

**STOP** LOOK & learn™

# Know Your Emergency First Aid

An Educational Coloring & Activity Book



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It is very important to know what to do in an emergency. By planning ahead you will be able to stay calm and get the appropriate help. Know how to call 911 for help and keep all important emergency numbers by your phone.



# Know how to call for help!

When you **call 911** for an emergency it is important to try and remain calm and provide as much information as possible. If your community does not have 911 the emergency phone numbers will be printed on the inside cover of your phone book. Fill out the information below and keep near your phone.

## EMERGENCY NUMBERS

**POLICE DEPT.** \_\_\_\_\_

**FIRE DEPT.** \_\_\_\_\_

**HOSPITAL** \_\_\_\_\_

**POISON CONTROL CENTER** \_\_\_\_\_

**DOCTOR** \_\_\_\_\_

**DENTIST** \_\_\_\_\_

**FRIEND OR RELATIVE** \_\_\_\_\_

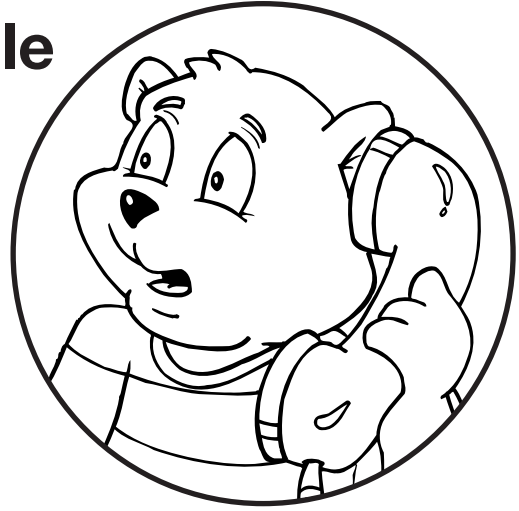
Know the address and phone number of where you are calling from, calmly explain the situation and listen carefully to what the dispatcher is telling you to do.



It is a good idea to take a first aid class to know how to react in an emergency. **Never administer any first aid you are not trained for!** You can check and see if your community may offer classes.



**Unscramble  
the  
words.**



1. veahdise \_\_\_\_\_
2. ngecmreye \_\_\_\_\_
3. ngathiber \_\_\_\_\_
4. ntemiton \_\_\_\_\_
5. endimeci \_\_\_\_\_
6. tcrhpaseid \_\_\_\_\_
7. rsuepsre \_\_\_\_\_
8. mutimcnoy \_\_\_\_\_

# STOP DROP & ROLL



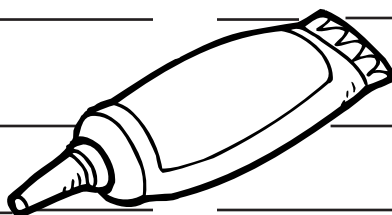
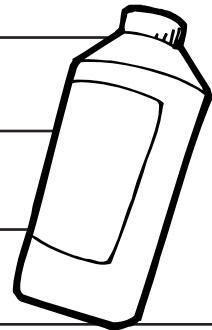
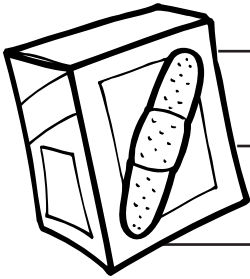
If your clothes catch fire it is important to remember not to run. You immediately **STOP, DROP** to the ground, and **ROLL** until the flames have gone out. Cover your face with your hands unless the sleeves of your clothes are on fire.



How many words can you make using the letters in

# EMERGENCY FIRST AID

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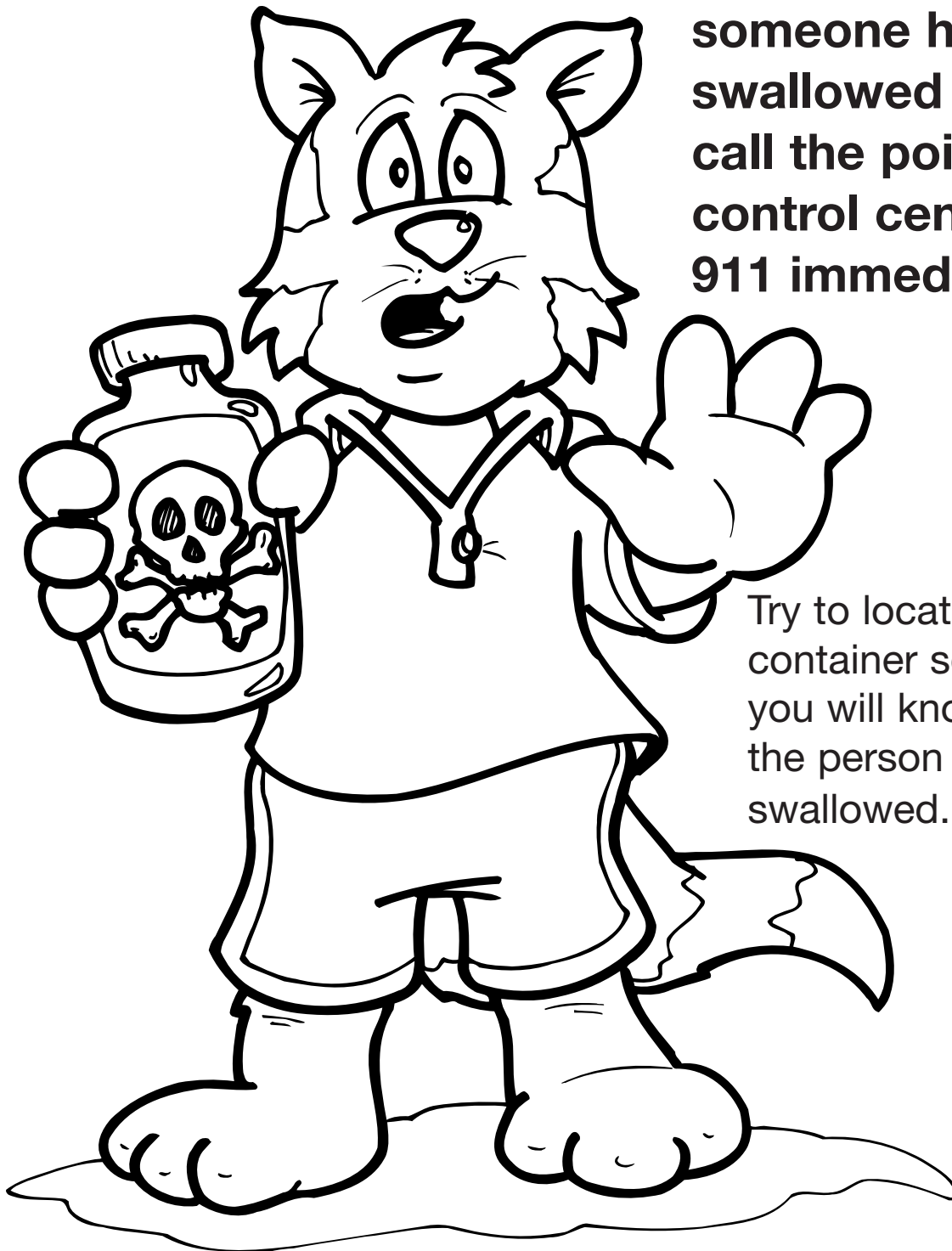
**Find your way  
through the maze!**

**Start**

A square maze with a grid of paths and walls. The maze starts at the top-left corner and ends at the bottom-right corner. The path is a single continuous line that winds through the maze, starting from the 'Start' label and ending at the 'Finish' label.

**Finish**





**If you think  
someone has  
swallowed poison  
call the poison  
control center or  
911 immediately.**

Try to locate the  
container so that  
you will know what  
the person has  
swallowed.

They will ask you what the person has taken and tell you what to do next. Do not induce vomiting until they have told you it is safe. It is a good idea to keep Syrup of Ipecac in your medicine cabinet for such an emergency.

**What do you  
do if you think  
someone is  
choking?**



Ask them if they need help and check if they are breathing. If they need your help, stand behind the person and wrap your arms around them. Place your fist with the thumb facing towards them, directly between the ribs and navel. Grab the fist with your other hand, and pull up and in very quickly. Repeat this until the person is able to spit the object out! This is called the Heimlich Maneuver.



## Can you fill in the missing words?

1. Keep all important \_\_\_\_\_ numbers by your phone.
2. Know the \_\_\_\_\_ and \_\_\_\_\_ number of where you are calling from.
3. If your clothes catch fire, \_\_\_\_\_, \_\_\_\_\_ & \_\_\_\_\_!
4. If you think someone has swallowed poison you are to try to locate the \_\_\_\_\_.
5. If you think someone is choking, first check to see if they are \_\_\_\_\_.
6. If someone is bleeding use a clean cloth to gently apply \_\_\_\_\_ to the wound.
7. Every home should have a \_\_\_\_\_!

ANSWERS: 1. emergency 2. address, phone 3. Stop, Drop & Roll 4. container 5. breathing 6. pressure 7. First Aid Kit



**Find and circle the words  
in the puzzle.**

EMERGENCY

GLOVES

HEART

PHONE

HANDBOOK

ELEVATE

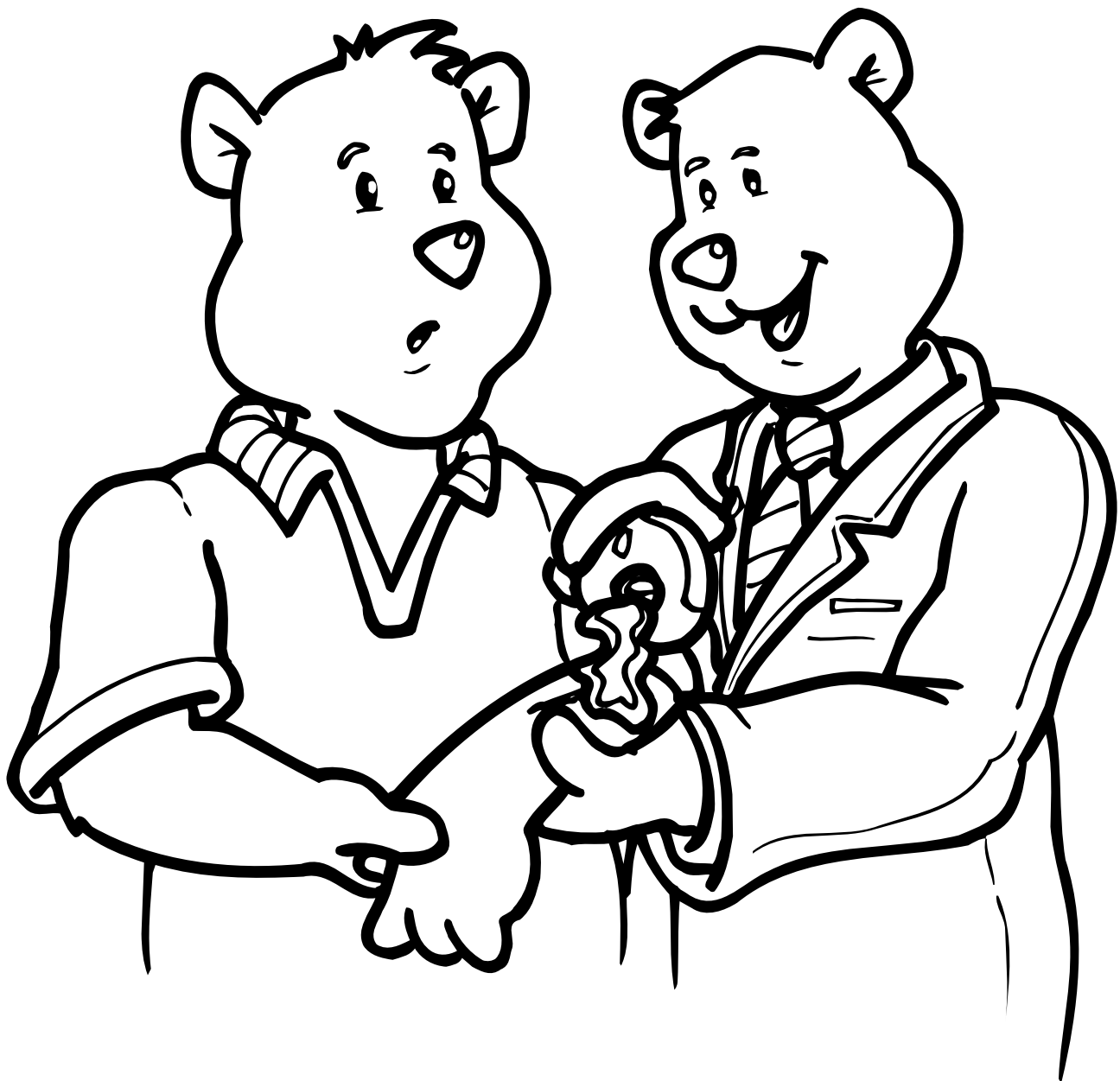
BREATHING

BANDAGES

PRESSURE

GAUZE

N	A	E	L	E	V	A	T	E	H	F
P	P	M	I	G	P	D	R	S	A	B
B	R	E	A	T	H	I	N	G	N	A
R	E	R	P	E	O	A	C	L	D	N
C	S	G	L	V	N	R	B	O	B	D
H	S	E	A	T	E	N	Y	V	O	A
A	U	N	N	U	A	K	L	E	O	G
S	R	C	J	T	Z	M	G	S	K	E
N	E	Y	E	P	H	E	A	R	T	S



If someone is cut or bleeding find something clean to cover the wound and firmly apply pressure to the area to control the bleeding. It is always important to be safe when you are around blood. Use rubber gloves if possible and try not to come in contact with the blood. Elevate the wounded area above the heart level unless there are other injuries.



**Call your local hospital,  
doctor or Red Cross  
Bureau to find out  
where you can take  
a First Aid class in  
your community.**

After you have called, fill in the information:

**Date:** \_\_\_\_\_

**Time:** \_\_\_\_\_

**Where:** \_\_\_\_\_

**Because time is so important in an emergency it is important to be properly trained so that you will know what to do when something happens. Sign up today!**

It is also a good idea to know how to treat burns, minor sprains and fractures. A class that teaches mouth-to-mouth and CPR is a very good idea. This will teach you what to do if someone stops breathing or is having a heart attack. It is important NEVER to provide this treatment unless you have been properly trained.

**Think of a specific emergency situation.**

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**Discuss with your family about what to do if this emergency should occur.**

**It is a good idea to have a First Aid kit in your home and in your family's car.**



**A First Aid Kit should contain the following:**

bandages and antiseptic for cleaning the wound, an ice pack, gauze bandages, small scissors, adhesive tape, tweezers, surgical rubber gloves, antibiotic ointment and cotton balls. It is also a very good idea to include a First Aid Handbook.



# Know Your Emergency First Aid

I, \_\_\_\_\_, will  
(PRINT YOUR NAME)

practice what to do in an  
emergency. I will know how to call  
for help and I will learn the  
basic First Aid skills.

\_\_\_\_\_  
(YOUR SIGNATURE)