

## Building PSHE Knowledge: How can I keep myself safe? (Safety Week)

|   | EYFS  | Year 1   | Year 2  |
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| <p><b>How can I keep myself safe?</b></p> | <p><b>Road Safety THINK – Stepping Stones to Road Safety</b></p> <ol style="list-style-type: none"> <li>To develop familiarity with the Stop, Look, Listen and Think sequence.</li> <li>I know that pedestrians walk on the pavement and vehicles travel on the road.</li> <li>I know how to walk safely with a grown up and hold hands when walking near the road.</li> </ol> <p><b>Water Safety</b></p> <p>RNLI lifeguards help look after visitors during the busier months on the beach. They use binoculars to watch people on the beach and in the sea to check if they need help. They use rescue boards, powered watercraft and other vehicles so they can respond to any emergency. They even work with helicopter rescue crews for some rescues.</p> <p><b>Flags:</b></p> <p>The red and yellow flag shows the lifeguarded area and is the safest place to swim and bodyboard. The black and white chequered flag shows an area for surfers, kayaks and other non powered craft. You should never swim or bodyboard here.</p> <p>Red flag is danger. Never go in the water under any circumstances when the red flag is flying.</p> <p>The orange wind sock means never use inflatables when it is windy.</p> <p><b>Four key messages are:</b></p> <ul style="list-style-type: none"> <li>✓ Stop and think</li> <li>✓ Stay together</li> <li>✓ Float if you fall in the water</li> <li>✓ Call 999 or 112 in an emergency</li> </ul> | <p><b>Road Safety THINK – Road safety Rangers</b></p> <ol style="list-style-type: none"> <li>I know that pedestrians walk on the pavement and vehicles travel on the road.</li> <li>I know safer crossing places and how to use them.</li> <li>I know the Stop, Look, Listen and Think sequence.</li> <li>I know how to ride a bike/ scooter and cycle/scoot safely.</li> <li>I know how to use the correct behaviour to keep myself safe on the road.</li> </ol> <p><b>Water Safety</b></p> <p>RNLI lifeguards help look after visitors during the busier months on the beach. They use binoculars to watch people on the beach and in the sea to check if they need help. They use rescue boards, powered watercraft and other vehicles so they can respond to any emergency. They even work with helicopter rescue crews for some rescues.</p> <p><b>Flags:</b></p> <p>The red and yellow flag shows the lifeguarded area and is the safest place to swim and bodyboard. The black and white chequered flag shows an area for surfers, kayaks and other non powered craft. You should never swim or bodyboard here.</p> <p>Red flag is danger. Never go in the water under any circumstances when the red flag is flying.</p> <p>The orange wind sock means never use inflatables when it is windy.</p> <p>Four key messages are:</p> <p>Stop and think<br/>Stay together<br/>Float if you fall in the water</p> <p>safe behaviour by the water is very important because the sea, rivers, streams, lakes and streams can be a dangerous place to play.</p> <p>It is unsafe to get lost by the water or lose sight of an adult.</p> | <p><b>Road Safety- THINK Road Safety Warriors</b></p> <ol style="list-style-type: none"> <li>I know how to walk safely and hold hands with a grown up when walking near the road and crossing a road.</li> <li>I know how to behave when I travel in a car or a bus</li> <li>I know why I need a child car seat when I travel in a car.</li> <li>I know how to ride a bike/ scooter and cycle/scoot safely.</li> </ol> <p><b>Water Safety</b></p> <p>RNLI lifeguards help look after visitors during the busier months on the beach. They use binoculars to watch people on the beach and in the sea to check if they need help. They use rescue boards, powered watercraft and other vehicles so they can respond to any emergency. They even work with helicopter rescue crews for some rescues.</p> <p><b>Flags:</b></p> <p>The red and yellow flag shows the lifeguarded area and is the safest place to swim and bodyboard. The black and white chequered flag shows an area for surfers, kayaks and other non powered craft. You should never swim or bodyboard here.</p> <p>Red flag is danger. Never go in the water under any circumstances when the red flag is flying.</p> <p>The orange wind sock means never use inflatables when it is windy.</p> <p>Four key messages are:</p> <p>Stop and think<br/>Stay together<br/>Float if you fall in the water</p> <p><b>MAKING A CALL TO THE EMERGENCY SERVICE</b></p> <p>Explain that by calling 999/112 you can reach any of the emergency services; Coastguard, Police,</p> |

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|  |  | <p>Always stay close to an adult when near the water.<br/>If you get lost, a lifeguard can help you.<br/>Lifeguards wear red and yellow uniforms.<br/>Lifeguards will often have trucks and huts at the beach.</p> <p>There are rules and age restrictions that keep us safe.<br/>People do jobs to keep us safe like policeman, teachers, nurses, doctors, fireman, coast guard.<br/>If I feel unsafe I can tell a trusted adult.<br/>In an emergency I need to call 999 and ask for help.<br/>Safety rules:<br/>Cross the road with a trusted grown up.<br/>We don't wander away from the people we are with.<br/>We don't talk to strangers.<br/>We wear a seatbelt in the car.<br/>We can play video games that are safe at different ages.</p> | <p>Ambulance or Fire service and you just need to explain to the operator what has happened and they will send the emergency team you need.<br/>They will ask you some questions to find out where you are. You should answer as clearly as possible. What can you see? Are there any signs to say where you are?<br/>If there is not a phone available, use your voice to shout for help as loud as you can or find someone in uniform to help you (a lifeguard, park ranger, police officer etc).</p> <p><b>Fire safety</b></p> <ul style="list-style-type: none"> <li>✓ recognise the ways the Fire Service can help us</li> <li>✓ begin to understand how fire can be prevented</li> <li>✓ understand the dangers of smoke and importance of smoke alarms</li> <li>✓ know who the other emergency services are and the number to dial in an emergency</li> <li>✓ recognise why you should never play with matches and lighters</li> <li>✓ identify the feelings that you have if a situation feels unsafe and know who to tell</li> <li>✓ know what to do if your clothes catch fire – Stop Drop and Roll</li> </ul> |
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| Year 3                             |  | Year 4                   |  |
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| <b>How can I keep myself safe?</b> | <p><b>Road safety THINK</b></p> <ul style="list-style-type: none"> <li>✓ I know the Stop, Look, Listen, Think sequence and safer places to cross the road.</li> <li>✓ I know my responsibilities as a pedestrian, a cyclist, a passenger in a car or on public transport.</li> <li>✓ I understand risk and the effect of risky behaviour and can develop strategies to cope with dangerous situations caused by others.</li> </ul> <p><b>Water Safety</b></p> <ul style="list-style-type: none"> <li>✓ The biggest danger when going into the water outside is the COLD. Falling into the cold water gives the body a shock which makes it difficult think, breath &amp; swim.</li> <li>✓ Remember open water is not like a swimming pool – the water is always moving.</li> <li>✓ Playing near the edge can be dangerous.</li> <li>✓ There might be dangers under the water – rocks / rubbish / depth of the water</li> <li>✓ Don't use an inflatable, they are easily blown out to sea.</li> <li>✓ always stay within arm's reach of an adult to avoid falling in to water.</li> </ul> | <b>Road Safety THINK</b> | <ul style="list-style-type: none"> <li>✓ I know the Green Cross Code, and safe crossing places on the road.</li> <li>✓ I understand the risks and the effects of risky behaviour.</li> <li>✓ I can develop strategies to cope with dangerous situations caused by others.</li> </ul> <p><b>Water Safety</b></p> <ul style="list-style-type: none"> <li>✓ If you see someone in trouble in the water and there is something close by that floats that they can hold onto, throw it to them. Then call 999 or 112 or find an adult to do this for you. You should not attempt to go into the water to help them.</li> <li>✓ If you see someone in trouble in the water call 999 or 112 and tell them that somebody is in trouble in the water. An operator will answer and ask some questions about the emergency so they know how best to respond.</li> <li>✓ It is important to stay calm and speak clearly. Give them as much information as you can and listen to what they say to you.</li> </ul> |

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|  | <ul style="list-style-type: none"> <li>✓ I can understand that in life we need to take some risks but that other risks are dangerous.</li> <li>✓ Risk is a situation involving exposure to danger.</li> <li>✓ Hazard is a potential source of danger.</li> <li>✓ Danger is the possibility of suffering harm or injury.</li> <li>✓ You can get help in a risky or dangerous situation by asking an adult in a position of trust for help like a shop worker or security guard, or in an emergency- police, ambulance, fire brigade, coast guard</li> <li>✓ When someone is harmed or injured in a serious way, or there is an immediate danger like a fire, it is time to call the emergency services.</li> </ul> | <p>Recap the flags: The red and yellow flag shows the lifeguarded area and is the safest place to swim and bodyboard. The black and white chequered flag shows an area for surfers, kayaks and other non powered craft. You should never swim or bodyboard here.</p> <p>Red flag is danger. Never go in the water under any circumstances when the red flag is flying.</p> <p>The orange wind sock means never use inflatables when it is windy.</p> <p><b>Railway Safety</b></p> <ul style="list-style-type: none"> <li>✓ In the event of a level crossing not having any barriers, have you <b>stopped, looked and listened</b> to ensure it's safe to cross.</li> <li>✓ There are different types of level crossings with different safety signs- some have barriers,lights and others simply have a sign to remind you to stop, look and listen.</li> <li>✓ Electricity can jump up to 3m so never go near an electrical line.</li> <li>✓ You can't always hear trains coming- some are almost silent.</li> </ul> <ul style="list-style-type: none"> <li>✓ Sometimes, there are rules we should follow that are in place to keep us safe and these rules will inform our choices. Many rules protect us from being in dangerous or uncomfortable situations. Some rules protect us from the actions of other people. Some of these rules have age restrictions that keep us safe until we are old enough to be responsible for our choices.</li> </ul> |
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|                                    | Year 5  | Year 6   |
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| <b>How can I keep myself safe?</b> | <p><b>Road Safety- THINK</b></p> <ul style="list-style-type: none"> <li>✓ I know how to plan a safer journey to school.</li> <li>✓ I know my responsibilities as a pedestrian, a cyclist, or a passenger in a car or on public transport.</li> </ul> <p><b>Water Safety- cold water impact</b></p> <p>Skin temperature drops<br/>Heart rate increases<br/>Lose control of your breathing and ability to hold your breath.<br/>Muscles cool down, affecting movement and swimming ability.</p> <p>If you fall in the water:<br/>Fight your instinct to swim 2. Lean back in the water to keep your airway clear 3. Push your stomach up, stretching out your arms and legs 4. Gently move your hands and feet to help you float 5. Float until you feel calm 6. When you are calm raise your hand and shout for help or swim to safety if you can.</p> | <p><b>Road safety-THINK</b></p> <ul style="list-style-type: none"> <li>✓ I know the key road skills that I will need when I am old enough to travel without an adult.</li> <li>✓ I know how to plan a safer journey to school.</li> <li>✓ I know my responsibilities as a pedestrian, cyclist, passenger in a car or on public transport.</li> </ul> <p><b>Water Safety- RIPS</b></p> <p>In the UK, the majority of RNLI lifeguard incidents involve rip currents. They are a major cause of accidental drowning on beaches all across the world.</p> <p>Rips are strong currents running out to sea, which can quickly drag people and debris away from the shallows of the shoreline and out to deeper water.</p> <p>Rips are especially powerful in larger surf. They are also found around river mouths, estuaries and man-made structures like piers and groynes.</p> <p>Rip currents can be identified by a smoother channel of water between sets of waves. They can be very difficult to spot and move around as the tide goes in and out.</p> |

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#### **Fire Safety**

- ✓ understand the role of the fire service in protecting people and keeping them safe
- ✓ know when and when not to call the emergency services
- ✓ recognise what you can do to reduce risk and prevent a fire starting
- ✓ understand that your actions and behaviour affects others
- ✓ understand what to do if a situation makes you feel unsafe.

#### **Canal & River Safety**

There are many hazards along a canal and river.

Canals and rivers can be deeper than you think.

There can be things that are submerged under the water that are hazardous.

In the winter the water can be very cold

In the winter the canal paths and river banks can be slippery if muddy or frosty.

Canals and rivers can be dangerous in winter if icy- never walk on the ice.

#### **Think SAFE:**

- ✓ Stay away from the edge of water
- ✓ How to spot hazards – things underneath the water, strong currents, deep water, cold water.
- ✓ How to react in an emergency – ‘float to live’ and be water aware. Call 999 in an emergency.
- ✓ The message: Be SAFE near water and Stay Away From the Edge
  
- ✓ As we get older, we become more independent and take responsibility- be in charge of our own actions. There are consequences to our actions.
- ✓ When staying safe we need to think of hazards, risks and dangers.
- ✓ You can reduce the risk of a hazard or danger by being more aware of your surrounding, removing the hazard or speaking to a trusted adult who can help.

The best way to avoid rips is to choose a lifeguarded beach and always swim between the red and yellow flags, which have been marked based on where is safer to swim in the current conditions.

#### **IF YOU DO FIND YOURSELF CAUGHT IN A RIP:**

- ✓ Don't try to swim against it or you'll get exhausted.
- ✓ If you can stand, wade don't swim.
- ✓ If you can, swim parallel to the shore until free of the rip and then head for shore.
- ✓ Always raise your hand and shout for help.
- ✓ If you are surfing or boarding do not let go of your board
- ✓ If you see anyone else in trouble, alert the lifeguards or call 999 or 112 and ask for the coastguard.

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