Be a First Aid Hero: Your Emergency Action Plan

Learning objective: I can identify the essential steps to take if someone is hurt and needs help.

About 15 minutes. Grown-up tip: Please read this template through with your child to discuss how they would handle a real-life emergency safely.

In an emergency, stay calm and follow the DR ABC plan. Read the definitions below to understand what to do.

Example: If you see someone hurt, your first step is to check for DANGER to ensure it is safe for you to approach. Write your plan below.

Word bank: Danger · Response · Airway · Breathing · Call 999 · Adult

1. 1. Danger: Describe how you would check if the area is safe before you approach an injured person. (2 marks)

2. 2. Response: How can you check if the person is conscious? What should you do or say to them? (2 marks)

3. 3. Airway: Why is it important to check that nothing is blocking the person’s mouth or throat? (2 marks)

4. 4. Breathing: Explain how you would check if someone is breathing normally while you wait for help. (2 marks)

5. 5. Emergency Action: If the person is not responding, explain exactly how you would call 999 and what details you must give the operator. (3 marks)

Extension challenge: Imagine you are at the seaside with Kit the fox. Write a short script of what you would say to the 999 operator if you found someone who had fallen on the rocks.



I did it! Name: _____ Date: _____

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