

# KS3 Lifeskills Learning Organiser

## Spring

### Staying Safe

#### Topic Word Bank

dangers	You need to be aware of your surrounding and start seeing where dangers are
Emergency services	Police, Fire service, Ambulance, Coast Guard
Accident	Can happen anywhere, know how to stay calm and deal with them
Medical emergency	Something that needs immediate medical attention
First aid	Treatment given when someone is hurt or injured

Learning to stay safe is really important because it helps us protect ourselves and others from harm, whether we're at home, school, or out in the community. It's important to be able to recognise dangers around us. It's also essential to know what to do if something goes wrong. For example, can you identify when a medical problem needs attention, and who to turn to for first aid help or know how or when to contact emergency services?

#### Safe Strangers

Sometimes we might need the help from strangers, if you need help asking someone in a uniform like the police, security guard, shop worker is safer than just someone passing by. There are other clues to look for if we need to iden-

#### Medical problems

It's important to understand that medical problems, like cuts, bruises, or feeling unwell, need attention because they can sometimes get worse if not treated.

#### Emergency Services

Do you know how to call 999 and ask for help, which service do you require, Ambulance, Fire, Police or Coast Guard. Can you give all the information they will ask for like your address and telephone number?

#### Dangers in the Home

There are many dangers in the home, like hot stoves, sharp objects, and electrical outlets, so it's important to be careful and always ask an adult for help if you're not sure how to stay safe



#### Where to go for help

Different emergencies and situations require different help. Know when to go to a chemist, doctor or A&E and which adults can help you when you need it most.

#### First aid

First aid is the simple help you can give someone if they're hurt or unwell, like cleaning a small cut, putting pressure on a bleeding wound, or calling for help if someone is very ill or injured, until a grown-up or pro-

#### Green Cross Code

Knowing how to cross the road safely, how to be visible, where the safest crossing are, how to stay if you are riding a bike

