

Spring 2026 – PSHE Week: Keeping Safe and Healthy – Year 4 and 6

First Aid

As part of our Spring term PSHE week on keeping safe and healthy, we took part in First Aid workshops

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)

Year 6 also did some epi pen training to make sure we knew how to use them in an emergency.



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

