

First Aid Heroes: Skills for Safety

Learning objective: To identify key first aid principles and demonstrate an understanding of how to respond safely to a minor injury.

Use your knowledge of first aid to complete the drawing below. Use the word bank to label the essential components of a basic first aid kit and the steps required to treat a minor grazed knee.

Draw: Draw a scene featuring Leo the lion helping a friend who has tripped in the park. The style should be clear and instructional, like a manual. Include a 'First Aid Kit' open on the grass with visible supplies. Show Leo using a sterile wipe to clean a graze, and then applying a bandage. Draw speech bubbles for Leo to show him speaking calmly to his friend.



Label words: Sterile wipe · Adhesive bandage · Pressure · Clean water · Gauze pad · Casualty · First aider · Communication

Steps:

1. Explain why it is crucial to wash your hands or wear gloves before treating an open wound.
2. Compare and contrast how you might treat a minor graze versus a severe bleed. Justify your answer.
3. What might happen if a wound is not cleaned properly before a bandage is applied?
4. Label the steps you would take to help a friend who has fallen over and grazed their knee.

5. Justify why 'Communication' is listed as a key part of first aid.
6. If you were designing a portable first aid kit for a school trip, which three items would you prioritise and why?