

# First Aid Heroes: Staying Safe and Helping Others

*Learning objective: To understand the fundamental principles of first aid, including assessing risks, identifying emergencies, and knowing when and how to seek help.*

Read each scenario carefully. Use your knowledge of safety and first aid to answer the questions. Think like a scientist assessing a situation, just like Bea, or a logical thinker like Kit.

*Word bank: DRABC · Emergency · Hazard · Recovery position · Pressure · Communication · Responsibility · Ambulance*

**1. Kit is working on a computing project when he notices a friend has tripped and has a deep graze on their knee that is bleeding. Explain the immediate steps you should take to ensure safety and provide assistance. Justify why you would perform these steps in that specific order. (3 marks)**

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**2. Compare and contrast a minor injury (like a small scratch) and an emergency (like an unconscious person). Why is it vital to distinguish between these when deciding whether to call 999? (2 marks)**

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**3. Imagine you encounter an area where someone has spilled a chemical cleaning liquid on the floor and is now feeling unwell. What might happen if you rush in to help without checking for hazards first? Explain the importance of the 'Danger' stage in the DRABC protocol. (3 marks)**

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**4. If you need to call the emergency services, what five pieces of vital information should you be prepared to communicate to the operator to ensure help arrives as quickly as possible? (2 marks)**

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**5. Justify your answer: Why is it often safer to keep an unconscious person who is breathing in the recovery position rather than sitting them upright? (2 marks)**

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**6. Scenario: You are at the park with Leo. He accidentally burns his hand on a metal bench that has been in direct sunlight all day. Describe the correct first aid treatment for a minor burn and explain why you would use cool running water rather than ice. (2 marks)**

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**Draw: Create a clear, step-by-step visual poster showing the 'Recovery Position'. Use labels to show how to position the head, arms, and legs to keep the airway clear.**



*Extension challenge: Research the 'Chain of Survival'. Create a persuasive leaflet for your classmates explaining why learning basic first aid is a vital life skill. Include a section on how to remain calm under pressure, using techniques like controlled breathing.*