

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 a risk that could potentially damage your body in some way, causing injury or illness. Example: Going running without your inhaler nearby when you have asthma.	Social A social risk is a risk that could potentially harm friendships. Example: Talking about your friend behind their back.	Legal A legal risk is when your actions are against the law and, if caught, you could get in trouble with police. Example: Vandalising a bus shelter.	Financial A financial risk is when there is a chance that money could be lost. Example: Playing slot machines at an arcade.
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Positive Risks

Positive risks can be defined as risks where the outcome is greater than the potential risk.

Negative Risks

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



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@nspcc.org.uk
- Police: 101 (emergency: 999)

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. 

Emergencies

Calling for help

- If there is an e_____y you can dial **999** or **112** to get the emergency services.
- 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.



CRC Article 19: All children have the right to be safe.
 CRC Article 12: All children have the right to have their opinions valued.

