

Year 6: Phoenix Life Skills Autumn 1

How can we keep ourselves and others safe? Health and Well-being

| Key Vocabulary | Definition |
|----------------------------|---|
| assess | To evaluate what something will be like. Is it safe? |
| common sense | Good sense and sound judgement in practical matters. |
| danger | The possibility of suffering harm or injury. |
| dangerous substance | Liquids or solids that will cause harm if taken. |
| emergency | An urgent, unexpected, and usually dangerous situation that poses an immediate risk to health, life, property, or environment and requires immediate action. |
| emergency services | Organisations that ensure public safety, security, and health by addressing and resolving different emergencies. Fire service, ambulance service and police are the most common of these. |
| first aid | The first and immediate assistance given to any person with either a minor or serious illness or injury. |
| hazard | A danger or risk. |
| manage | To be in charge of something. |
| medicine | A drug or other preparation for the treatment or prevention of disease or illness. |
| predict | Guess, say or estimate that something specific will happen in the future. |
| prescribed medicine | Drugs given by a healthcare professional to be used by the named person only. |
| recovery position | The position to put a person in if they are unconscious but breathing. |
| responsible | Having an obligation to do something. Having control over something or someone. |
| risk | A situation involving exposure to danger. |
| safe | Being protected from or not exposed to danger or risk. Not likely to be harmed. |
| shock | The state of insufficient blood flow to the body, so causing someone to feel faint. |

Recovery Position

Putting someone in the recovery position will keep their airway clear and open. It also ensures that any vomit or fluid won't cause them to choke. It is used for people who are breathing but are unconscious. It is important to use this position as it will help the person unconscious stay safe.



Prescribed Medication

A doctor will prescribe medication for a specific illness. It is important we do not take someone else's prescribed medication as it could be very harmful. Prescribed medication is just that – prescribed for a certain

person and for a specific illness or disease. What might help one person feel better may not be suitable for another person.



Emergency Services

These are typically the Police, Fire and Ambulance services. We can call 999 (or 911) to ask for an emergency service. There is also the Coastguard for people who live by the sea and Mountain and Cave Rescue for people living in these environments.



Dangerous Substances

Dangerous substances, such as bleach, washing powder and washing up liquid, should be kept in a safe place away from small children.

