

Max's First Aid Fact-File

Learning objective: To identify basic first aid procedures and understand the importance of seeking adult help in an emergency.

Max the monkey is helping everyone stay safe! Use this fact-file to explain what to do in common first aid situations. Remember: the most important step is always to find a trusted adult as soon as possible.

Word bank: emergency · adult · pressure · clean · plaster · comfort · calm · breathing · help

1. The Golden Rule: What is the very first thing you should do if you see someone who is hurt or unwell? (2 marks)

2. Minor Scrapes: If a friend has a small graze on their knee, what steps can you take to help keep it clean and protected? (3 marks)

3. Bleeding: If someone has a small cut that is bleeding, how can you apply pressure to help it stop safely? (3 marks)

4. Staying Calm: Why is it important to stay calm and speak kindly to someone who is injured? (2 marks)

5. Emergency Contacts: Who are the trusted adults you could go to for help at school or at home? (2 marks)

Extension challenge: Create a 'First Aid Kit' checklist. What five essential items would you put in a small bag to help with minor bumps and scrapes?