

# Year 3 Healthy Me: Keeping Myself and Others Safe

## Key Vocabulary

<b>Oxygen</b>	A gas that is needed for life
<b>Energy</b>	The ability to do things: work, exercise etc.
<b>Calories</b>	A unit of energy used to calculate how healthy certain food is
<b>Saturated fat</b>	Fat food in food that can be bad for you
<b>Anxious</b>	Being very worried about something
<b>Emergency</b>	A risk to health or life
<b>Risk</b>	Being put in danger
<b>Complex</b>	Using many different parts

EMAS ACTIVITY BOOK



## HOW TO MAKE A 999 CALL.

### If you need the ambulance service:

STEP 1	Dial 999 and ask for an <u>ambulance</u>	999
STEP 2	Keep calm and take a deep breath	
STEP 3	The person talking to you on the phone will now ask you some important questions. - Answer all the questions you can.	???
STEP 4	They may give you important instructions!	
STEP 5	DON'T hang up the phone!	XXX
STEP 6	Stay with the poorly person until the ambulance arrives (unless you are told otherwise by the person on the phone), you may need to answer the door to ambulance people	

**Don't forget NEVER MAKE a HOAX or false 999 call.**

You could risk the life of someone who needs the emergency services.

**You are also breaking the law.**

All 999 calls are taped and can be traced

