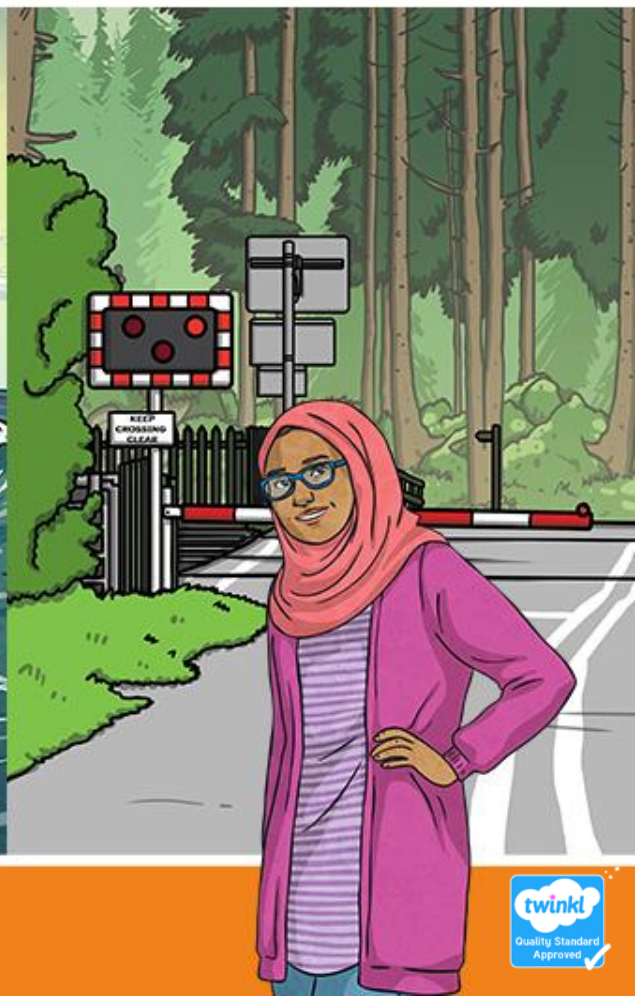




PSHE and Citizenship

Health and Wellbeing | Safety First

Safety When Out and About



Aim

- I know how to stay safe when out and about.

Success Criteria

- I know the dangers we might encounter when out and about.
- I can list things we have in place to keep us safe in the local environment.
- I can advise others on how to keep safe in unfamiliar places.

The Big Questions



What are the dangers
when out and about?

How can we stay safe
in unfamiliar places?



Reconnecting

What's It All About?



Outside, we can encounter many different hazards or dangers.

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end of the

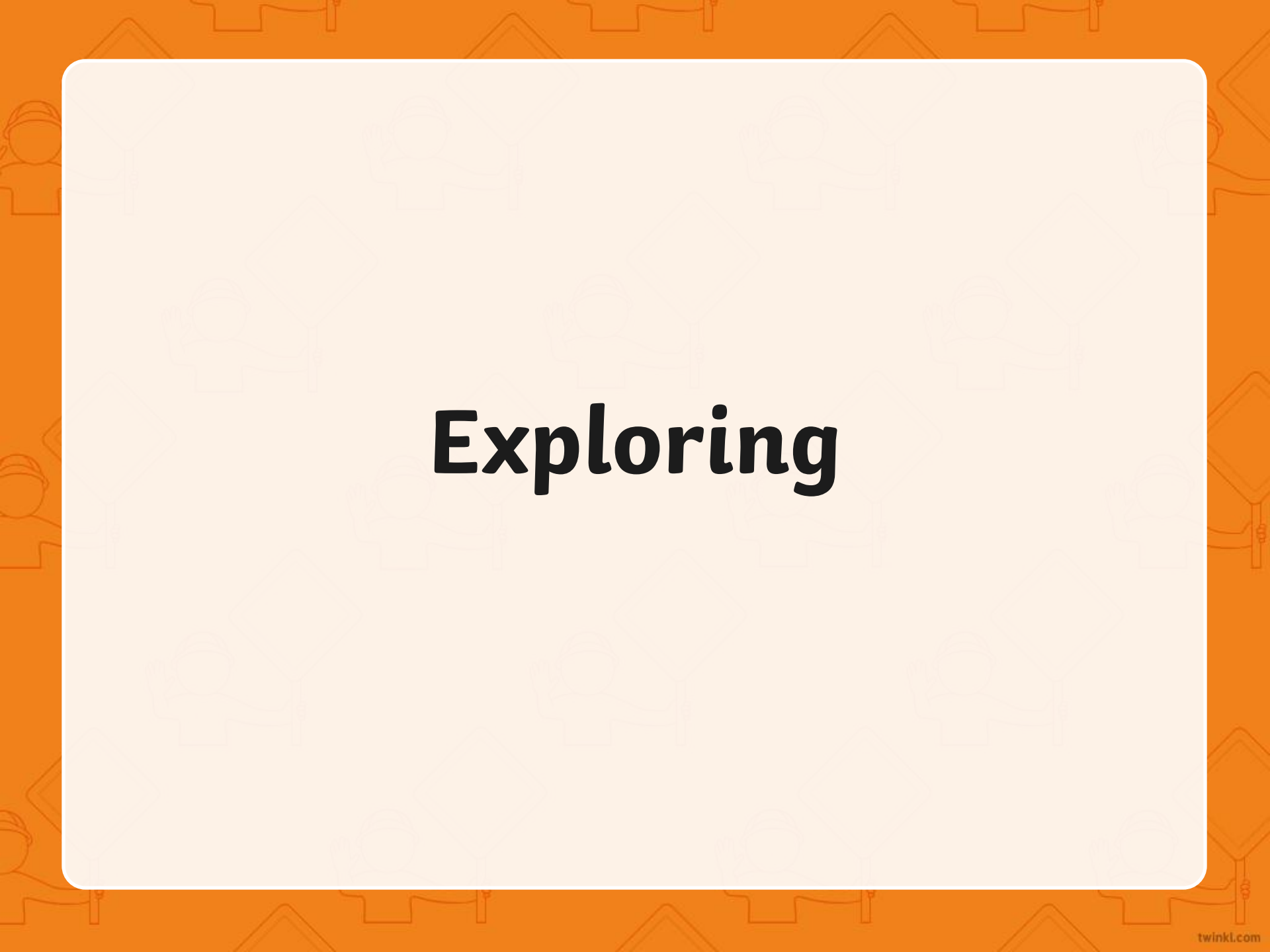
In pairs, write down one place on your sticky note where you might face a hazard or danger in your local environment.



What's It All About?

Our local environment can pose different hazards and dangers to those we might encounter indoors. It is important to take extra care and know everything we can do to stay safe around roads, railways and water.



The background of the slide is a solid orange color. It features a repeating pattern of a white line-art icon. The icon depicts a person from the waist up, wearing a hard hat and holding a rectangular sign on a stick with both hands. The person's arms are raised, and the sign is tilted slightly. This pattern is visible behind the central white box and across the entire slide.

Exploring

Be Road Smart



What do you think it means to be road smart?

Finally, we need to know everything we can do to stay safe on or near the road.



Making sure we understand the dangers of using the road is the first step.



We can all be road smart!



Then, we can make sure we know the rules of the road.

Be Road Smart



What are the dangers of using the road?



Be Road Smart



What rules should we keep to make sure we stay safe on or near the road?

Children must use special car seats or booster seats.

wear a s

The driver must not use their phone when on the road.



Be Road Smart



Everyone should use a pedestrian crossing to cross the road if possible.



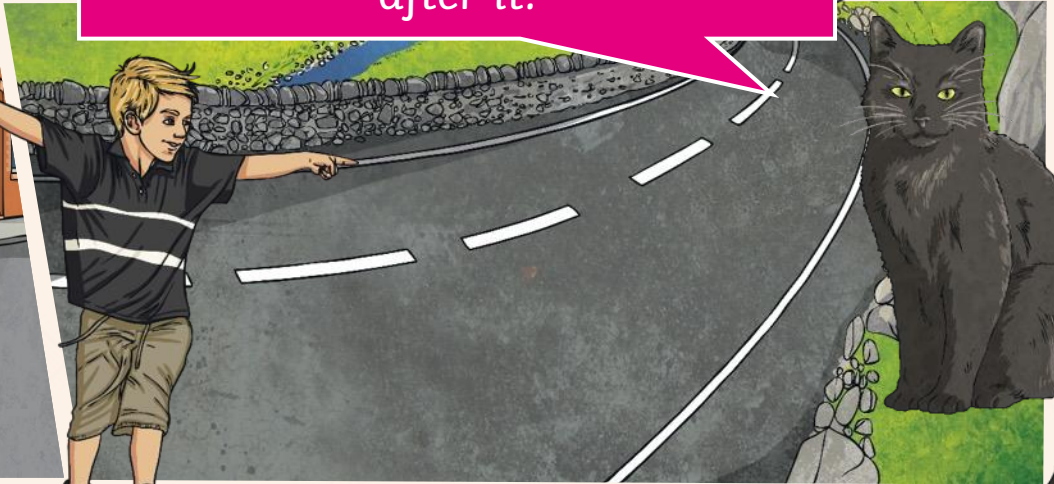
Be Road Smart



C Nobody should run across a road, in case they trip and fall.



If something goes in the road, like a ball, you should not go after it.



Be Road Smart



What can we do to keep ourselves safe when using the road?



We all have a responsibility to keep ourselves safe when we are near roads and when we are in vehicles.



We need to act responsibly and stay alert.

We need to concentrate when we cross the road.



Be Road Smart

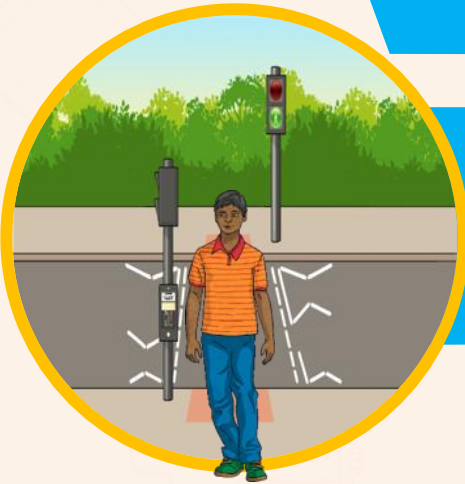


What can we do to keep ourselves safe when using the road?

We need to check for traffic the whole time, using our eyes and ears.



We need to choose safe places to cross and should always use pedestrian crossings if possible.



When we get in a vehicle, we need to always put our seatbelt on and make sure we do not distract the driver.



Be Water Aware



There are different places in our local environment where we may be near or even in water. There are many ways we can stay safe in any kind of area with water.

Learning to swim is one of the most important ways to stay safe in water. Some people find this trickier than others but making sure you can stand up in the depth of water and using armbands, floats or other aids to help you in the water can help you stay safe.



Be Water Aware



Swimming pools can be a safe place to swim as there are lifeguards to keep us safe.

Always follow the safety tips on the posters all around the pool, walk around the poolside to avoid slipping, only dive in where signs state it is safe to do so and always stay within your depth (where you can touch the bottom if you cannot swim well).



Be Water Aware



Swimming in the sea is best at a beach where there are lifeguards. Always stay within your depth in the sea and only go swimming with a trusted adult. Most beaches have posters displaying rules and flags that help you stay safe.

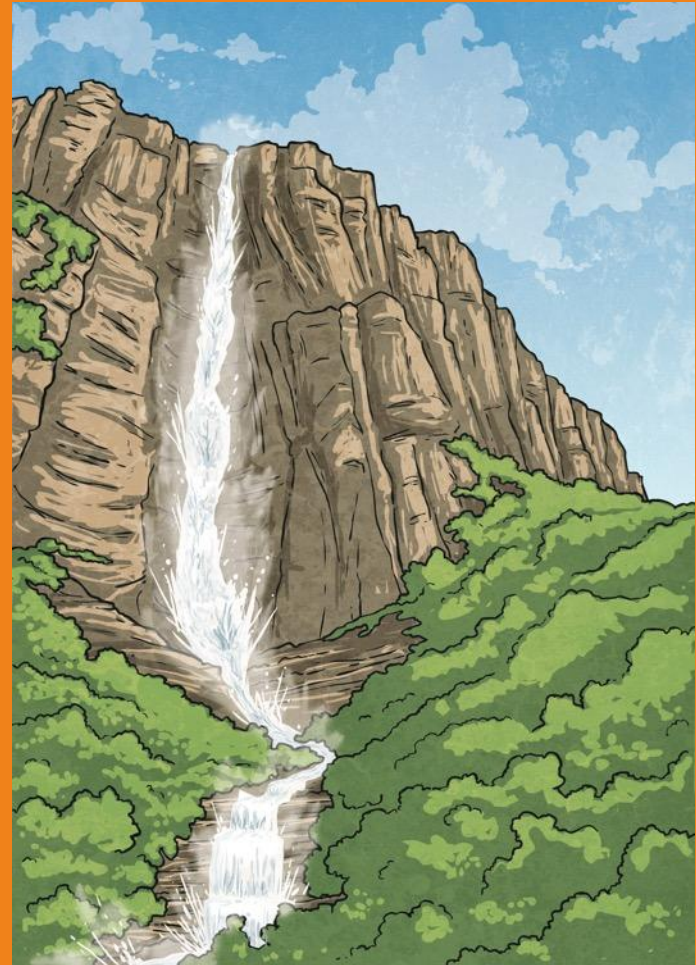


Be Water Aware



Other bodies of water, such as rivers, lakes, canals, ponds and reservoirs are generally not best for swimming unless they are signposted safe or an adult tells you it is OK to swim.

Always follow rules on warning and safety signs, stay out of fast-flowing water, avoid water that is too cold and get out of the water if you feel cold. Always wear a life jacket if you are doing a water-based activity, such as canoeing or sailing.



ALWAYS FOLLOW THE WATER SAFETY CODE



Whenever you are around water:

STOP AND THINK

Take time to assess your surroundings.
Look for the dangers and always research local signs and advice.



STAY TOGETHER

When around water always go with friends or family.
Swim at a lifeguarded venue.



In an emergency:

CALL 999

If you are at the coast, call 999 and ask for the Coastguard.
Don't enter the water to rescue.



FLOAT

Fall in or become tired - stay calm, float on your back and call for help.
Throw something that floats to somebody that has fallen in.



Be Rail Safe



Railways can be seen through many towns and cities and they often cross through villages and the countryside too. There are many dangers near railways though some of these cannot always be seen.



Be Rail Safe



Many railways use electricity carried through overhead power lines, underground power cables or conductor rails to power trains.

It is never safe to touch any of these and it could also be dangerous to fly objects or dangle things from bridges that could touch these too.



Electricity is extremely powerful; touching or getting too close to these power lines or cables could be fatal.

Be Rail Safe



Level crossings are places where railways crossroads and footpaths. Level crossings are the only way to cross a railway track safely. Always follow the rules and warning signs:



If the barriers are closed, an alarm sounds or the lights are flashing red, do not attempt to cross the line.



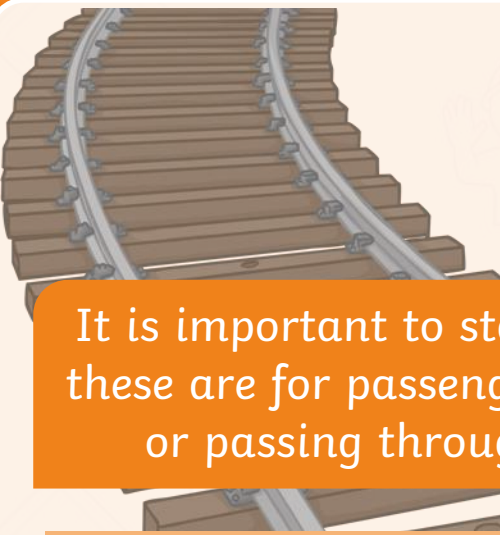
Once the train has passed, you must wait for the red lights and the alarm to stop before you cross.



Always walk; don't run.



If you are on a bicycle, get off and push it.



Be Rail Safe

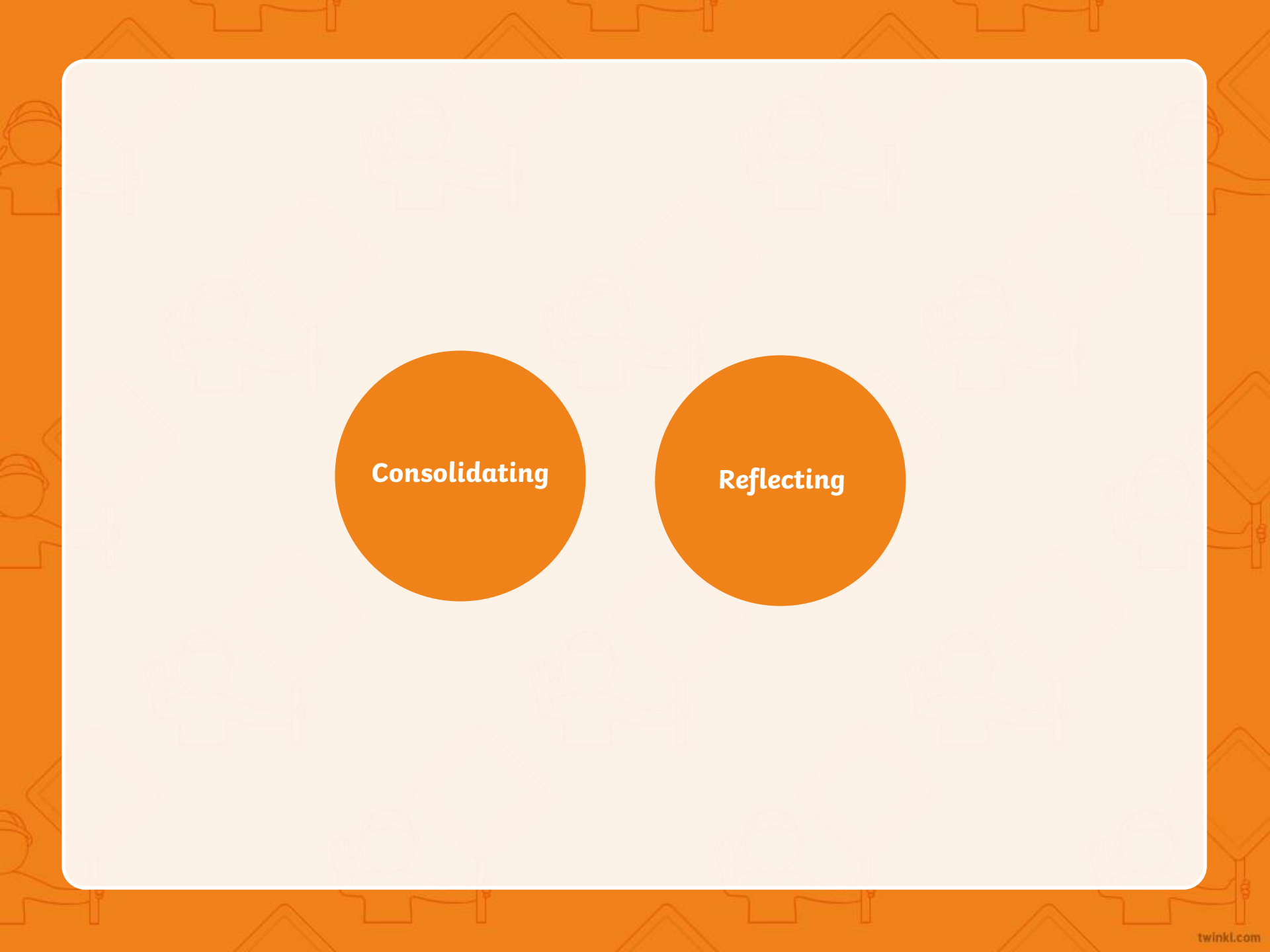


It is important to stay safe at train stations. Platforms have yellow lines; these are for passengers to stand behind when trains are entering, leaving or passing through a station. Always stand behind the yellow line.

If you drop something onto the track, it is never safe to go onto the track to attempt to get it back; always let a member of railway staff know.

When entering or exiting a train, there can be a large gap between the train and the platform so take extra care.

Train doors are controlled by the staff at the front or rear of the train so they open and close automatically. Never put your hands, arms or legs inside when the doors are closing.

The background of the slide features a repeating pattern of stylized, light-colored figures. Each figure is depicted from the waist up, wearing a hard hat and holding a rectangular sign with both hands. The figures are arranged in a grid-like fashion, creating a textured, patterned effect across the entire background.

Consolidating

Reflecting

Consolidating

Stay Safe When Out and About



It is really important to make sure everyone knows about how to stay safe when out and about in the local environment.

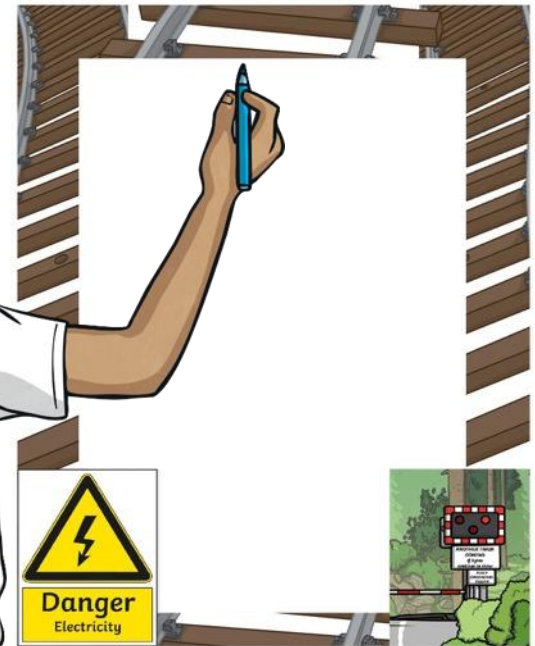
A great way to make others more aware about something is with an eye-catching poster.

You are all going to create a poster about how to stay safe. You can choose whether your poster will give safety information about roads, water or railways.

Try to include as much useful advice as possible.



Stay Safe around Railways



Reflecting

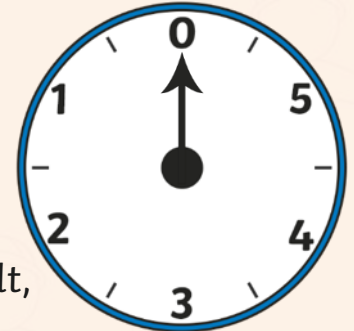
Make a Statement



Top Tip: you can use other words, such as conjunctions, prepositions and determiners to create your statements too!

bike, safe, traffic, platform, sea, hazard, flags, warning signs, overhead
lines, busy, train doors, caution, listen, helmet, safely, careful,
protect, walk, level crossing, seat, dangerous,
depth, swim, electricity, touch, alarm,
lights, crossing, stop, risk, pavements, roads,
pavement, dangle, underground, crossing,
closing, fast-flowing, lakes, think, adult,
parked, lorries, canals, gap, at, visible, cross,
floats, lines, powerful, ponds, life, posters,
yellow, doors, reservoirs, care, wait, jump, cold, take, stand.

Stop



Make a Statement



Remember to be careful with fireworks and water around roads and rail safe by understanding the rules and taking

g on safe



Fireworks



Extreme Weather



Animals

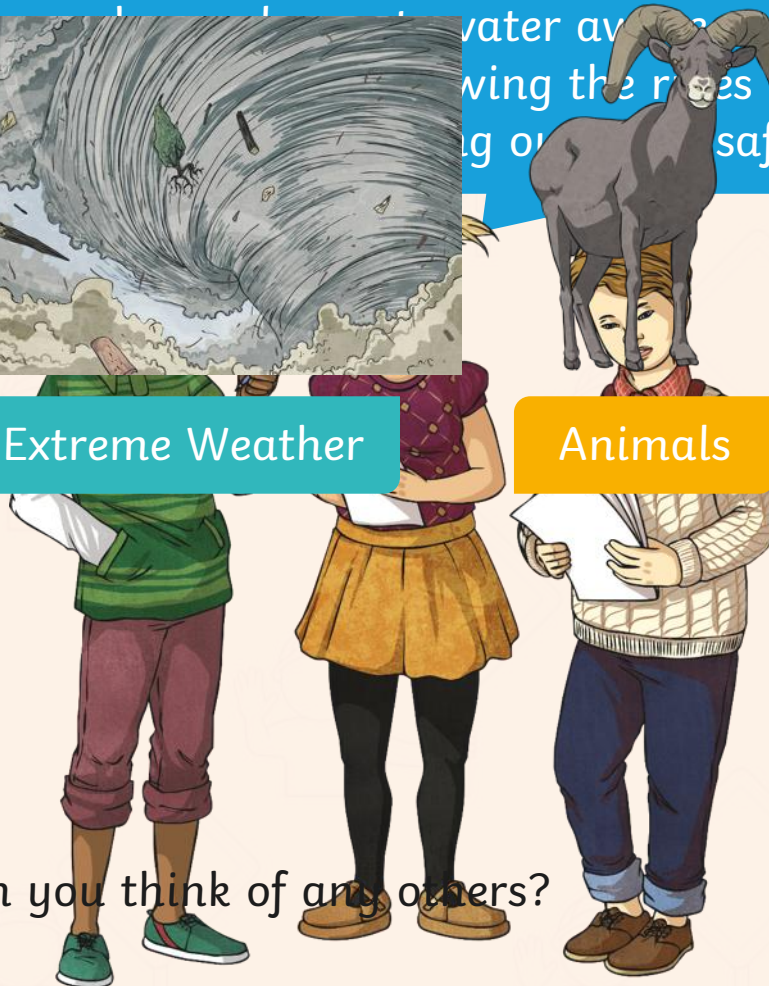


Getting lost



Strangers

Can you think of any others?



The Big Questions



Have we now got more ideas about what outdoor safety includes than we had at the start of the lesson?

How can we stay safe in unfamiliar places?



Aim

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