

First Aid Fun: The Safety Squad Quiz

Learning objective: To understand the basic principles of first aid, including how to identify an emergency and who to call for help.

Help Nova the owl and Kit the fox keep everyone safe! Read each question carefully and circle the best answer. Remember, being a first aider is all about staying calm and getting help quickly.

Answer Key: 1.C, 2.B, 3.A, 4.True, 5.False, 6.999, 7.Pressure, 8.True, 9.False, 10.Adult.

Word bank: Emergency · 999 · Adult · Pressure · Calm · First Aid · Recovery · Safe

1. 1. If you see someone hurt and they are not responding, what is the first thing you should do? A) Run away, B) Try to fix it yourself, C) Find an adult immediately*, D) Shout as loud as you can. (1 mark)

2. 2. Which number should you dial in the UK to reach emergency services? A) 111, B) 999*, C) 101, D) 000. (1 mark)

3. 3. What does 'First Aid' mean? A) Giving help before professional medical help arrives*, B) Doing surgery, C) Prescribing medicine, D) Ignoring the problem. (1 mark)

4. 4. True or False: If someone has a small cut, you should clean it and cover it with a plaster. (True/False) (1 mark)

5. 5. True or False: You should always move an injured person as quickly as possible, even if they say it hurts. (True/False) (1 mark)

6. 6. Fill in the blank: If you call for an ambulance, stay _____ until help arrives. (1 mark)

7. 7. If someone is bleeding, what should you apply to the wound to help it stop? (One word) (1 mark)

8. 8. True or False: Checking that the area is safe for you before helping someone is an important step. (True/False) (1 mark)

9. 9. True or False: It is okay to play with a first aid kit for fun. (True/False) (1 mark)

**10. 10. Who is the best person to help you if you are unsure if someone is hurt? (One word)
(1 mark)**

Draw: Draw a picture of Kit the fox carrying a first aid kit. Include the items you think should be inside, such as plasters, bandages, and antiseptic wipes.



Extension challenge: Imagine you are explaining the 'Recovery Position' to a friend. Write down three simple steps you would tell them to keep someone comfortable while waiting for help.