

First Aid Heroes: Skills for Staying Safe

Learning objective: To understand the fundamental principles of basic first aid, including how to assess a situation, seek help, and provide appropriate care for minor injuries.

Key Vocabulary

Use this vocabulary that to help you understand how to respond safely in an emergency. The terms are grouped by category to help you remember the correct order of action: Assessment, Treatment, and Seeking Help.

Emergency A sudden, serious situation requ...	Hazards Potential dangers in the environme...	Communication Speaking clearly to an adult...
Calm Staying steady and focused to make t...	First Aid The initial help given to someone ...	Assessment Checking the environment and ..
Pressure Applying firm, steady force to a wo...	Bandage A piece of fabric used to hold a dr...	Antiseptic A substance that helps clean a w...
Sterile Completely clean and free from germ...	Recovery Position A safe way to lay an unc...	Primary Survey The systematic check of a ...
Adult A trusted person who should be notifie...	Emergency Servi... Professionals like para...	Defibrillator A machine that can help restart...
Explain why it is v...	Compare and con...	Justify your ans... Why is 'staying calm' co...
If you saw a frien...	What might happ...	Evaluate the imp...