

First Aid Heroes: Staying Safe and Helpful

Learning objective: To understand the basic principles of first aid, how to recognise an emergency, and the importance of remaining calm when helping others.

Read each flashcard to learn how to be a helpful assistant in an emergency. Once you have memorised the terms, test yourself by covering the answer side.

What is the primary goal of First Aid?

To preserve life, prevent the condition from worsening, and promote recovery until professional medical help arrives.

What is the first thing you should do if you see someone who looks like they are in trouble?

Check that the area is safe for you to enter, then call for a trusted adult immediately.

Why is it important to remain calm during an emergency?

Being calm helps you think clearly, allows you to give accurate information to adults, and helps the person in need feel safer.

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

Apply firm, direct pressure to the wound using a clean cloth or bandage until the bleeding stops, then ask an adult for a plaster.

What does 'DR' stand for in an emergency situation?

Danger (check for it) and Response (check if the person is responsive by talking to them).

Why should you never move someone who has had a serious fall?

Moving them might cause further injury, especially if they have hurt their neck or back. Keep them still and wait for help.

What is the Recovery Position?

A specific way of laying an unconscious but breathing person on their side to keep their airway open.

If a person is not breathing, what must you do immediately?

Alert an adult to call 999 for an ambulance and request a defibrillator if available.

How can you help if someone is feeling faint or dizzy?

Ask them to sit down with their head between their knees or lie down, and ensure they have access to fresh air.

What information should you tell an adult when reporting an accident?

Where it happened, who is involved, and what you think happened so they can provide the right help.