

# Health and Wellbeing: What keeps us safe?

PSHE

Year 3: Summer 1

## Sticky Knowledge



<b>999</b> Emergency	<b>111</b> national non-emergency medical number
<b>112</b> Emergency number. 112 will work on any mobile phone anywhere in the world.	<b>101</b> non-emergency number for the police



## Key Vocabulary

When would you need to contact the Emergency Services?

A: if someone is seriously ill or injured, or their life is at risk.

How do hygiene routines help prevent hazards and risks?

A: Stop the spread of germs to ourselves and others.

How do you contact the Emergency Services?

A: By calling 112 or 999 (OR swipe up on a locked phone and press 'Emergency')

What is the difference between a hazard or a risk?

A: A hazard is something that can cause harm, e.g. electricity, chemicals, working up a ladder, noise, a keyboard, a bully at work, stress, etc.

A risk is the chance, high or low, that any hazard will actually cause somebody harm.

What do you do if you feel you are at risk from a hazard? A. Move away or tell a trusted adult. A: Move away or tell a trusted adult.

Vocabulary	Definition
hazards	a danger or risk
harm	physical injury, especially that which is deliberately inflicted.
injury	do physical harm or damage to (someone).
seatbelt	a belt used to secure someone in the seat of a motor vehicle or aircraft.
protective clothing and stabilizers	is protective clothing, helmets, goggles, or other garments or equipment designed to protect the wearer's body from injury or infection.
health and hygiene	A healthy person is one who is mentally and physically fit. Hygiene refers to behaviors or habits that promote excellent health and a clean environment.
medicines	a drug or other preparation for the treatment or prevention of disease.
allergies	a damaging immune response by the body to a substance, especially a particular food, pollen, fur, or dust, to which it has become hypersensitive.
scratches, grazes, burns	a break or damage to the skin surface
emergency	a serious, unexpected, and often dangerous situation requiring immediate action.