

First Aid Fact-File: Becoming a Safety Hero

Learning objective: To understand the basic principles of first aid, how to assess a situation safely, and when to seek help from emergency services.

Use this fact-file to record your knowledge about staying safe and helping others. Before starting, consult your 'First Aid Safety Guide' or speak with a teacher. Remember: always ensure the environment is safe before you approach anyone who needs help. If in doubt, call for an adult immediately.

Word bank: DRABC · Emergency Services · Hazard · Casualty · Recovery Position · Pressure · First Aid Kit · Communication · Assessment · Responsibility

1. The Safety Check: Explain why it is vital to check for hazards (the 'D' for Danger in DRABC) before approaching a casualty. What might happen if you ignore this step? (3 marks)

2. Minor Injuries: Describe the correct procedure for treating a small, clean cut. How do you ensure the area remains clean and prevents further infection? (2 marks)

3. Justify your answer: Why is it important to remain calm and speak clearly when calling 999 for emergency services? What specific information do they need from you? (3 marks)

4. Compare and contrast: How does helping someone with a minor graze differ from assisting someone who has collapsed and is unresponsive? Why must your actions change? (4 marks)

5. Scenario Analysis: Imagine you are on the playground and see a friend trip and hit their head. Explain the sequence of actions you would take to ensure their safety while waiting for an adult. (4 marks)

6. Reflection: What might happen if a bystander tries to move a person who has suffered a serious fall? Justify why it is usually safer to keep them still. (3 marks)

Extension challenge: Design a 'Pocket First Aid Guide' for your school bag. On the back, create a comic strip showing Max the Monkey using his maths skills to calculate how much time has passed since an incident occurred, and explaining why timing is crucial when reporting an injury to a medic.