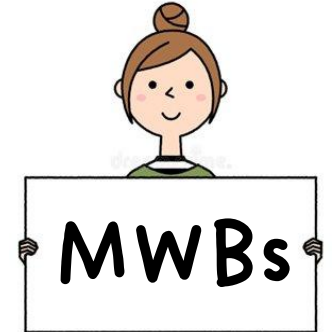






Today we are talking about staying safe in the local area this winter.



On the next slides there are different scenarios.

For each one, you have 30s to note down/discuss:

1. Two potential risks

2. Two smart, safety-first choices someone could make to reduce those risks.

1 – Walking to and from school

Friday, 12 June 2026



1 – Walking to and from school

Friday, 12 June 2026



Icy streets and pavements

Dark days – limited **visibility** for cars to see you

Stay in public and populated places, even if it means taking a longer route home to avoid an empty street or alleyway.

Don't look at your phone when walking, **especially if crossing roads!**

Take extra care and avoid all risks – even if you are late for school; your safety is more important!

Arrange to walk with a friend when possible

Wear suitable, visible clothes and shoes when ice/snow are expected

2 – Train travel

Friday, 12 June 2026





Icy platforms – even more dangerous when busy



Train/bus delays due to weather conditions



When possible, sit near several people instead of in empty carriages on your own.

Keep your phone charged in case of emergencies!

Take extra care and be mindful of other passengers

Always consider your 'Option B' travel routes

Wear suitable shoes when ice/snow are expected



1. [REDACTED] around the UK are [REDACTED] enough to induce shock effects, even in high summer.

2. Over [REDACTED] of drownings are of people who have ended up in the water [REDACTED] so they're normally very close to the edge, but something stops them from being able to get out safely.

3. Studies show that people's ability to swim in cold water is [REDACTED] than their ability in a warm swimming pool.



What should you do if you fall into the water?

1. First, keep your **mouth** away from the water until you have your breathing back under control, you can do this by rolling onto your back and floating or paddling to stay at the surface.

2. Then, don't waste any time and swim towards an **exit** before your muscles start to cool, or swim towards something that will help you to stay **afloat** whilst you are calling for help.

3. Finally, once you are out of the water, **warm** yourself, starting with your torso, as soon as you can to avoid *hypothermia*.



What can happen if we get too cold ?

Friday, 12 June 2026



How much do we already know about...

Hypothermia

Frostbite



What can happen if we get too cold ?

Friday, 12 June 2026



Hypothermia is a dangerous drop in body temperature below 35C (normal body temperature is around 37C). It's a medical emergency that needs to be treated in hospital urgently. Call 999 or attend A&E if hypothermia is suspected.

Hypothermia

Symptoms include: shivering; pale, cold and dry skin – skin and lips may turn blue or grey; slurred speech; slow breathing; tiredness or confusion.

DO remove wet clothes for warm and dry clothes or blankets, move indoors, eat chocolate.

DON'T have a hot bath, rub arms/legs, or drink alcohol.

Frostbite is damage to skin and tissue caused by exposure to freezing temperatures – typically any temperature below -0.55C (31F). It can vary in severity. Severe frostbite is associated with hypothermia.

Frostbite

Hands, feet, ears, nose and lips are most likely to be affected due to not being protected well.

The symptoms of frostbite usually begin with the affected parts feeling cold and painful.

You may feel pins and needles before the area becomes numb as the tissues freeze.

The frostbitten area should be warmed up by a healthcare professional. This is usually done by warm – but **not hot** – water.

