

First Aid Heroes: Essential Skills for Year 5

Learning objective: To understand the fundamental principles of first aid, including how to assess risks, respond to minor injuries, and identify when to seek professional medical assistance.

Use these flashcards to test your knowledge of emergency responses. Read the front of the card, attempt the answer, then reveal the back to check your accuracy.

What does the acronym DRABC stand for in an emergency situation?

Danger, Response, Airway, Breathing, and Circulation.

Why is it vital to check for 'Danger' before approaching a casualty?

To ensure the rescuer does not become a second casualty by entering an unsafe environment.

How should you treat a minor cut that is bleeding?

Apply firm, direct pressure to the wound using a clean dressing or cloth to stop the bleeding and prevent infection.

When should you place an unconscious person into the recovery position?

When they are breathing normally and have no suspected spinal injuries, to keep their airway clear.

What is the primary purpose of calling 999?

To request professional assistance from the emergency services (ambulance, police, or fire brigade) when there is a serious threat to life or safety.

Explain why you should never remove an object embedded deep in a wound.

Removing it may cause further tissue damage or trigger significant bleeding that the object was previously compressing.

Compare and contrast a minor graze with a deep laceration: how does the first aid treatment differ?

A minor graze needs cleaning and a plaster, whereas a deep laceration requires immediate pressure to control blood loss and likely professional medical assessment for stitches.

Justify your answer: Why is it important to talk calmly to an injured person even if they seem unresponsive?

Hearing is often the last sense to fade; calm communication can help reduce the casualty's panic and provide reassurance.

What might happen if you fail to wash your hands before and after administering first aid?

You risk transferring bacteria to the casualty's wound, increasing the risk of infection, or contaminating yourself with the casualty's bodily fluids.

If a friend falls and hurts their ankle, what does the RICE method stand for?

Rest, Ice, Compression, and Elevation.

What is the role of a First Aider?

To provide immediate, temporary care to preserve life, prevent the condition from worsening, and promote recovery until expert help arrives.

Critique this action: A child sees someone collapse and immediately begins shaking them to wake them up. Why might this be dangerous?

If the person has a spinal or neck injury, moving them forcefully could cause permanent damage. Always check for a response verbally before touching.