

First Aid Heroes: Staying Calm and Helpful

Learning objective: To understand the importance of basic first aid, the necessity of calling for help, and how to remain calm during an emergency.

Read the passage carefully, then answer the questions below. Ensure your answers are justified using evidence from the text.

Emergencies can happen anywhere, from the school playground to the local park. When Max the monkey accidentally tripped while running, he grazed his knee and felt overwhelmed. Luckily, Leo the lion was nearby. Leo knew that staying calm was the most important step in first aid. He took a deep breath and spoke in a soothing voice to keep Max steady. First aid is the initial help given to someone who is injured before professional medical assistance arrives. Leo checked the area was safe before approaching, then applied gentle pressure to the graze using a clean cloth. He did not move Max unnecessarily, as this could cause further harm. If an injury is serious, the primary rule is to call 999 for an ambulance. When the paramedics arrive, they rely on bystanders to provide clear, accurate information about what happened. By remaining composed and knowing simple steps, anyone—even a Year 5 pupil—can be a hero. Remember, your safety is paramount; never put yourself in danger while trying to assist someone else.

Word bank: emergency · casualty · incident · first aid · calm · paramedic · resilience

1. Identify two specific actions Leo took to help Max after his fall. (2 marks)

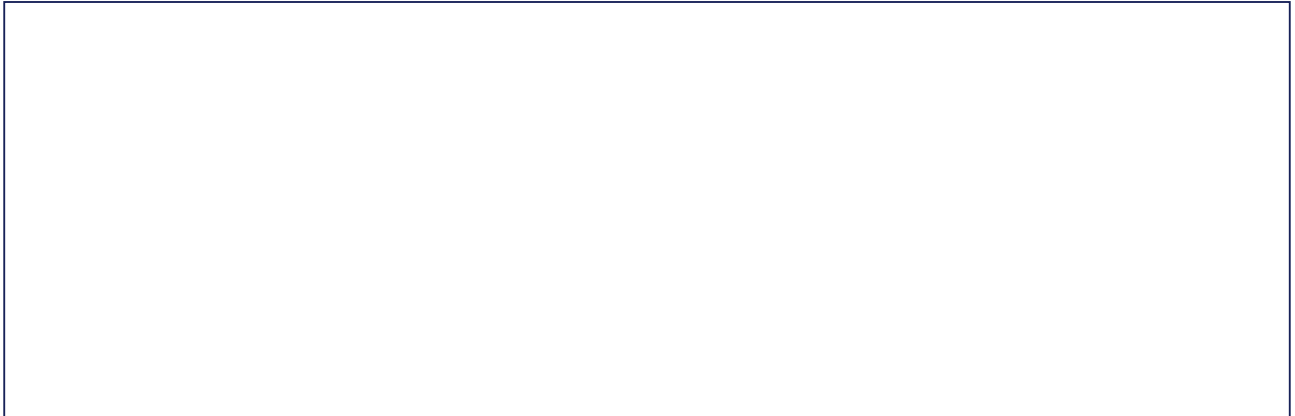
2. What is the official UK phone number mentioned in the text that one should call during a serious emergency? (1 mark)

3. Why does the author suggest that keeping calm is the 'most important step' in first aid? (2 marks)

4. Explain why it is vital to ensure an area is safe before you attempt to help a casualty. (2 marks)

5. Do you agree that anyone can be a 'first aid hero'? Justify your opinion using examples from the text. (3 marks)

Draw: Draw a poster showing three simple steps to take in an emergency: 'Stay Calm', 'Check Safety', and 'Call for Help'.



Extension challenge: Imagine a scenario where a friend has a small burn or a cut. Write a short, step-by-step guide explaining how you would assist them while waiting for an adult to arrive. Compare and contrast the skills needed for a minor injury versus a major medical emergency. What might happen if a bystander panics during a crisis?