond safely in an emergency situation.

Read each question carefully. Use the word bank provided to help with your answers. Ensure your explanations are clear and detailed.

Max the monkey is helping in the playground when he notices a classmate has tripped and hurt their knee. Max stays calm and remembers his training. He knows that before he helps, he must ensure the area is safe. He assesses the situation, stays with his friend, and decides if he needs to call for an adult or emergency services. Being prepared makes Max a helpful and responsible friend.

Word bank: DRABC · emergency · calm · hazard · 112 · reassurance · first aider · recovery position

1. Before approaching someone who is hurt, why is it vital to check for 'hazards'? Give one example of a potential hazard. (2 marks)

2. If you are alone and someone is unconscious, why is it important to call for help immediately rather than trying to move them yourself? (2 marks)

3. Explain the role of the 'recovery position'. Why is this position used for someone who is breathing but unconscious? (3 marks)

4. Max finds a scrape on a friend's knee. Outline two steps he should take to provide basic first aid to this minor injury. (2 marks)

5. Compare and contrast a minor injury (like a grazed knee) with an emergency (like someone not breathing). How should your response differ in these two scenarios? (4 marks)

6. Justify why 'staying calm' is considered one of the most important skills for a first aider. How does your behaviour affect the person who is injured? (4 marks)

7. Imagine a scenario where someone has fallen and is badly hurt. Write a 5-mark response detailing how you would act. Include: checking for danger, how you would communicate with the injured person, and why you would contact an adult immediately. (5 marks)

8. Nova the owl suggests that knowing first aid is a form of community service. Explain why you agree or disagree with this statement. (3 marks)

Draw: Draw a poster showing three simple steps to take in an emergency: 1. Check for danger, 2. Get help, 3. Keep the person calm.



Extension challenge: Total: /25. Challenge: What might happen if an untrained person tries to perform complex medical procedures instead of waiting for a professional? Write a persuasive paragraph explaining why the 'DRABC' sequence is a safer approach for children.