

Year 6: Eagles

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.



Dangerous Substances

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



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.

