

Year 5 and 6: Health and Wellbeing

Subject Specific Vocabulary

Accident	An unintended and usually sudden and unexpected event resulting in loss or injury.
Emergency	An unexpected situation that calls for immediate action.
Emergency services	Public organisations whose job is to take quick action to deal with emergencies when they occur. E.g. the ambulance service, police and fire brigade.
First aid	Medical treatment given as soon as possible to a person who is injured or suddenly becomes ill.
Minor	Less serious or dangerous.
Severe	Threatening harm or great danger.
Burn	An injury caused by something dry and hot.
Scald	An injury caused by something wet and hot.
Bleed	Loosing bloody from your body caused by an injury.
Choking	When something blocks the airway preventing air from passing in or out of the lungs.
Asthma attack	When you can't get enough air into the lungs.
Allergic reaction	A reaction the body has to a particular food or substance
CPR	Cardiopulmonary resuscitation

How can we help in an accident or emergency?



What I will learn by the end of this topic:

- How to carry out basic first aid including for burns, scalds, cuts, bleeds, choking, asthma attacks or allergic reactions.
- That if someone has experienced a head injury, they should not be moved.
- When it is appropriate to use first aid and the importance of seeking adult help
- The importance of remaining calm in an emergency and providing clear information about what has happened to an adult or the emergency services.



Call:

999 or 112

DRs ABC

- **D**anger
- **R**esponse
- **S**hout
- **A**irway
- **B**reathing
- **C**irculation



Previous Learning

- I know about hazards that may cause harm or injury and what I should do to reduce risk and keep myself (or others) safe.
- I understand how to help keep my body protected and safe, e.g. wearing a seatbelt, protective clothing and stabilizers.
- I know how to react and respond if there is an accident and how to deal with minor injuries e.g. scratches, grazes, burns.
- I know what to do in an emergency, including calling for help and speaking to the emergency services.