

Being a First Aid Hero

Learning objective: To understand the importance of basic first aid and how to respond safely in an emergency situation.

Read the text carefully and answer the questions below. Ensure you use full sentences and refer back to the text for evidence where necessary.

Accidents can happen anywhere, but knowing some basic first aid can make a huge difference. Max, the keen mathematician, once calculated that being prepared is the best way to stay safe. If you see someone who has been hurt, your first priority is to check for danger. Always look around to ensure it is safe for you to approach before helping.

Next, check if the person is responsive by gently tapping their shoulder and asking, 'Are you okay?' If they do not respond, you must call for help immediately. In the UK, dial 999 and ask for an ambulance. While waiting for the professionals to arrive, stay calm and keep the person comfortable. If they are unconscious but breathing, a trained adult might place them in the 'recovery position' to keep their airway clear. Never move someone if they have a serious neck or back injury unless they are in immediate danger. Remember, first aid is about helping, not being a doctor. By staying alert and knowing who to call, you can be a hero in an emergency.

Word bank: emergency · hazard · responsive · first aid · recovery position · ambulance · calm

1. What is the very first thing you should do if you see someone who has been hurt? (2 marks)

2. Which emergency number should you call if you need to request an ambulance? (1 mark)

3. Why does the author advise against moving someone who might have a neck or back injury? (2 marks)

4. How does the author suggest you should behave while waiting for the ambulance to arrive? (2 marks)

5. Do you think it is important for children to learn first aid skills at school? Explain your answer using your own opinion. (3 marks)

Draw: Draw a poster showing the steps to take in an emergency, including a picture of a telephone and a helpful 'First Aid Hero' character like Max the monkey.



Extension challenge: Research the 'DRABC' acronym often used by first aiders. Create a mnemonic or a comic strip explaining what each letter stands for to help others remember these life-saving steps.