# Be a First Aid Hero: Taking Action in an Emergency

*Learning objective: I can identify the correct steps to take when someone is hurt and understand how to get help safely.*

*About 20 minutes. Grown-up tip: Please read this with your child to discuss what they should do if they ever feel unsafe or see an accident.*

Read each scenario carefully. Use the word bank to help you identify the correct response. Remember: your first priority is always to check that it is safe for you to approach the area.

*Word bank: 999 · DR ABC · Pressure · Recovery position · Adult · Danger*

**1. Max is running on the playground and trips, scraping his knee quite badly. It is bleeding. What is the very first thing you should do before helping him? (2 marks)**

**2. If you find someone who is unconscious and not moving, what is the acronym professionals use to remember how to check them? Explain what the 'D' stands for. (2 marks)**

**3. Sophie has cut her finger on a sharp object in the classroom. How should you stop the bleeding? Provide two steps. (2 marks)**

**4. Imagine you are at the seaside with your family and you see someone collapse. You need to call for an ambulance. What number do you dial and what three pieces of information must you give the operator? (3 marks)**

**5. Why is it important to find an adult or a teacher immediately rather than trying to fix a serious injury all by yourself? Give a reason. (2 marks)**

**Draw: A friendly, clear illustration of the DR ABC sequence icons: Danger, Response, Airway, Breathing, Circulation.**

*Extension challenge: Create a 'First Aid Fact File' for your school bag. List the location of the nearest defibrillator in your local area and the name of your school's designated first-aid lead.*

**I did it!** **Name: _____** **Date: _____**

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