Year 5: Keeping Safe

Keeping Safe in Different Situations, including Responding to Emergencies and First Aid

Risks and taking responsibility for your own safety

Risk is when there is a possibility of something dangerous or unpleasant happening. Everyone takes risks sometimes.



We need to take risks in order to take on new challenges and to try new things. It can be good to take risks and step outside of our 'comfort zone' - this is one way to learn!

However, some risks can lead to danger and we have to assess each situation carefully and be aware of the potential risks.

Health A health risk is could potentially damage your

Going running without your inhaler nearby when you have

Positive Risks

Positive risks can be

defined as risks where

the outcome is greater

than the potential risk.

Legal A social risk is a A legal risk is

when your potentially harm actions are against the law and, if caught, you could get in trouble with

Example: Talking about your friend

risk that could

friendships.

Social

police. behind their back.

Example: Vandalising a bus shelter.

Example: Playing slot

Financial

A financial risk is

when there is a

money could be

machines at an

chance that

Negative Risks

Negative risks are risks that are dangerous and can cause harm.

CRC Article 19: All children have the right to be safe.

CRC Article 12: All children have the right to have their opinions valued.



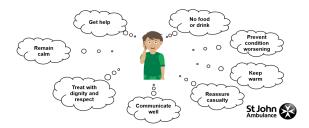


First Aid



Basic Rule:

If an accident happens, you MUST ensure that it is safe to approach and offer help. If anything happens to you, then you won't be able to help and one casualty could become two! Think:



If someone is:

- dehydrated, cool them down, elevate their legs and give them water;
- cut or grazed, clean the wound and put a plaster on;
- bleeding, apply pressure to the wound and call an ambulance if necessary;
- choking, hit them on the back between the shoulder blades until the object is dislodged;
- burned, put the burn under cold water for 10 minutes.

Your body belongs to you!

Your body belongs to you. You decide who comes close to you and you must tell an adult if you ever feel uncomfortable. Your private parts are private!



Never keep an unsafe secret!

Secrets that cause concern should always be shared to help the people involved stay safe.

Who to ask for help:

- · Class teacher
- Another adult in school
- An adult at home or outside the family
- ChildLine: 0800 1111 www.childLine.org.uk
- NSPCC FGM helpline: 0800 028 3550: Email: fgmhelp@nspccc.org.uk
- Police: 101 (emergency: 999)

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Emer	aenc	ies

Calling for help

- If there is an e____y you can dial 999 or 112 to get the emergency
- The call operator will ask. "Which service do you require?
- ➤ F___, P____ or A_____?
- You will need to tell them which service you need.
- It is really important that you give information to help them arrive at the correct location i.e. address



Vocabulary		
basic first aid	Emergency care given to an injured person.	
comfort zone	A situation where someone feels safe and at ease.	
dehydrated	The body is short of water and is unable to function properly.	
emergency	A serious, dangerous situation needing immediate attention.	
financial	To do with money.	
potential risk	A possible situation that could cause harm.	
recovery position	The position to lie an unconscious person on the floor.	