

## Class 5 PSHE Assessment: First Aid Basics

*Learning objective: To understand the principles of basic first aid, how to recognise an emergency, and how to seek help safely.*

Read each question carefully. Use the word bank to help you with your answers. Write your responses clearly in the space provided. You have 30 minutes to complete this assessment.

Nova the owl is teaching the forest friends about safety. She explains that first aid is the help given to someone who is hurt or ill until professional medical help arrives. The most important rule is to stay calm and always check that the area is safe before you help anyone else. If you are unsure, always find a trusted adult to assist you.

*Word bank: Emergency · Pressure · DRABC · Recovery position · Ambulance · Adult · Danger · Communication*

**1. 1. Nova says you must check for 'Danger' first. Why is it important to check the area is safe before you approach an injured person? (2 marks)**

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**2. 2. If you see someone who is unconscious and not breathing, what is the first thing you should do? Name one number you would call in the UK. (2 marks)**

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**3. 3. Max the monkey has a small cut on his finger. Explain the correct way to treat a minor bleed using the word 'pressure'. (3 marks)**

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**4. 4. What does the 'Recovery position' do, and why is it useful if someone is unconscious but breathing? (3 marks)**

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**5. 5. You are at the park and see someone fall off their bike and hurt their leg badly. Describe the steps you would take to help them. Include how you would talk to them to keep them calm. (5 marks)**

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**6. 6. Imagine an ambulance has arrived. What three pieces of information should you give to the paramedics to help them care for the person? (3 marks)**

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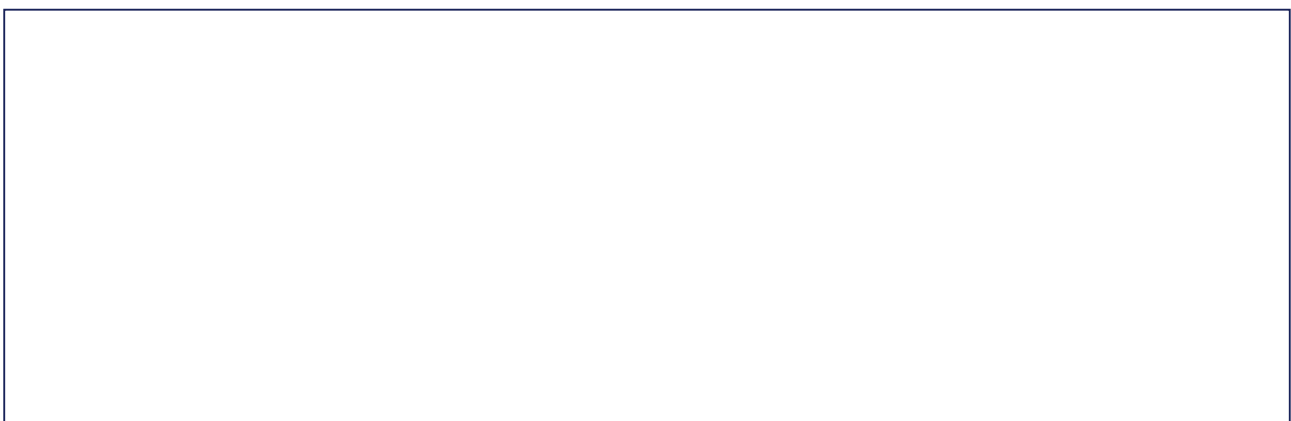
**7. 7. Why is it vital to never move someone who might have a serious neck or back injury unless they are in immediate danger? (2 marks)**

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**8. 8. If you find a £5 note on the ground while helping someone, why should you ignore it and focus entirely on the first aid? (5 marks)**

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**Draw: Draw a poster showing the 'Recovery Position'. Label the person's head, arm, and bent knee to show how they should be lying safely.**



*Extension challenge: Write a short paragraph about why staying calm is the most important skill for a first aider. Total: /25*