First Aid Heroes: Staying Safe and Calm

Learning objective: I can identify key first aid principles and know how to respond safely in an emergency.

About 15 minutes. Grown-up tip: Please read through these flashcards with your child to discuss these scenarios and ensure they understand the importance of staying calm.

Read the term on the front of each flashcard. Think about the definition, then check the back to see if you are correct. If you are stuck, ask a friend or adult for help.

What is the very first thing you should do before helping someone?	**Which number should you call in a medical emergency?**
Check that the area is safe for you to enter.	999 (or 112 in some regions).
What information must you give to the emergency operator?	**What is the purpose of the 'recovery position'?**
Your location, what happened, and the number of people injured.	To keep an unconscious person's airway clear so they can breathe easily.
How should you treat a small, bleeding cut?	**Should you move someone who has fallen from a height?**
Apply firm, direct pressure with a clean cloth or bandage.	No, keep them still to prevent further injury while waiting for help.
What is a 'first aid kit' used for?	**What is the most important thing to do if someone is choking?**
It contains supplies like bandages and wipes to treat minor injuries.	Encourage them to cough and, if it persists, use back blows.
If a friend is burnt, what should you put on the area?	**Why is it important to stay calm during an emergency?**
Run the burn under cool, clean water for at least 10 minutes.	It helps you make clear decisions and keeps the injured person calm too.