



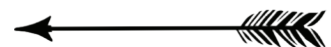
LET'S LEARN ABOUT  
**FIRST AID**  
FOR EMERGENCIES!



This workbook is  
yours to keep.

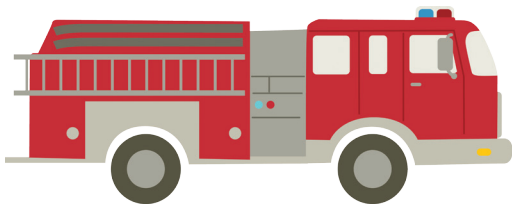
**HELLO**  
my name is

Write your name  
here!



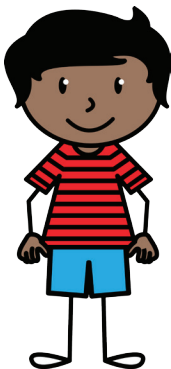
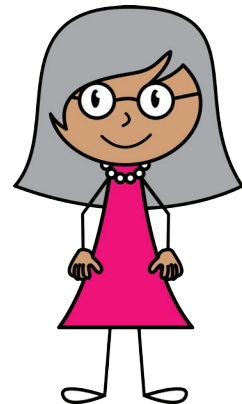
# IN CASE OF **EMERGENCY**

*Whether you are alone or with someone else, making the right call during an emergency is very important. Certain emergencies may mean you need to call 9-1-1 or an adult to help with the situation. Some situations aren't necessarily an emergency and you are able to handle the problem yourself. Let's take a look to see which phone call needs to be made and when.*



Call 9-1-1 when there is a **THREAT TO LIFE**

Call an **adult** when it is not a threat to life, but you cannot handle the problem yourself



**Handle the problem yourself** if it is small, manageable and you know how

**No matter what the emergency, follow these general rules:**

1. Stay calm so you can think clearly.
2. Get help as quickly as you can. If possible, send someone for help while you give first aid.
3. Give first aid, but only if you know how.
4. Reassure the person that help is on the way.

# MAKING THE CALL

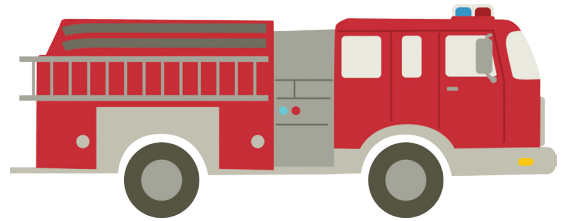
You will need to **call 9-1-1** when there is a **THREAT TO LIFE**. Below are some examples of when to call:



- Serious head, back or neck injury
- Cut that is pumping blood rapidly
- Burns with blisters over a large area or any electrical burn
- Poisoning with symptoms
- Trouble breathing or not breathing at all
- Someone needing rescue from tree, roof, window ledge, etc.
- Someone threatening to hurt themselves or others with a weapon
- Physical fighting where serious harm is a risk
- Broken bone with deformity and break in the skin or cold/blue skin below the injured part

If you need to **call 9-1-1**, be prepared to say:

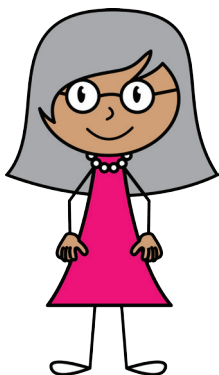
1. The address where you are located (including the name of the town) and any special instructions to find the house or apartment
2. Your name
3. The phone number you are calling from with the area code
4. The problem
5. What you have done so far



Listen to the dispatcher and answer all of their questions the best you can. **Do not hang up** until the dispatcher tells you its OK to do so.

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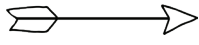
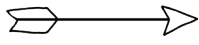

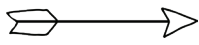
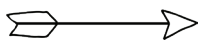
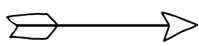
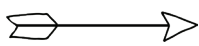
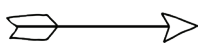
There are times when you may not be able to handle a problem yourself, but it is not a threat to life. When this happens, you should **call an adult** to come and help. Below are some examples of when to call:



- Animal or human bite
- Child is vomiting
- Possible sprain, fracture or broken bone with no break in the skin
- Nosebleed that is heavy or lasts more than 5 minutes
- Permanent tooth is broken or knocked out
- Fever
- Eye or ear injury
- Fight between children you cannot stop
- Poisoning without symptoms

# MAKING THE CALL

There are times when you are either home alone or babysitting that you are able to **handle a problem yourself**. Below are some examples:

-  Splinter
-  Small cut - one that is not on the face or deep
-  Small bruise
-  Scrape
-  Becoming hot from being in the sun or exercising in the heat
-  Insect sting, if swelling and redness are limited to the site of the sting
-  Nosebleed with small amount of blood lasting less than 5 minutes
-  Baby tooth falls out



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## TEST YOUR KNOWLEDGE

Match the problems on the right with the correct answer (A, B or C).

**A - Call 9-1-1**

**B - Call an adult**

**C - Handle the  
problem yourself**

\_\_\_\_\_ Insect sting that is red at the site of the sting

\_\_\_\_\_ Fever

\_\_\_\_\_ Child falls out of a tree and breaks their arm (the skin is not broken)

\_\_\_\_\_ Baby has been crying for more than 20 minutes

\_\_\_\_\_ Your parent is having trouble breathing

\_\_\_\_\_ Eye injury

\_\_\_\_\_ Child is hot after playing outside

\_\_\_\_\_ Someone has a cut that is pumping blood rapidly



# FIRST AID CHART



## Allergic reaction

**Call 9-1-1** for severe allergic reactions - trouble breathing or swallowing, loss of consciousness, nausea or vomiting, hives over the entire body or severe swelling of eyes, lips or tongue. **Call an adult** for hives limited to a small area.

## Bite or Sting

**Animal or human bite:** **Call an adult** to evaluate how serious the injury is.

**Insect sting:** **Call 9-1-1** if signs of a severe allergic reaction. **Handle the problem yourself** if swelling or redness are limited to the site of the sting. If stinger can be seen, gently scrape (do not pull) with your fingernail to remove. Cover with clean cloth dipped in cold water.

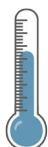


## Broken Bone / Fracture / Sprain

*Do not move person if you think a bone may be broken!* **Call 9-1-1** if there is swelling or deformity and the skin is broken, or if the skin below the injured part is cold or blue. **Call an adult** to help evaluate for a possible broken bone.

## Bruise

**Call an adult** for a bruise over a large area, lots of pain or swelling. **Handle the problem yourself** if the bruise is small.



## Burn or Scald

Stop the burning by removing the person from the source of heat. If clothes are on fire, make the person **STOP, DROP and ROLL**. Pour cool water over the clothes to stop further burning. **Call 9-1-1** if there is a fire or if the burn has blisters over a large area. Do not apply medicine, break the blisters or use ice. **Call an adult** if the burn is minor or doesn't have blisters. Adult can place the burned area in cool water until the pain stops.

## Convulsion or Seizure

This is when a person is not responding or if their body stiffens, twitches, shakes or just stares. If the person is not breathing, do CPR if you know how and **call 9-1-1**. If the person is breathing, roll them to their side to prevent choking.



## Cut

If a cut is pumping blood rapidly, place a clean cloth over the entire wound and press firmly. **Call 9-1-1** as

soon as bleeding is under control and continue to hold pressure until help arrives. Do not remove the cloth you use to hold pressure. **Call an adult** if the cut is on the face or is over a large area. Place a clean cloth over the entire wound and hold firm pressure until the adult arrives to help. **Handle the problem yourself** if the cut is small. Rinse with water, pat dry and cover with a bandage that won't stick to the wound.



## Eye or Ear Injury

**Call an adult**, as a child will need medical attention.



## Loss of Consciousness

**Call 9-1-1** if the person is unaware of their surroundings and not able to respond. Check for any bleeding or head or neck injury. If the person is breathing, roll them onto their side until help arrives.

## Nosebleed

**Handle the problem yourself** by making the person sit and lean forward while squeezing the outside of the nostrils for 5 minutes. **Call an adult** if the bleeding is heavy and lasts more than 5 minutes.



## Poisoning

A poison is anything ingested by someone that can harm them. **Call 9-1-1** if the person takes anything that may be poisonous and gags, vomits, becomes sleepy, has trouble breathing, has convulsions or loses consciousness. **Call an adult and the Poison Control Center at 800-222-1222** if the person takes anything that may be poisonous, but has no symptoms. Keep the container available so you can tell 9-1-1, the adult and/or the Poison Center what the person took.



## Scrape

**Handle the problem yourself** and rinse with water, pat dry and cover with a bandage that won't stick to the wound. **Call an adult** if the wound has dirt or gravel in the scrape that can't be cleaned out.



## Splinter

**Handle the problem yourself** by removing the splinter with tweezers, if you can. After removing it, wash with soap and water.

## Vomiting

Have the child lean forward while vomiting, preferably over a container. **Call an adult** to evaluate the child's condition.

# CHOKING RESCUE FOR INFANTS

When someone is in need because they are choking, it is important to know what to do and quickly. Always remember to **STAY CALM, STAY SAFE AND PROVIDE COMFORT.**

## ***Coughing helps!***

Stay with the infant and encourage them to cough. Be ready to rescue the infant if they put food or an object in their mouth and begins to cough, or has sudden difficult breathing.

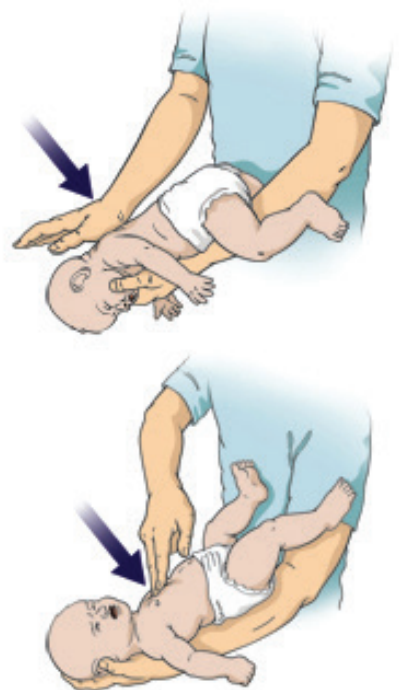
## ***Choking requires help!***

Act immediately if the infant:

- is unable to breathe
- is unable to make a noise when trying to cough, cry or talk
- has high-pitched, noisy breathing or is making a gagging sound
- has blue lips or pale, blue or gray skin

## ***Providing choking rescue:***

1. **Allow the infant to cough.** Do not pat or slap the baby on the back.
2. **Ask anyone who can help to call 9-1-1.** If you are alone, provide rescue attempts before calling 9-1-1.
3. **Get in position to give back blows and chest thrusts.** Sit on the edge of a chair and form a ramp with your legs. Make a "V" with one hand and place it under the infant's jaw. Using your forearm and hand to provide support, place the infant face down on your arm, which is resting on your thigh.
4. **Give 5 back blows using the heel of your hand.** Give 5 firm, forceful back blows between the infant's shoulder blades.
5. **If the object doesn't come out, turn the infant over and give 5 chest thrusts** with two fingers in the center of the chest. Keep the infant's head lower than its chest at all times.
6. **If the object doesn't come out, try again. Repeat steps 3, 4 and 5.**
7. **If the infant loses consciousness, take the infant with you and call 9-1-1** for further instructions.



# CHOKING RESCUE FOR CHILDREN

It is important to act quickly when you see someone who is choking. Rescuing an infant is different than children or adults, simply due to their size. Like infant rescue, start by encouraging the person to cough.

## ***Providing choking rescue:***

1. **Allow the person to cough.** Do not pat or slap the child on the back. Ask an older child, “Are you choking?”
2. **Prepare to give abdominal thrusts if the child nods “yes” or is unable to breathe.**
3. **Ask anyone who can help to call 9-1-1.** If you are alone, provide rescue attempts before calling 9-1-1.
4. **Kneel or stand behind the person and place your arms around their body.** Make sure your arms are below their arms and ribs.
5. **Give 5 abdominal thrusts.** Make a fist with one hand and place your thumb of your fist just above the child’s bellybutton and below the breastbone. Clasp your fist with your other hand and give 5 quick, forceful upward abdominal thrusts.
6. **After every 5 abdominal thrusts, check your hands to be sure they are still in the correct position.**
7. **Don’t give up.** Keep giving abdominal thrusts in increments of 5 until the child coughs the object out or goes unconscious.
8. **If the child goes unconscious, lower the child to the ground, laying them on their back, and call 9-1-1.**
9. **If the child coughs the object out, stop giving abdominal thrusts and provide comfort to them.**



***If you need to call 9-1-1, look at page 3 with instructions on what to tell the dispatcher.***



# RULES TO PREVENT CHOKING

It is important to prevent choking before it ever is a problem. Making sure to take certain precautions will help to not have a choking incident. Remember that if someone is choking to act quickly and calmly.



Be aware that children up to age 5 are at risk of choking deaths.



Stay with an infant who is eating or drinking to watch for problems.



Give small amounts or pieces of soft food to infants or small children.



Wait until the infant has swallowed their food before offering another bite.



Examine all toys for any loose parts.



Place all small objects out of an infant's reach.



Do not give an infant hard food like candy, nuts, popcorn, raw carrots or apples.



Do not give an infant food that can ball up or get stuck in their mouth, like peanut butter or marshmallows.



Do not play with an infant while they are eating.



Do not allow an infant to play with latex balloons, coins, marbles or small balls.



Do not allow the infant to play with or put any objects that are smaller than the infant's fist into their mouth.

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***Want to learn even more about basic first aid, CPR and how to use these skills as a babysitter? Check out the Safe Sitter babysitting classes!***

***West Pierce Fire & Rescue offers these classes during summer break. Please visit the website for more information: [www.westpierce.org](http://www.westpierce.org)***

