

# PSHE Week Spring 2025: Keeping Safe and Healthy

## Year 4

We had a visit from two police officers. We spoke all about being safe when we are out and about. We discussed the importance of staying with an adult and ensuring that we are paying attention. We also spoke about what we can do and who we can turn to if we need help when we are in public.

We took part in a fun and informative first aid workshop. We learnt how to put someone in the recovery position and had a go at delivering CPR to mannequins. We also learnt about how to correctly treat burns, bleeds and choking.



### Dr. ABC:

**D**anger – is the area safe?

**R**esponse – does the casualty respond to a verbal question or physical contact?

**A**irways – open their airways (tilt their head back slightly and open their mouths by pulling lightly on the chin)

**B**reathing – put your ear near their nose and mouth while looking towards their abdomen. Can you see, hear or feel them breathing yet?

**C**irculation – check there are no major bleeds or injuries that may be causing their circulation to be the issue.

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