

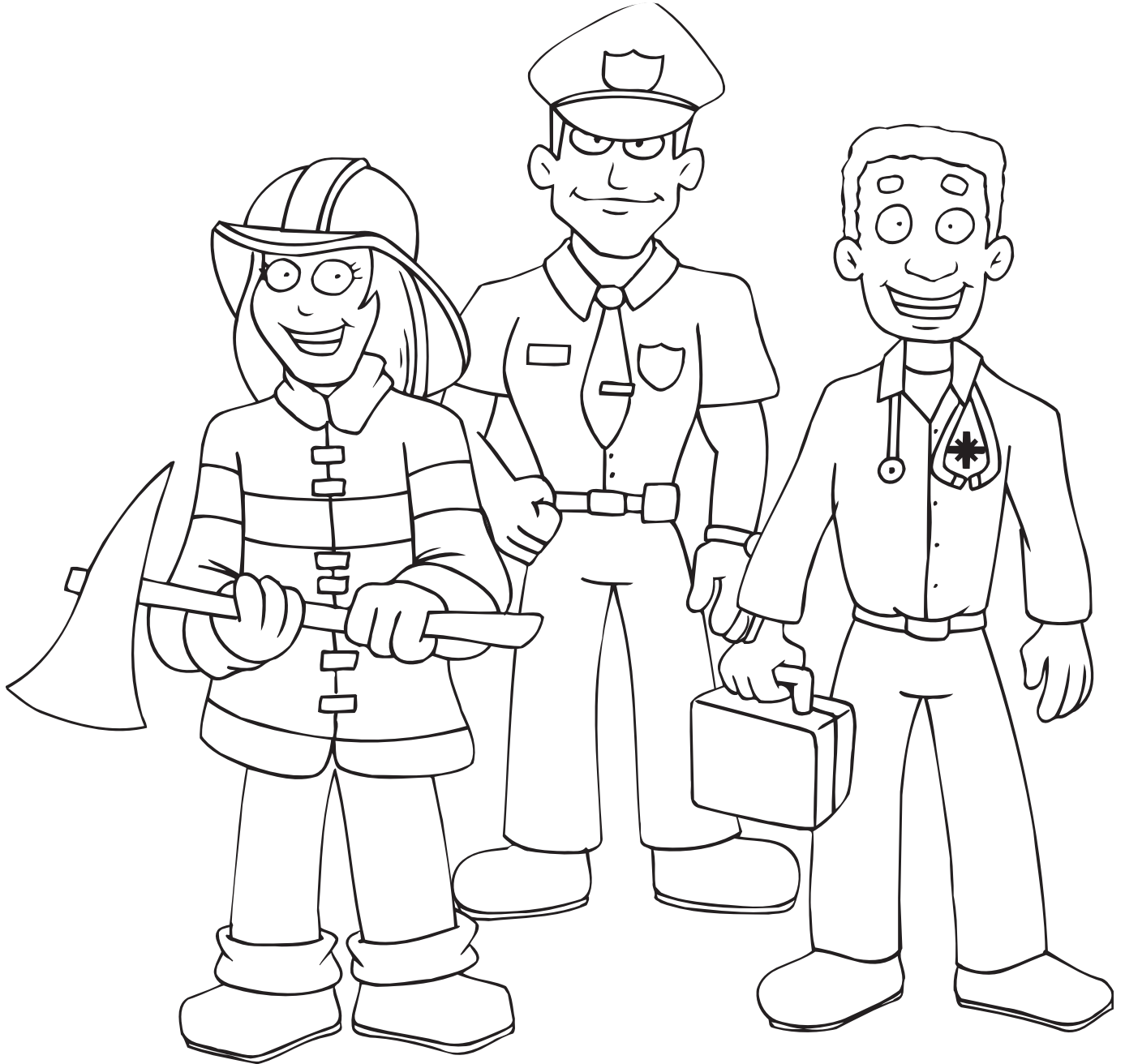
STOP LOOK & learn™

My Heroes

An Educational Coloring & Activity Book



Did you know there are real heroes in your neighborhood?



Real heroes make a difference in the lives of others. They are the men and women who work every day serving the people in their community. Real heroes risk their lives to save others. They are the police, firefighter and EMT rescue workers in your neighborhood. These groups have separate jobs, but work together as a rescue team.

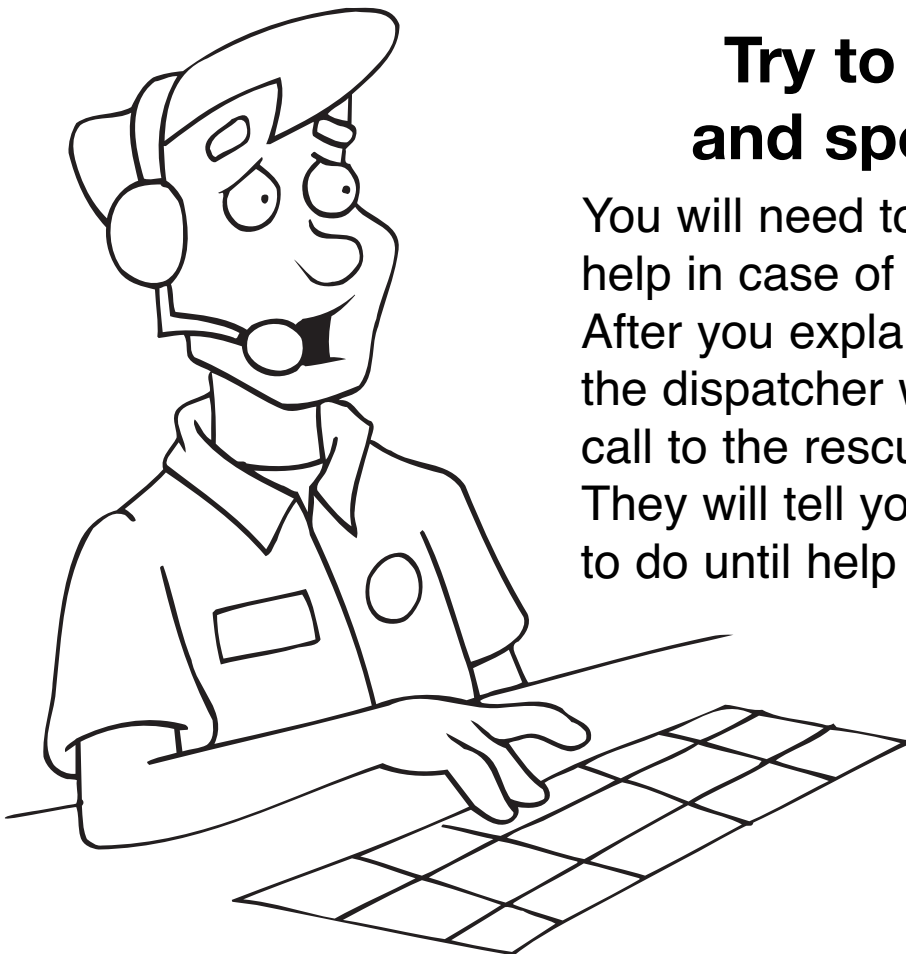
It is important to know how to call 9-1-1 for help in an emergency!

If your community does not have 9-1-1 the emergency phone numbers will be printed on the inside cover of your phone book.



Try to stay calm and speak clearly.

You will need to know how to call help in case of an emergency. After you explain the emergency, the dispatcher will direct your call to the rescue team needed. They will tell you what you need to do until help arrives.



When you call 9-1-1 for an emergency it is important to speak clearly and try to remain calm. Try to calmly provide as much information as possible about the emergency. It is a good idea to keep a list of all important phone numbers by your phone.

Fill out the information below and keep it near your phone.

EMERGENCY NUMBERS

POLICE DEPT. _____

FIRE DEPT. _____

HOSPITAL _____

POISON CONTROL CENTER _____

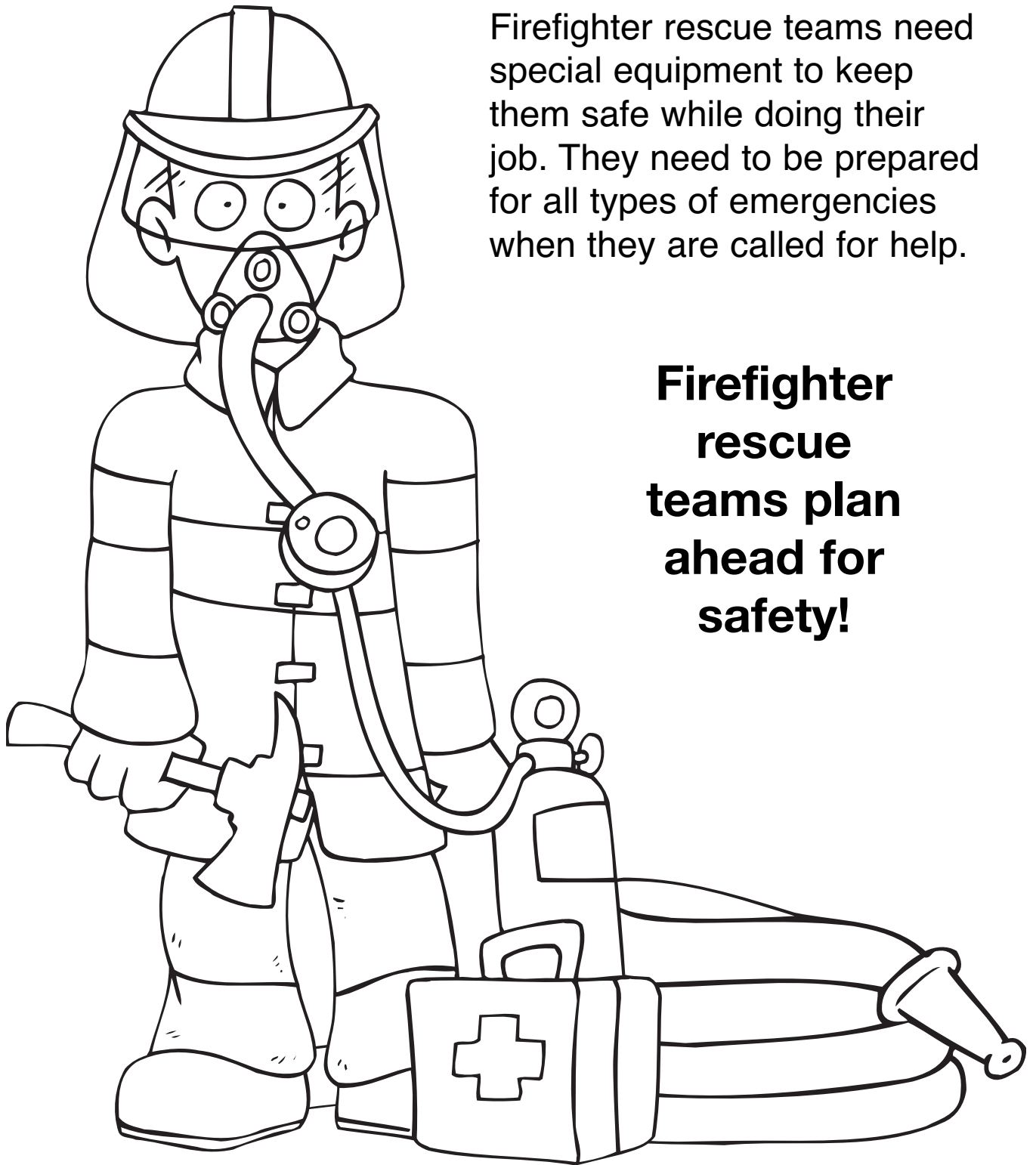
DOCTOR _____

DENTIST _____

FRIEND OR RELATIVE _____

Be safety smart!





Firefighter rescue teams need special equipment to keep them safe while doing their job. They need to be prepared for all types of emergencies when they are called for help.

**Firefighter
rescue
teams plan
ahead for
safety!**

You can visit your local fire station to learn safety tips that can help keep you and your family safe. They will be happy to help you learn important fire safety rules.

A firefighter rescue team has many different jobs.



A firefighter rescue team does more than fighting fires. They are trained to help in other rescue emergencies or accidents. These men and women are always ready, day and night, to help when called to an emergency.

SECRET MESSAGE

Use the code to help figure out the secret message.

CODE

A = 26

B = 25

C = 24

D = 23

E = 22

F = 21

G = 20

H = 19

I = 18

J = 17

K = 16

L = 15

M = 14

N = 13

O = 12

P = 11

Q = 10

R = 9

S = 8

T = 7

U = 6

V = 5

W = 4

X = 3

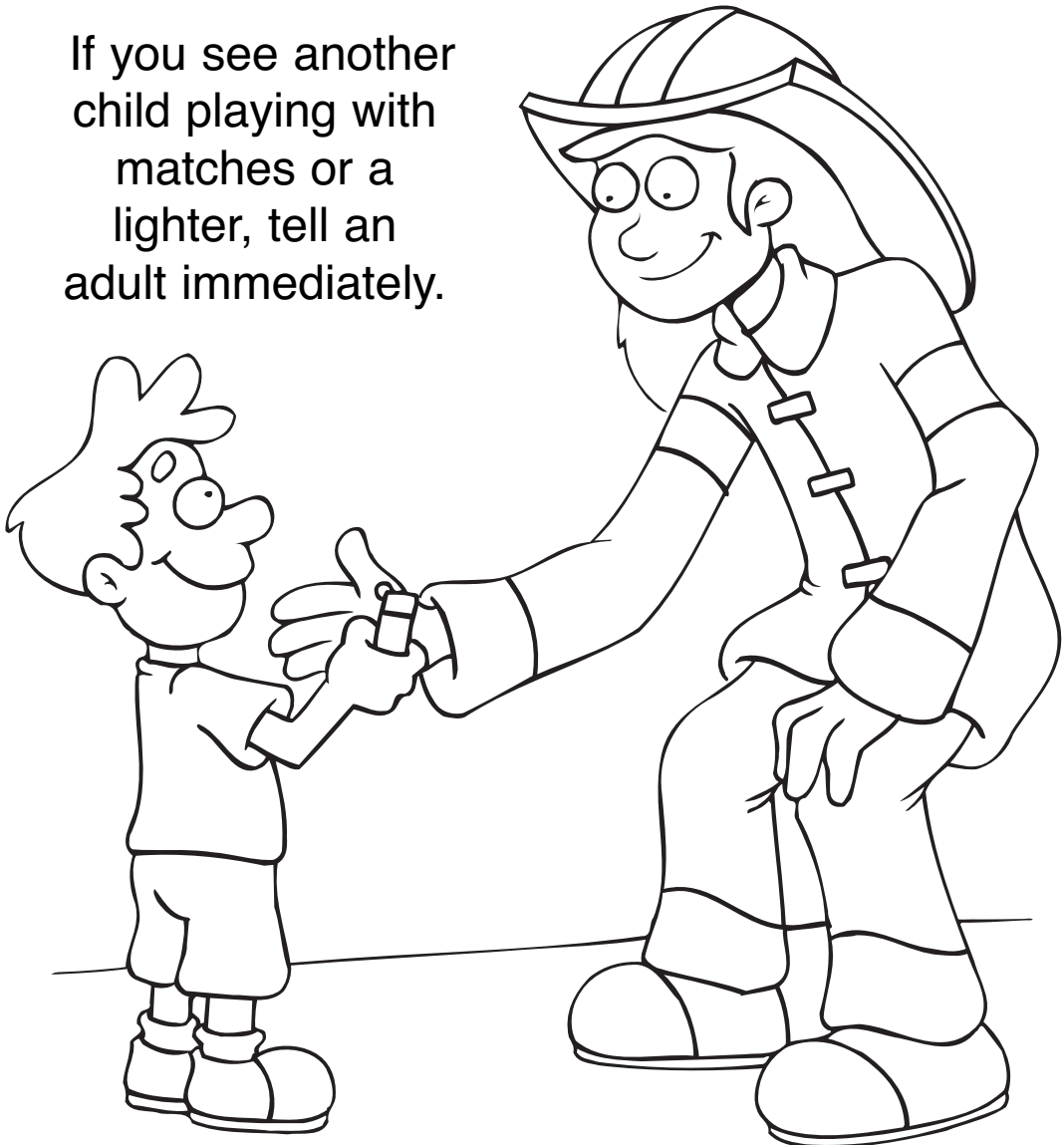
Y = 2

Z = 1

13 22 5 22 9 11 15 26 2

4 18 7 19 14 26 7 24 19 22 8

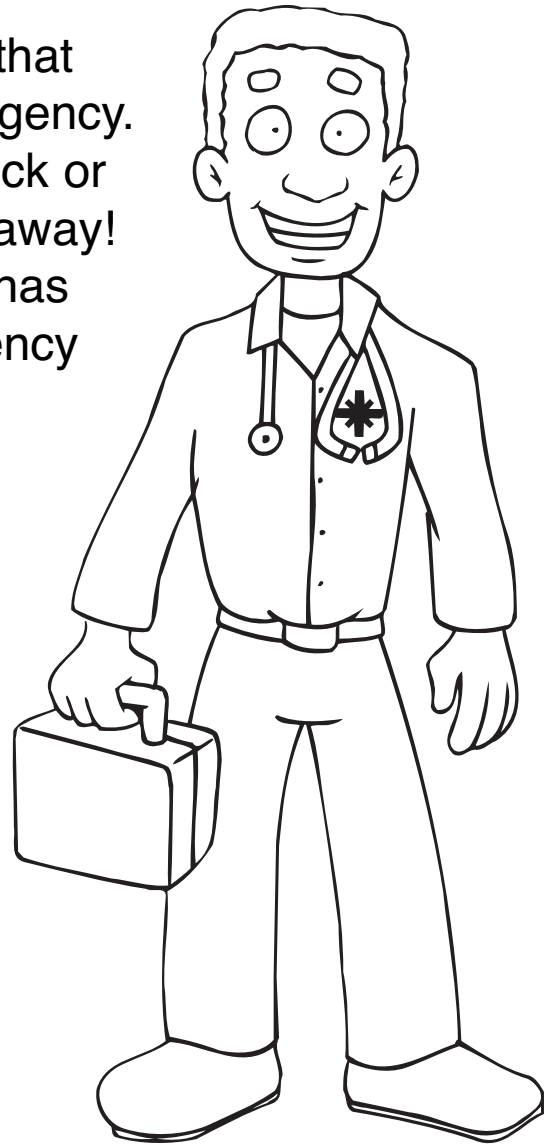
If you see another child playing with matches or a lighter, tell an adult immediately.



ANSWER: Never play with matches.

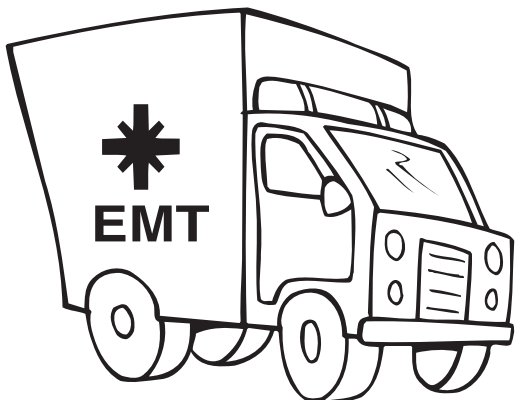
Emergency Medical Technicians -EMTs

EMTs take special training classes so that they know how to help during an emergency. Emergencies are when you are very sick or hurt so badly that you need help right away! EMTs will arrive in an ambulance that has medical equipment needed for emergency care. EMTs will take you to a hospital emergency room where doctors and nurses will take care of you.



EMTs respond to all calls quickly and safely.

Sometimes EMTs travel in a helicopter called Life Flight. This is another way to transport someone who is injured to another hospital faster and farther in case of an emergency.



Emergency vehicles are in a hurry when they are on their way to an emergency. If you are in your car the driver should pull to the side of the road and stop until the vehicle has gone by. If you are outside playing and hear a siren, make certain you are safely out of its path.



Find and circle the words in the puzzle.

RESCUE

POLICE

SAFE

OFFICER

FIREFIGHTER

TRAIN

EDUCATE

HELP

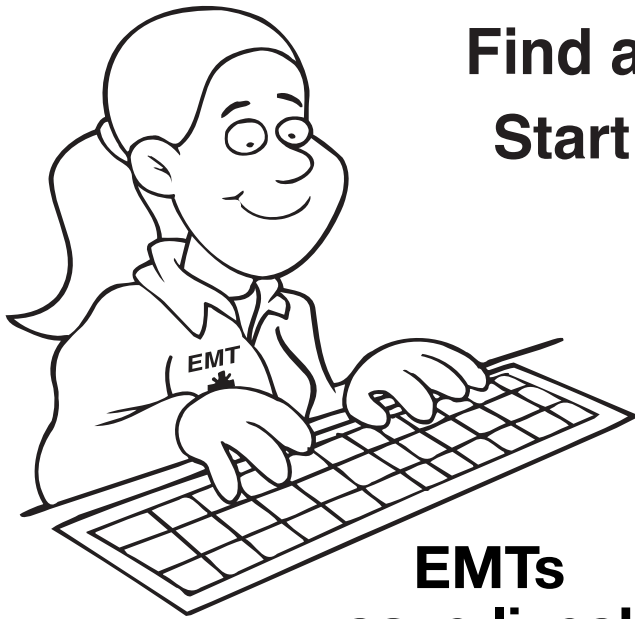
BRAVE

HEROES

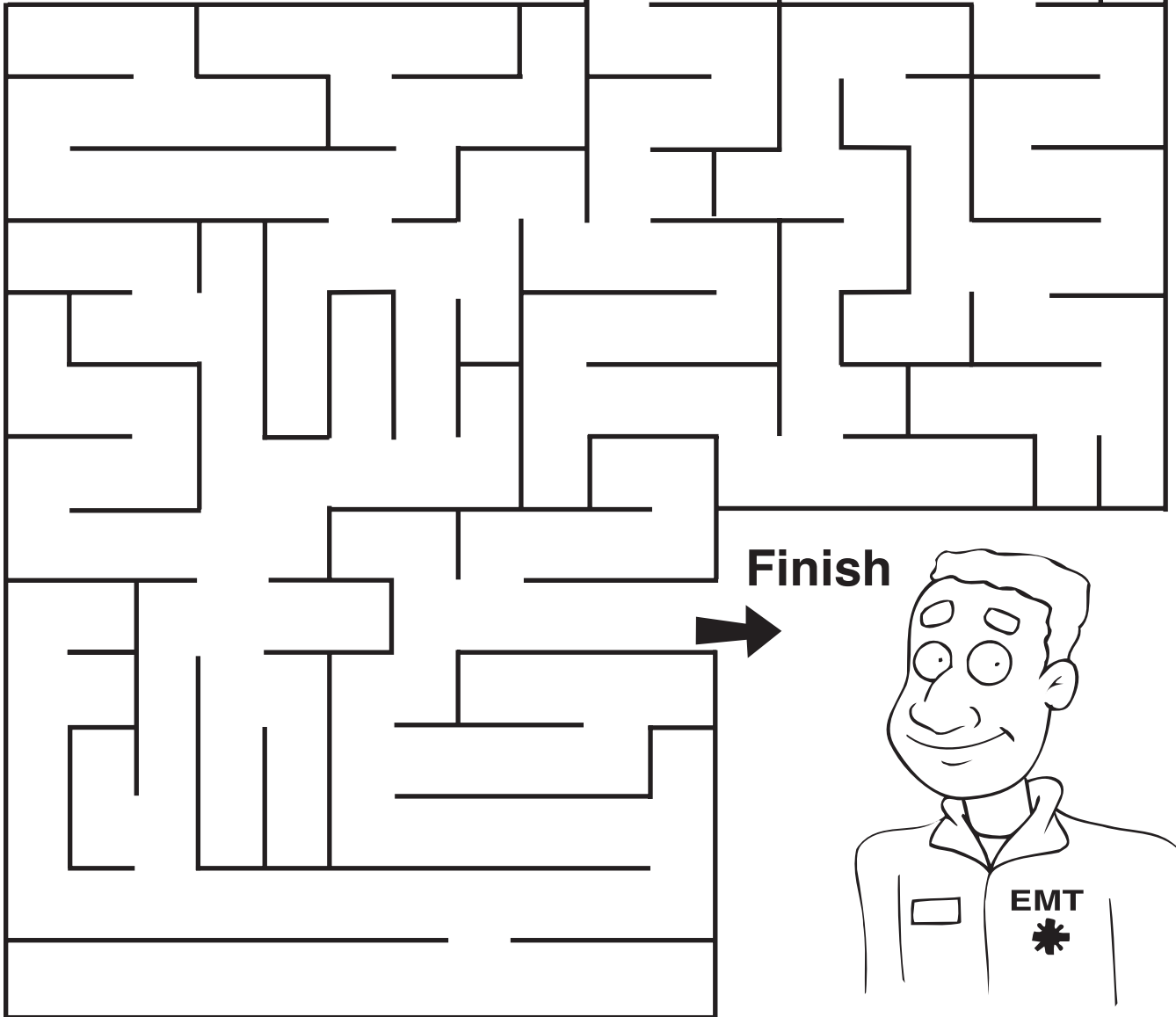
P	N	D	R	E	S	C	U	E	Q	Z
G	O	P	Z	G	A	Q	E	D	Z	H
Z	F	A	O	H	F	T	G	A	P	E
H	F	B	V	L	E	B	R	C	N	T
F	I	R	E	F	I	G	H	T	E	R
H	C	T	E	D	U	C	A	T	E	A
B	E	Z	B	R	A	V	E	Z	A	I
I	R	L	V	L	B	P	N	T	B	N
A	W	J	P	Q	H	E	R	O	E	S

Find a way through the maze.

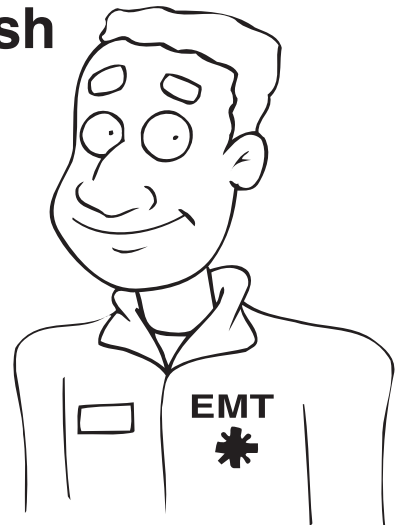
Start →

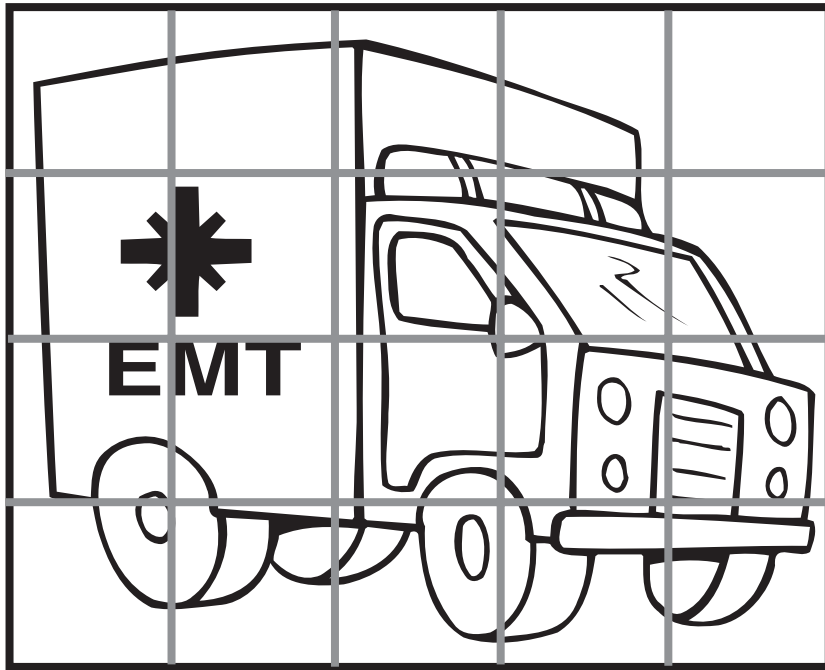


**EMTs
save lives!**

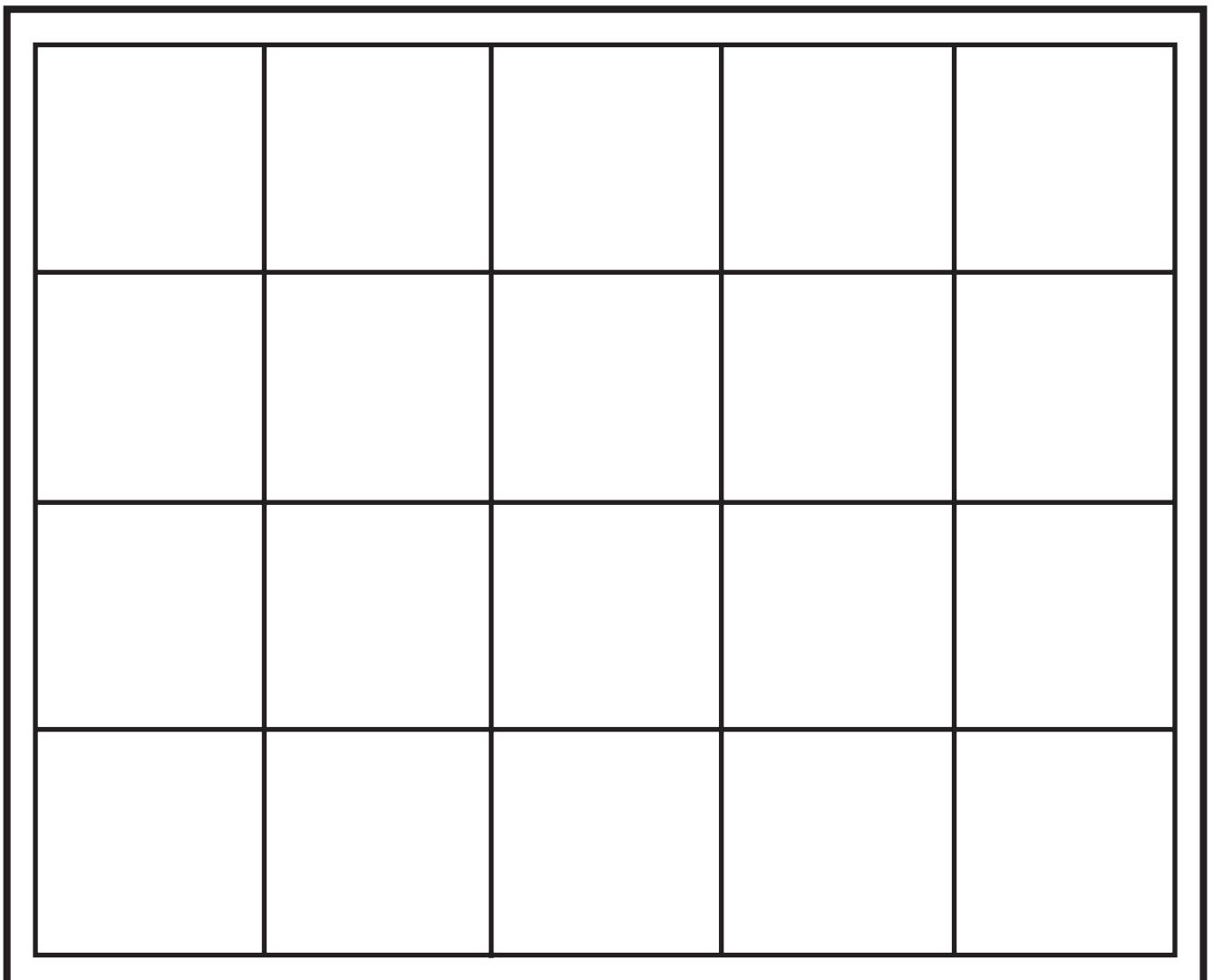


Finish →





Use the larger grid to draw a copy of the picture.





Police officers care about your safety.

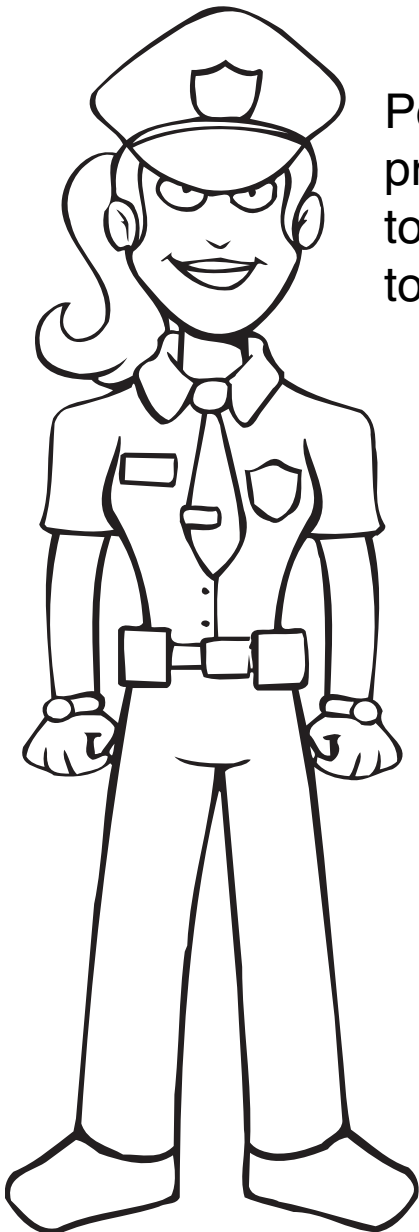
Police officers are always working, day and night, to keep you and your neighborhood safe. They are there when you need help or information, are lost or in trouble. Police officers help when there is an accident and direct traffic when needed. They watch for people driving too fast or dangerously.

Police officers can be responsible for many jobs.

They work to keep us safe on the streets, in traffic, in schools, in our homes and in our neighborhoods. They are always on patrol keeping a watch for anything that may be wrong. Some police officers use trained dogs to help them with their rescue jobs.



Education is an important key to your safety. Your local police department is a valuable resource for information.



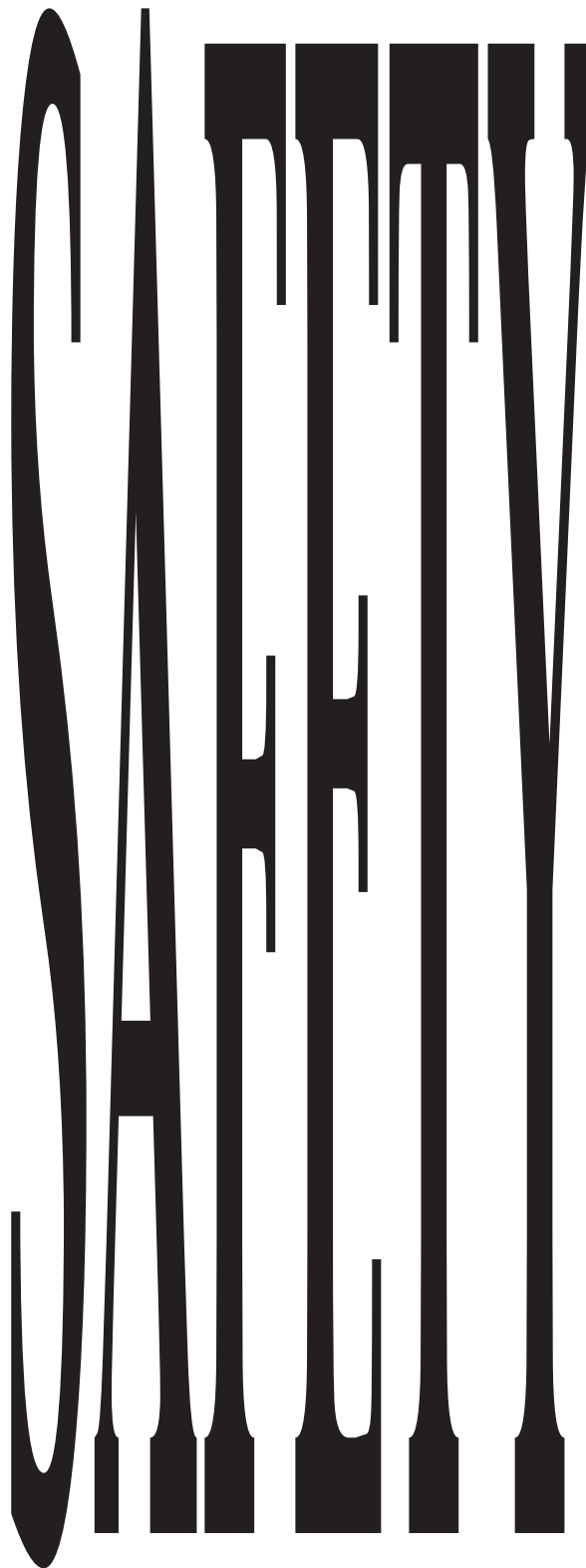
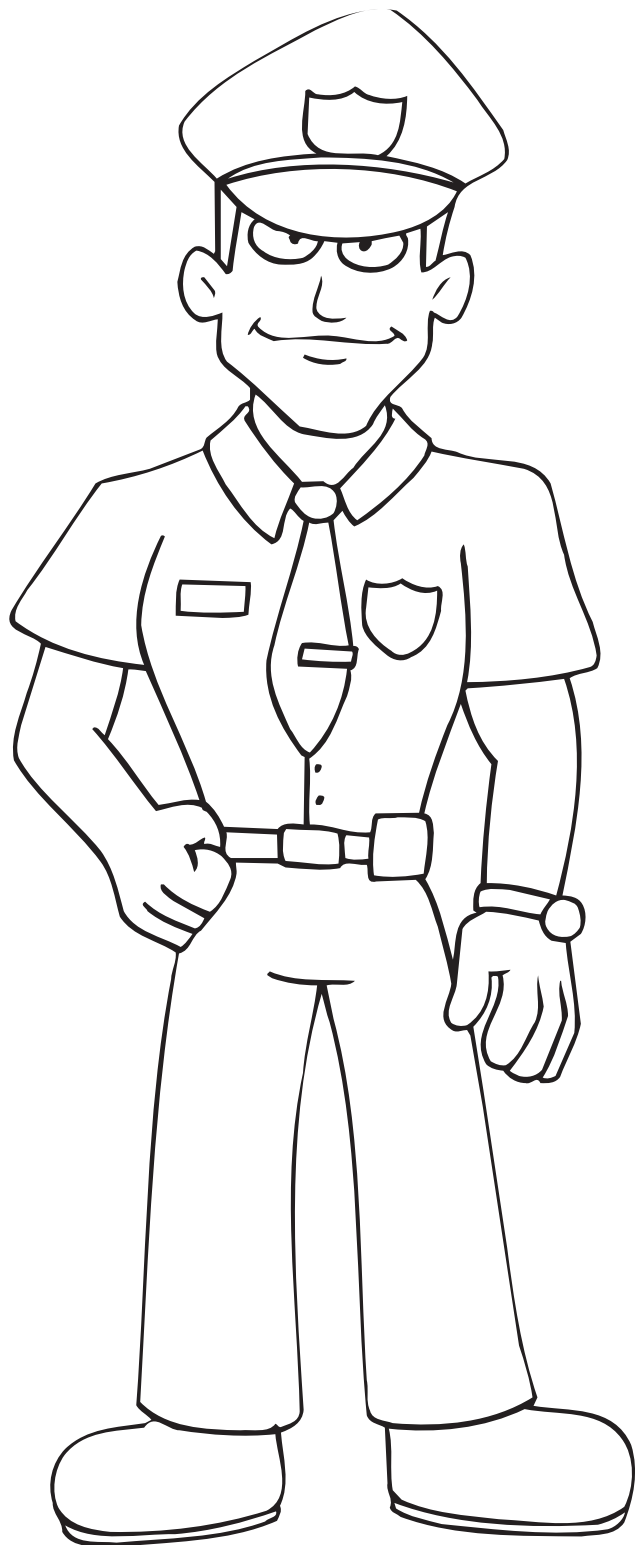
Police officers also work with educational programs through schools and organizations to help educate people on the laws and how to be a good citizen.

Quickly tell a police officer or an adult if you see someone that needs help. Try to stay calm and speak clearly.

Police officers help you feel safe in your neighborhood. Police officers are working because they care about everyone's safety!

SECRET MESSAGE

Tilt the top of the page toward the ground and view from the bottom up to read the secret message.



THANK



YOU!