

Being a First Aid Hero: How to Help in an Emergency

Learning objective: To understand the basic principles of first aid and how to stay calm and helpful during an emergency situation.

Use the prompts below to write a guide on how to respond if someone is hurt. Imagine you are teaching a younger student how to be a 'First Aid Hero' alongside our friend Leo the Lion, who always stays calm when others need help.

When you encounter someone who is hurt, the most important thing to do is to stop, look around, and make sure it is safe for you to approach.

Word bank: firstly · subsequently · it is essential · remain calm · immediately · on the other hand · in addition · seek assistance · vital · safely

1. The First Step: What is the very first thing you should do when you see someone who might need help? Start your paragraph with: 'To begin with, you should check for danger by...' (2 marks)

2. Communicating Clearly: How do you let an adult know what has happened? Start your paragraph with: 'Next, it is vital to find an adult or call for help by...' (2 marks)

3. Providing Comfort: How can you help the person feel better while you wait for help? Start your paragraph with: 'While waiting for professional help, you can support the person by...' (2 marks)

4. Safety First: Why is it important not to move the person if they are seriously injured? Start your paragraph with: 'It is important not to move the injured person because...' (2 marks)

5. Reflecting on Kindness: Why does being a 'First Aid Hero' require bravery? Start your paragraph with: 'Being a First Aid Hero is a brave choice because...' (2 marks)

Extension challenge: Research what information you would need to give to an emergency dispatcher (such as your location or the type of injury) and add a 'Top Tips' box to the bottom of your writing.