



Health and Physical Education

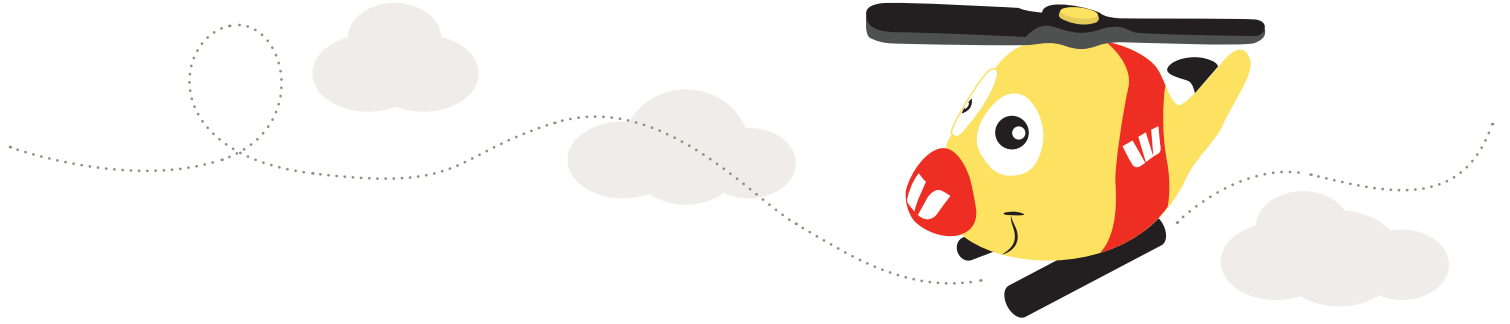
Keeping safe

Time recommended: 30 minutes
Year 1 and 2

Strand:	Personal, Social and Community Health
Descriptor:	Being healthy, safe and active
Practise strategies they can use when they need help with a task, problem or situation (ACPPS017)	
Descriptor:	Communicating and interacting for health and wellbeing
Examine health messages and how they relate to health decisions and behaviours (ACPPS021)	



Name: _____



Keeping safe

Discuss as a class how to ask for help and what we can do to stay safe.

TASK ONE:

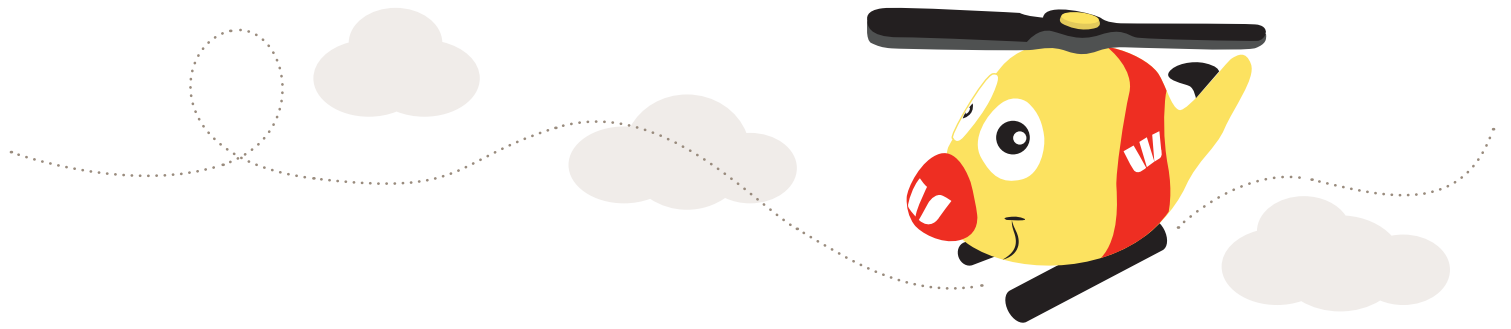
Legge, the Air Crew Officer has been carrying out his weekly task of cleaning the helicopter. He washes the outside of the helicopter with hot soapy water to ensure that any salt and dirt is removed from its surface. The helicopter is too tall for Legge to reach the top, so he uses a ladder. Legge knows that ladders can move and that to stay safe he needs to ask someone to hold the bottom of it for him.

Refer to the images on the next page and think about the situations. If you need help, how do you approach an adult and ask for it?

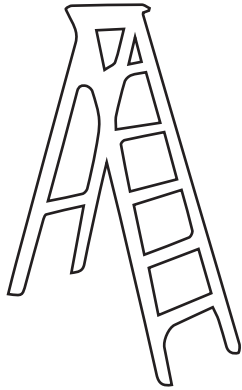
Describe the correct manners you would use.

How do you show your thanks, after they help you with the task?





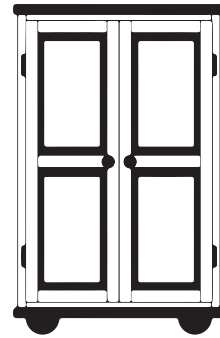
TASK ONE CONTINUED:



1. Using a ladder



2. Crossing the road



3. Reaching a high cupboard that's stacked with items

TASK TWO:

As when we cross the road, there are certain areas at the base where the crew has to be very careful and aware of safety. An example of a caution zone is the helicopter landing pad and another one is underneath the helicopter's rotors.

When entering 'caution zones', like crossing the road, what actions do we take to keep safe?

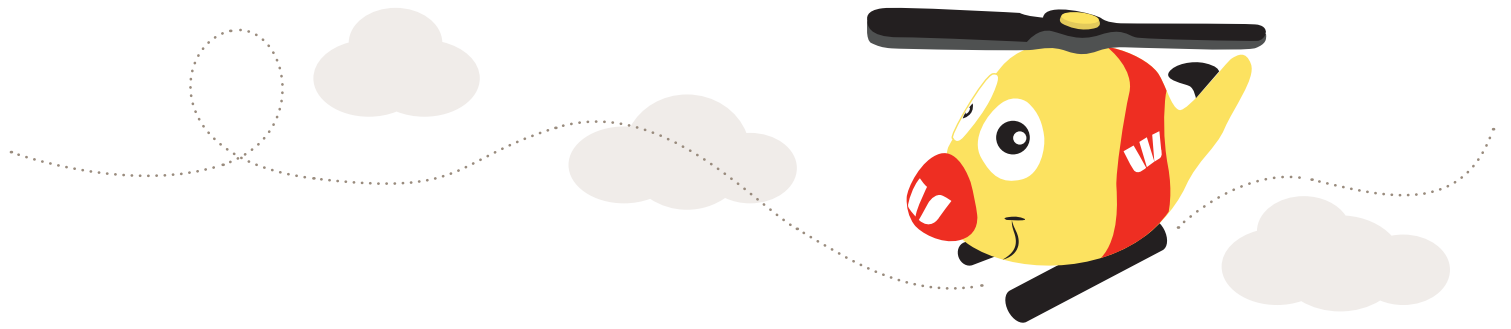
What do the following colours mean when you see them on safety signs?

Red

Yellow

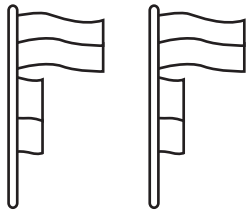
Green





TASK THREE:

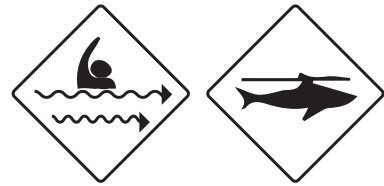
When we are at the beach, we have to be aware of the following signs. Discuss what each of them means.



Red and yellow flags



Surf Lifesaver/Lifeguard



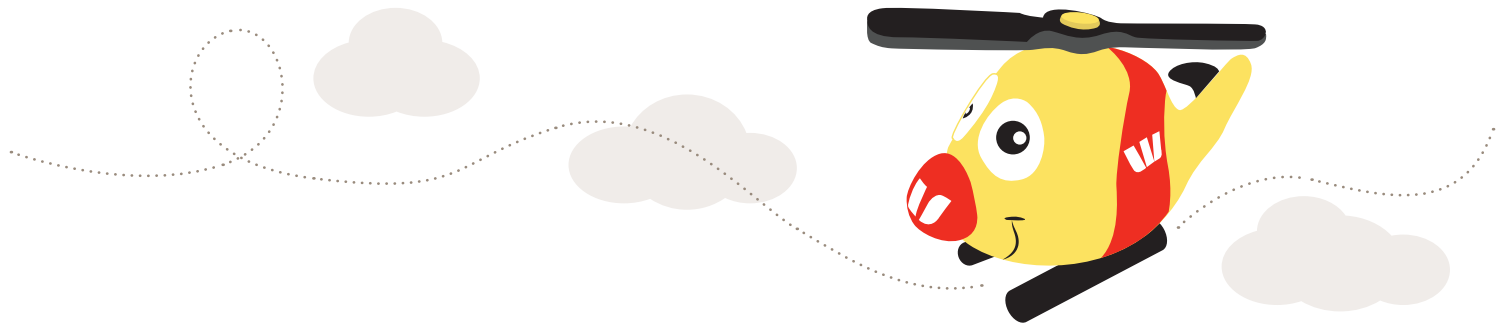
Safety signs on the beach

It is also important that when we go swimming we follow the basic safety rules.

1. Swim between the flags.
2. Never swim without an adult.
3. If you feel unsafe, stay calm and attract attention.

Discuss why each of these is important.





TASK FOUR:

Every day, people call emergency services when they need help. If you are in a remote location and find someone who needs immediate help, who would you call and what would you say?

Discuss situations when you would call 000.

- Is someone seriously injured or in need of urgent medical help?
- Is your life or property being threatened?
- Have you just witnessed a serious accident or crime?

If you answer yes to any of these questions then you will need to call 000. If not then it might not be an emergency. Instead speak to an adult about the situation.

Practise the process of calling 000 and what you need to communicate.

- Do you want Police, Fire or Ambulance?
- Stay calm, don't shout and speak slowly and clearly.
- Tell the operator exactly where to go. Give an address or location.
- Do not hang up until the operator tells you to do so.

Remember that 000 is for emergency calls only. Never make a prank call to the emergency services as penalties apply.

<http://kids.triplezero.gov.au/>

