

First Aid Heroes: Staying Safe and Helping Others

Learning objective: To understand the importance of basic first aid, how to recognise an emergency, and the correct steps to take to seek help.

Read each question carefully and use your knowledge of safety and first aid to provide clear, helpful answers. Think about what Max the monkey would do if he spotted a maths problem, and how Kit the fox would use his quick-thinking skills to solve a challenge!

In a first aid situation, your safety is the top priority. Always check that the area is safe before you approach anyone. If you think someone is seriously hurt, stay calm, check if they are responsive, and find an adult immediately. If it is an emergency, you or an adult must call 999 to request an ambulance. Remember: DRSABC (Danger, Response, Shout, Airway, Breathing, Circulation) is a helpful way to remember the steps.

Word bank: Emergency · Ambulance · Danger · Response · Recovery position · Pressure · First aid kit · Adult

1. Why is it important to check for 'Danger' before approaching someone who has fallen over or looks unwell? (2 marks)

2. If you are playing in the park and see a friend get a deep cut on their arm, what is the first thing you should do to stop the bleeding? (2 marks)

3. List the three pieces of information the emergency services operator will need from you if you call 999. (3 marks)

4. Explain why you should not move someone who is lying on the ground unless there is an immediate danger (like a fire). (2 marks)

5. Kit the fox finds a first aid kit. Name two items he might find inside that would help treat a minor scrape or graze. (2 marks)

Draw: Draw a poster showing the 'DRS' part of the first aid process. Include a speech bubble for a character like Kit or Bea explaining why calling for an adult is the most important first step.



Extension challenge: Research what information is kept on a 'medical alert' bracelet or necklace. Why might this be useful for paramedics when they arrive at an emergency scene?