Max’s First Aid Emergency Action Plan

Learning objective: To understand the basic principles of first aid, including how to assess a situation and when to call for help.

Max the monkey is preparing for his next big adventure! Use this fact-file to learn how to keep yourself and your friends safe. Complete each section by detailing the correct first aid steps to take in different scenarios. Remember: always stay calm and check for danger first.

Word bank: DRABC · Danger · Response · Airway · Breathing · Circulation · Emergency · 999 · Adult · First Aid · Calm · Pressure

1. The First Rule: Before you help anyone, you must check the area for danger. Explain why this is important and give two examples of potential hazards. (3 marks)

2. Checking for a Response: If you find someone who is hurt, how do you check if they are conscious? Describe the steps you would take. (3 marks)

3. Calling for Help: When should you call 999? List three pieces of information you must give the operator when you call. (3 marks)

4. Minor Injuries: If a friend has a small cut that is bleeding, what is the correct way to stop the bleeding and keep the wound clean? (2 marks)

5. Staying Calm: Why is it important to remain calm during an emergency, and who should you go to for help in the school playground? (2 marks)

Extension challenge: Create a 'First Aid Poster' for your classroom that uses clear, simple instructions for other pupils to follow if they see someone get hurt. Include Max's top tip: 'Always ask an adult for help first!'