

First Aid Heroes: The Max and Leo Safety Challenge

Learning objective: To understand basic first aid principles, how to identify emergencies, and how to seek help effectively.

Join Max the monkey and Leo the lion as they test your knowledge on staying safe and helping others. Read each question carefully and select the best answer.

Answer Key: 1.C, 2.True, 3.Pressure, 4.B, 5.True, 6.False, 7.A, 8.Ambulance, 9.B, 10.False. Remember: Always stay calm and find a trusted adult immediately in a real emergency.

Word bank: Emergency · Pressure · Recovery position · Adult · Ambulance · First aid · Calm

1. 1. If you see someone who is hurt, what is the very first thing you should do? A) Try to fix it yourself, B) Run away, C) Check that it is safe for you, then find an adult, D) Shout as loud as you can. (1 mark)

2. 2. True or False: If a friend has a small graze, you should wash it with clean water to help keep it clean. (1 mark)

3. 3. If someone is bleeding from a cut, what should you apply to the wound using a clean cloth or bandage? (One word answer) (1 mark)

4. 4. Who is the best person to call if there is a serious medical emergency? A) Your best friend, B) 999, C) The local shopkeeper, D) A neighbor who is away. (1 mark)

5. 5. True or False: Staying calm helps you think more clearly and helps the person who is hurt feel safer. (1 mark)

6. 6. True or False: It is a good idea to move someone who has fallen over immediately, even if they say they are in pain. (1 mark)

7. 7. What information must you give to the emergency services? A) Your location and what happened, B) Your favorite color, C) What you had for lunch, D) How many siblings you have. (1 mark)

8. 8. What vehicle arrives to take someone to the hospital in a serious emergency? (One word answer) (1 mark)

9. 9. If someone is unconscious but breathing, why might you place them in the recovery position? A) To make them comfortable, B) To keep their airway clear, C) To help them sleep, D) To stop them from moving. (1 mark)

10. 10. True or False: You should always try to remove a splinter or object stuck deep in a wound yourself. (1 mark)

Draw: Draw a poster featuring Max and Leo showing the three main steps to take in an emergency: Stay Safe, Tell an Adult, and Call for Help.



Extension challenge: 1. Explain why it is important to check if the area is safe before you approach someone who is hurt. 2. Compare the steps you would take for a minor cut versus a serious emergency. 3. Justify why calling 999 is only for emergencies. 4. What might happen if you try to treat a serious injury without an adult's help? 5. If you were teaching a younger sibling about first aid, which three rules would you tell them first and why? 6. Design a 'First Aid Kit' list of items you think every home should have and explain the purpose of two of the items.