

First Aid Heroes: Staying Safe and Helping Others

Learning objective: To understand the basic principles of first aid, identify when to seek help, and explain the importance of staying calm in an emergency.

Read each scenario carefully and use your knowledge of safety and first aid to answer the questions. Think about how Max, Pip, and the BookFlik friends would approach these situations logically and safely.

In any situation requiring first aid, the primary goal is to keep yourself and the injured person safe. Always assess the surroundings before approaching, maintain a calm demeanour, and ensure a responsible adult is alerted immediately.

Word bank: Emergency · First aid · Assessment · Calm · Adult · Pressure · Help · Safety

1. Max sees a friend trip in the playground and scrape their knee. Explain why it is important to stay calm rather than panicking when approaching someone who is hurt. (2 marks)

2. If you witness a classmate having a serious accident, what is the very first thing you should do before trying to help them? Justify your answer. (2 marks)

3. Compare and contrast how you would handle a very minor cut on a finger versus a situation where someone has fallen from a climbing frame and cannot move. (3 marks)

4. Kit needs to make a first aid kit for the school trip. Suggest three essential items that should be included and explain the purpose of each item. (3 marks)

5. What might happen if someone tries to move a person who has suffered a significant injury to their back or neck? Explain the potential risks. (2 marks)

Draw: Draw a poster showing the 'DR ABC' (Danger, Response, Airway, Breathing, Circulation) steps or a simple diagram showing where a first aid kit is kept in your classroom.



Extension challenge: Imagine you are a First Aid Advisor. Write a short, persuasive guide for younger children explaining why they should never touch an injury without asking an adult for permission first. Use persuasive language and clear, logical steps.