

First Aid Heroes: Class 5 PSHE Flashcards

Learning objective: To understand basic first aid principles, how to stay safe in an emergency, and when to call for help.

Use these flashcards to test your knowledge of first aid. Read the question on the front, try to answer it, and then check the answer on the back.

What is the primary role of a first aider?

To preserve life, prevent the condition from worsening, and promote recovery until professional help arrives.

What does the 'D' stand for in the DR ABC emergency plan?

Danger – always check that the area is safe for you before approaching an injured person.

If you see someone who is unresponsive but breathing, what position should you place them in?

The recovery position – this helps keep their airway clear.

What is the correct phone number to call for emergency services in the UK?

999 (or 112).

When calling 999, what information must you provide to the operator?

Your location, your phone number, and a clear description of what has happened.

If someone has a bleeding wound, what is the best immediate action to take?

Apply firm, direct pressure to the wound using a clean cloth or bandage to stop the bleeding.

Why should you never move someone who has had a serious fall?

You could cause further injury, especially if they have hurt their neck or spine.

What is the first thing you should do if you suspect someone has had an electric shock?

Ensure the power source is switched off before touching the person so you do not get hurt yourself.

If someone is choking and cannot speak or breathe, what should you encourage them to do?

Encourage them to cough, and if that fails, use back blows as taught in first aid training.

What is a 'hazard' in the context of first aid?

Anything that could cause harm to you or the injured person, such as fire, traffic, or broken glass.

How long should you keep pressure on a bleeding wound?

Keep constant pressure on the wound until the bleeding stops or professional medical help takes over.

True or False: It is okay to give an injured person food or drink.

False – it is best not to give them anything to eat or drink in case they need medical treatment or surgery later.