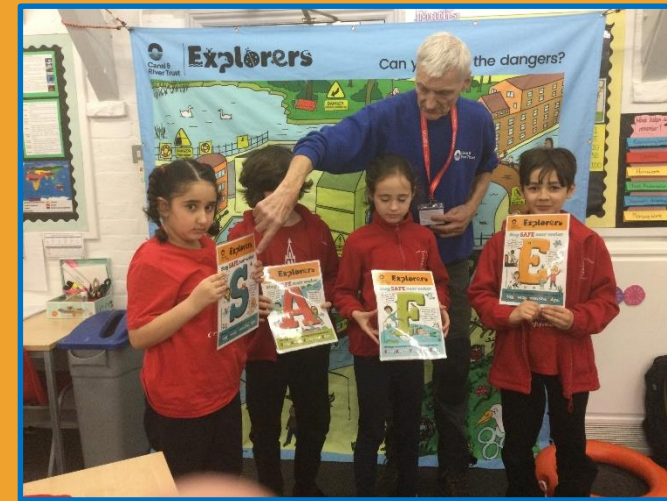


Spring 2024 – PSHE Week: Keeping Safe and Healthy – Year 4

As part of our Spring term PSHE week on keeping safe and healthy, we took part in a range of workshops with the police, Canals and Rivers Trust, and a first aid provider.

The police came to visit, and spoke to us all about being safe when we are out and about. We discussed crossing roads, and asking for help if we are walking alone and get lost or feel someone may be following us.



When the Canal and Rivers trust visited, we discussed keeping safe around waterways, and making sure we leave them in a good condition for the wildlife and other people that may use them.



Spring 2024 – PSHE Week: Keeping Safe and Healthy – Year 4

First Aid

As part of our Spring term PSHE week on keeping safe and healthy, we took part in a range of workshops with the police, Canals and Rivers Trust, and a first aid provider.

We took part in a really fun and informative first aid workshop. We learnt about the recovery position, how to deliver CPR, about treating burns, bleeds and choking, and how to assess a situation to make sure it is safe for us to give first aid to someone.

CPR

- 5 breaths – pinch nose and blow into mouth (for children)
- 30 chest compressions
- 2 breaths
- Repeat *until they start breathing or emergency services says to stop*

- Compress at the dip in the sternum – about half way down the chest (not the ribs)



Recovery position – to clear and open airways

Burns – cool clean running water for 20mins

Small bleeds – check area, apply pressure, clean and cover

Large bleeds – check area, apply gauze pad, wrap firmly with bandage or clothing, raise if possible

Choking – slap back up to 5 times, up to 5 abdominal thrusts, call 999



Danger
Response
Airways
Breathing
Circulation

