



NEWPORT NEWS FIRE DEPARTMENT

Presents:

Get Safe Smart

PATCH

LEARN HOW TO:

Perform the Heimlich Maneuver

Stop Bleeding

Check for Breathing

Decide When to Call 9-1-1

Remain Calm In An Emergency

Perform Other Basic First Aid



CALLING 9-1-1



City of Newport News

Reasons to call 9-1-1:



- To help someone who is hurt or sick and needs help
- If you smell smoke or see a fire
- If you see someone stealing something
- If you see someone hurting another person
- If you see a vehicle crash
- If you need emergency help fast for any reason

How to Make an Emergency Call to 9-1-1:



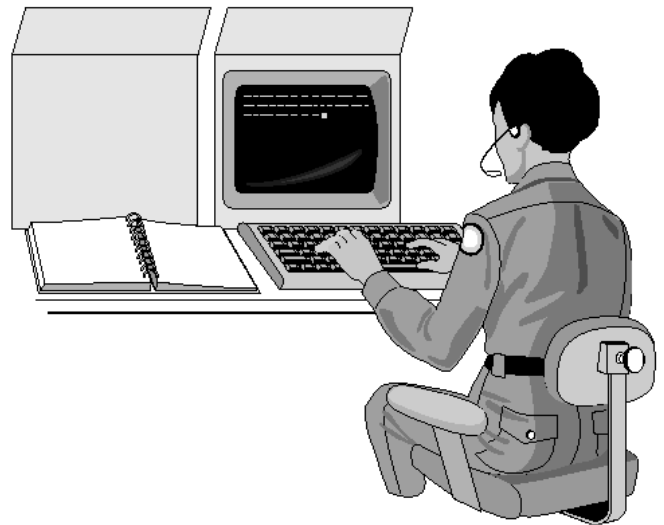
- Stay calm. Take a deep breath to relax. Don't get excited.
- Tell the dispatcher the exact address where the emergency is.
- Give the apartment number if there is an apartment.
- Give the dispatcher the phone number and the address where you are calling from.
- Say your name.
- Clearly and calmly tell the dispatcher what the emergency is.
- Answer the questions that the dispatcher asks you so the paramedics or police officers or firefighters can help you fast.
- **DO NOT HANG UP** ... until the dispatcher tells you that it's okay to hang up. The emergency helpers may need more information.

NEVER call 9-1-1 to ask questions or to play jokes.

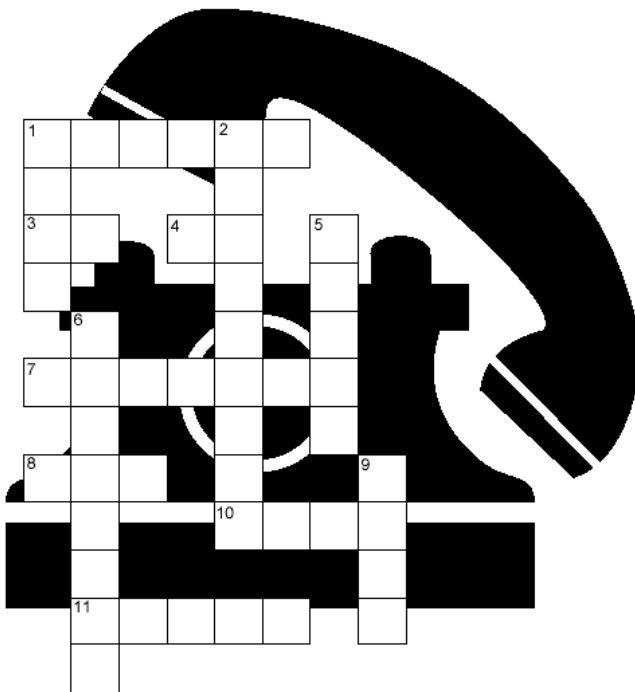
- If you need information but do NOT have an emergency, call:
 - Police Department NON-emergency: 247-2500
 - Fire Department NON-emergency: 926-8404

HOW TO REPORT FIRES & EMERGENCIES

- 1 IDENTIFY YOURSELF
"My name is . . ."
- 2 TELL THE TYPE OF EMERGENCY
"My house is on fire."
- 3 GIVE THE ADDRESS
"My address is (house number and street). . ."
- 4 GIVE THE PHONE NUMBER YOU ARE CALLING FROM
"My telephone number is. . ."
Be calm, speak clearly, and tell the operator all you know about the emergency.
Let the dispatcher or operator hang up first.



Everyone should know what to do in case of fire. First, you must know the phone number to call to report a fire or emergency. This number should be posted on each telephone at home.



SOLUTION

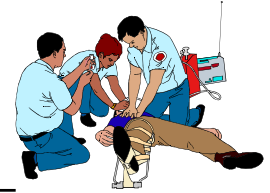
Across: 1. number, 3. my, 4. be, 7. address, 8. and, 10. your, 11. first
Down: 1. name, 2. emergency, 5. house, 6. identify, 9. from

ACROSS

1. To report a fire, you must know the emergency phone _____ for your area.
3. The first thing you tell the emergency operator is, "_____ name is. . ."
4. When reporting a fire, it is important to _____ calm.
7. After you say your name and the type of emergency, tell the operator your _____.
8. When giving your address, tell the house number _____ street name.
10. The operator will also need to know _____ phone number.
11. Let the dispatcher hang up _____.

DOWN

1. Speak clearly and tell your _____ first.
2. Tell the operator all you know about the _____.
5. Your address is made up of your _____ number and street name.
6. By giving your name, you _____ yourself.
9. Give the phone number you are calling _____.



Your Name: _____

“PATCH” LEARNING GUIDE

1. Take two deep _____ to calm down if you get scared or have an emergency.
2. Make sure the area is _____ before helping someone. Don't get hurt yourself!
3. In an emergency, be sure someone calls _____ fast. Stay on the phone!
4. To see if a person is awake or unconscious, _____ his shoulder and call his _____.
5. To be sure an injured person does not choke, do a head _____, _____ lift.
6. To check if a person is breathing, look, listen, and _____ for air.
7. To check whether someone's heart is pumping, put two flat fingers on his neck to feel for a _____.
8. Help an injured person feel calm by _____ to her and holding her hand.
9. To stop the victim from going into shock, cover her to keep her _____.
10. Never _____ a badly injured person. Wait for adult helpers to arrive.
11. If a person stops coughing and cannot breathe, she is _____.
12. When someone is choking and cannot breathe, do the **Heimlich Maneuver** using abdominal _____ between the belly button and the ribs.
13. If your nose bleeds, drop your _____ forward and squeeze the soft tip of your _____. Put a cool, wet cloth on your neck. Stay like this for about 15 to 20 minutes.
14. If you get a bloody cut, put direct _____ (push down) on the bandage.
15. If you get burned, put _____ water on the burn for 15 minutes.
16. Take special classes to learn _____ to start a heart. Never practice it on a real person!
17. The American _____ _____ offers some classes for kids ages 8 or older.

ANSWERS:

911 breaths chin choking cool CPR feel head move name
nose pressure pulse Red Cross safe talking tap thrusts tilt warm

NEWPORT NEWS FIRE DEPARTMENT



FIRST AID FOR KIDS



First Aid is the quick and correct help given when anyone gets sick or hurt. Sometimes things happen when no adult is around. You can use Basic First Aid skills until medical help arrives.

BLEEDING CUTS: Wash out small cuts with soap and water, then cover with a bandage. If you have a deep cut, cover it with a clean cloth. Press directly down on the cut and keep the pressure steady until the bleeding stops. You can wrap gauze around the pad to hold it in place. If the bleeding doesn't stop, call 9-1-1. **STAY VERY CALM!**
IMPORTANT: *To avoid germs and bacteria, please use protective gear between yourself and the blood -- such as rubber gloves, a sandwich baggie, a towel, or whatever is nearby and clean.*

BLISTER: If swelling, redness, red streaks or increased tenderness develop around a broken blister or cut, you must see a doctor. Never pick a blister. Avoid infection. **STAY CALM.**

BREATHING PROBLEM: If someone is gasping for air or wheezing, calm the person down. Ask him if he has asthma. Immediately call 9-1-1. If breathing stops, the brain needs oxygen within minutes. **STAY VERY CALM!**

BROKEN ARM or LEG: If you or a friend should break a bone, don't move that limb. Ask someone to call 9-1-1. Don't give the injured person anything to eat or drink. If the injured limb is suddenly deformed or badly swollen, it usually means there is a fracture. **STAY CALM!**

BRUISES: Apply cold compresses or an ice pack to bruises. If bruises don't show signs of healing after two weeks, see your doctor. **STAY CALM.**

BURNS: Run small burns under cool water immediately after they happen. It will help take away the pain. If the burn covers a large area and starts to blister, call an adult or 9-1-1. **ALWAYS STAY CALM.**

BUG STING: If an insect stings you and the stinger remains, never squeeze it out. Scrape it off with your fingernail. After the stinger is removed, wash the area with soap and water. Then apply an ice pack or wet cloth. If you start having trouble breathing or IF you know you are allergic to that insect, call 9-1-1. **STAY CALM!**

CHOKING: When someone is gasping for breath, calm her, and ask her if she is all right. If she is choking, and can't answer you, perform the Heimlich Maneuver. Ask the RED CROSS to train you properly on this method:

1. Stand behind the person and wrap your arms around his/her waist with one hand made into a fist.
2. The thumb of your fist should rest against the victim's abdomen well above the navel and just below the breastbone / rib cage. This WILL work if you do it RIGHT. BE CALM.
3. Grasp that fist with your other hand and press with one upward thrust. Repeat thrust if necessary. Have someone else call for help. **ALWAYS STAY CALM!**

CONVULSIONS: Never try to restrain or hold a person having a convulsion. Tilt his head to one side. Do NOT put anything into his mouth. Remove objects and furniture that can cause damage. Keep crowds away. Call 9-1-1. **STAY VERY CALM** and talk very calmly to the patient.

CUTS: A cut or bite may need stitches if it is ½-inch or longer, if the wound is on the face, if the wounded edges are jagged or uneven, or if it is over a joint. Call your Doctor if you're unsure. Call 9-1-1 if bleeding is heavy or spurts.

FAINTING: If someone faints, put a pillow or jacket under his/her legs to elevate the legs about 8-10 inches. Tilt her head to the side. Put cold cloths on her forehead and call 9-1-1. If her head or neck was hurt, do NOT raise legs or turn neck. **ALWAYS STAY CALM!**

HEAD: If someone is hit on the head and is unconscious, call 9-1-1. NEVER MOVE THE HEAD OR NECK. Stay calm, and wait for emergency help to arrive. Do not leave the person alone! Don't allow anyone to move the person until help arrives. If he's awake, talk calmly to the victim to reassure him that help is coming. STAY CALM!

HEAT: If someone gets woozy from the heat, put her into shade (or make shade). Cool her by fanning her and loosening tight clothing. If she is awake, give her small sips of cool water. Apply cool water with a cloth or sponge to the body, the forehead, the back of the neck, the inside of the wrists and ankles, and to armpits. If the person vomits or faints or has trouble breathing, call 9-1-1 because she could be dangerously sick. STAY VERY CALM.

NOSEBLEED: If you get a nosebleed, sit down and lean forward to keep the blood from going down your throat. Take a handkerchief or a clean cloth and place it over the bridge of your nose. Squeeze firmly on both sides of the soft portion of your nose for 10 minutes. Keep the pressure steady. You can also put an icepack or cool wet cloth against the back of your neck while leaning forward. If the bleeding doesn't stop, call 9-1-1. STAY CALM!
After a nosebleed, don't sniffle and don't use a drinking straw for 48 hours (2 days). Let the nose heal.

POISON: If someone swallows something poisonous, call the Poison Control Center immediately or 9-1-1. Get as much information as you can about what poison was taken, how much, when, etc. Do NOT let him eat or drink anything. Wait until help arrives. STAY CALM! **POISON CONTROL CENTER: 1-800-552-6337**

SHOCK: Badly injured people can easily go into shock – a very serious condition. While waiting for EMS, calmly help the victim lie down, keep him warm, do NOT give him food or drink, and calmly tell him that he will be okay and that help is on the way. Try to relieve any pain. You might try elevating his legs. STAY VERY CALM.

SICK TUMMY: If your friend feels sick or has a belly pain, don't give him anything to eat or drink. Put a cold pack on the area that hurts and call an adult. If he might vomit, roll him on his side. ALWAYS STAY CALM!

SORE STIFF MUSCLES: A warm bath will relieve stiff or sore muscles. Relax and STAY CALM.

SPRAIN or STRAIN: If you have a strain or a sprain, apply an ice pack or cold compress and slightly elevate (raise) the area of the injury. Rest the injury. Think "RICE" = Rest, Ice, Compression, Elevation". STAY CALM.

SUNBURN: If you get a sunburn, soak in a cool bath for 20-30 minutes. Always remember to wear sunblock when outside, even when it's cool! Reapply sunblock if you perspire or swim. Prevent skin damage. STAY CALM.

TOOTH KNOCKED OUT: If a tooth is knocked out, rinse it with water and place it in a container of milk or water. Put a wad of clean gauze in the space where the tooth was. See a dentist immediately. STAY CALM!



“AMERICAN RED CROSS” CLASSES YOU CAN TAKE TO LEARN MORE:

BASIC AID TRAINING - - - “B.A.T.” classes (for ages 8 - 12)

BABYSITTING TRAINING (8-hour class) - - - (for ages 11 – 15)

**For Information, call: American Red Cross “Hampton Roads Chapter”: 838-7320
Hampton Roads Chapter on Mercury Boulevard: <http://hrredcross.org>**

OTHER WEBSITES: www.sosnet.com/safety/babysitters.tips.html www.redcross.org

Information in this document was compiled primarily from Katheran M. Price,
Prevention and Safety Educator, on the following website:
www.geocities.com/athens/academy/3483/kidsfirstaid

The Heimlich Maneuver for Choking

Courtesy: The Heimlich Institute

A choking victim **cannot speak or breathe** and needs your help immediately. Follow these steps to help a choking victim:

1. From behind, wrap your arms around the victim's waist.
2. Make a fist and place the thumb side of your fist against the victim's upper abdomen, below the ribcage and above the navel.
3. Grasp your fist with your other hand and press into their upper abdomen with a quick upward thrust. Do not squeeze the ribcage; confine the force of the thrust to your hands. Repeat until object is expelled.

UNCONSCIOUS VICTIM, OR WHEN RESCUER CAN'T REACH AROUND VICTIM:

1. Place the victim on back.
2. Facing the victim, kneel astride the victim's hips.
3. With one of your hands on top of the other, place the heel of your bottom hand on the upper abdomen below the rib cage and above the navel.
4. Use your body weight to press into the victim's upper abdomen with a quick upward thrust. Repeat until object is expelled.
5. If the Victim has not recovered, proceed with CPR.

The Victim should see a physician immediately after rescue.

Don't slap the victim's back. This could make matters worse.

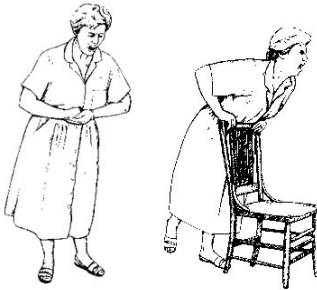


The Heimlich Maneuver on YOURSELF

When you choke, you can't speak or breathe and you need help immediately. Follow these steps to save yourself from choking:

1. Make a fist and place the thumb side of your fist against your upper abdomen, below the ribcage and above the navel.
2. Grasp your fist with your other hand and press into your upper abdomen with a quick upward thrust.
3. Repeat until object is expelled.
4. Alternatively, you can lean over a fixed horizontal object (table edge, chair, railing) and press your upper abdomen against the edge to produce a quick upward thrust. Repeat until object is expelled.

See a physician immediately after rescue.



The Heimlich Maneuver on Infants

A choking victim can't speak or breathe and needs your help immediately. Follow these steps to help a choking infant:

1. Lay the child down, face up, on a firm surface and kneel or stand at the victim's feet, or hold infant on your lap facing away from you.
2. Place the middle and index fingers of both your hands below his rib cage and above his navel.
3. Press into the victim's upper abdomen with a quick upward thrust; do not squeeze the rib cage. Be very gentle. Repeat until object is expelled.
4. If the Victim has not recovered, proceed with CPR. The Victim should see a physician immediately after rescue.



Don't slap the victim's back. (This could make matters worse.)

GET SAFE SMART

Name _____



Date _____

GET SAFE SMART

Find each of the following words.

- | | | | |
|-------------|---------|------------|----------|
| SURGE | CHECK | LADDER | SPLINT |
| BLOOD | HAZARD | DISPATCHER | RAIN |
| FIREFIGHTER | CHOKING | PRACTICE | PLAN |
| EVACUATE | WIRES | PRACTICE | SHOCK |
| SMOKE | OXYGEN | FUEL | FIRE |
| CALM | ESCAPE | IRON | HEAT |
| BANDAGE | BEEP | ALARM | EYE |
| EMERGENCY | BATTERY | WIND | INJURY |
| DETECTOR | HOSE | HURRICANE | HAIL |
| LIGHTNING | HURT | EXIT | GASOLINE |

C L A D D E R I P R A I N R R Y S P L I N T H A I L R
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