



WE  
CAN  
HELP!  
TOO!

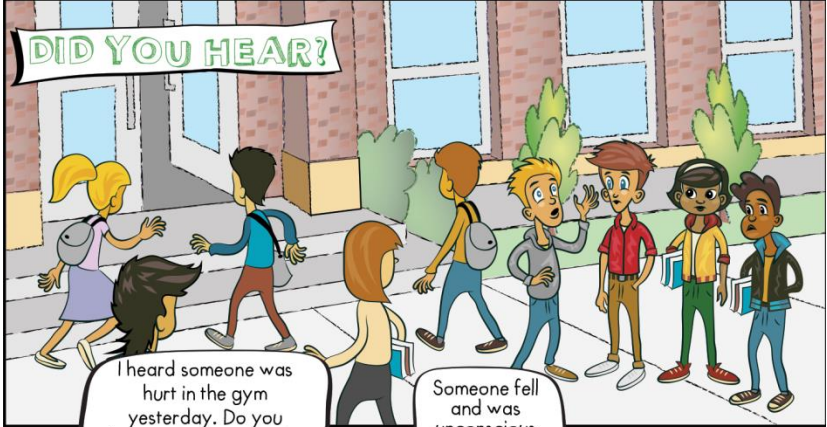
[wecanhelptoo.ca](http://wecanhelptoo.ca)



St. John Ambulance

**SAVING LIVES**  
at work, home and play

# DID YOU HEAR?



I heard someone was hurt in the gym yesterday. Do you know what happened?

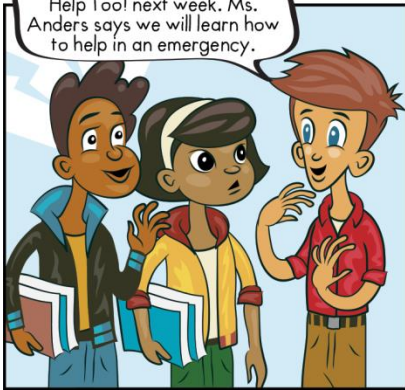
Someone fell and was unconscious. No one knew what to do.



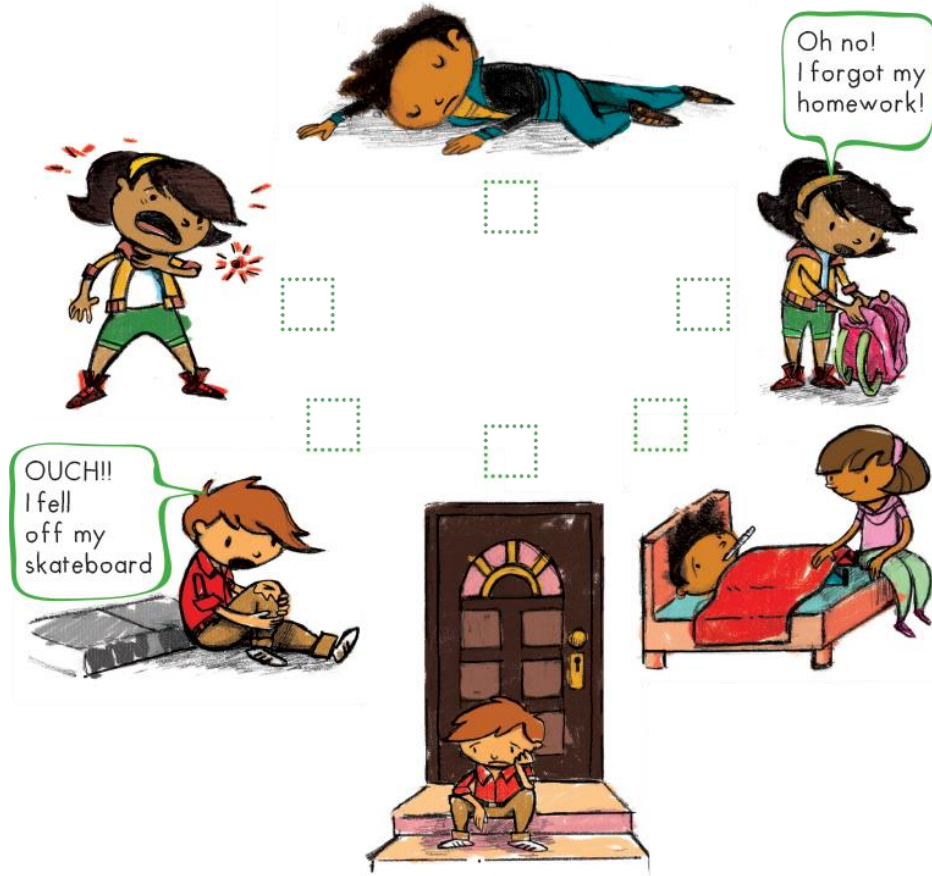
Our class is taking We Can Help Too! next week. Ms. Anders says we will learn how to help in an emergency.



My sister is a paramedic. I want to learn first aid so I can help if someone I know is sick or gets hurt. I want to learn how to help people in an emergency!



# WHAT IS AN EMERGENCY





# LOOKING FOR TROUBLE



# LET'S GET STARTED



A doctor or someone trained to work with doctors to help people who are hurt or sick.



When someone is hurt or suddenly gets sick and needs help.



Someone who is hurt or suddenly gets sick.



Someone who helps in the emergency with things they have available.

# FIRST AID KIT



# FIRST AID GLOVES



1



2



3



4



5



6



7

# GETTING HELP

**OPERATOR:** Hello, emergency service operator. Which service do you require? Fire, police or ambulance?

**YOU:** \_\_\_\_\_

**OPERATOR:** I'll connect you now...

**OTHER OPERATOR:** Hello, what is your name?

**YOU:** \_\_\_\_\_

**OPERATOR:** Where are you?

**YOU:** \_\_\_\_\_

**OPERATOR:** What happened?

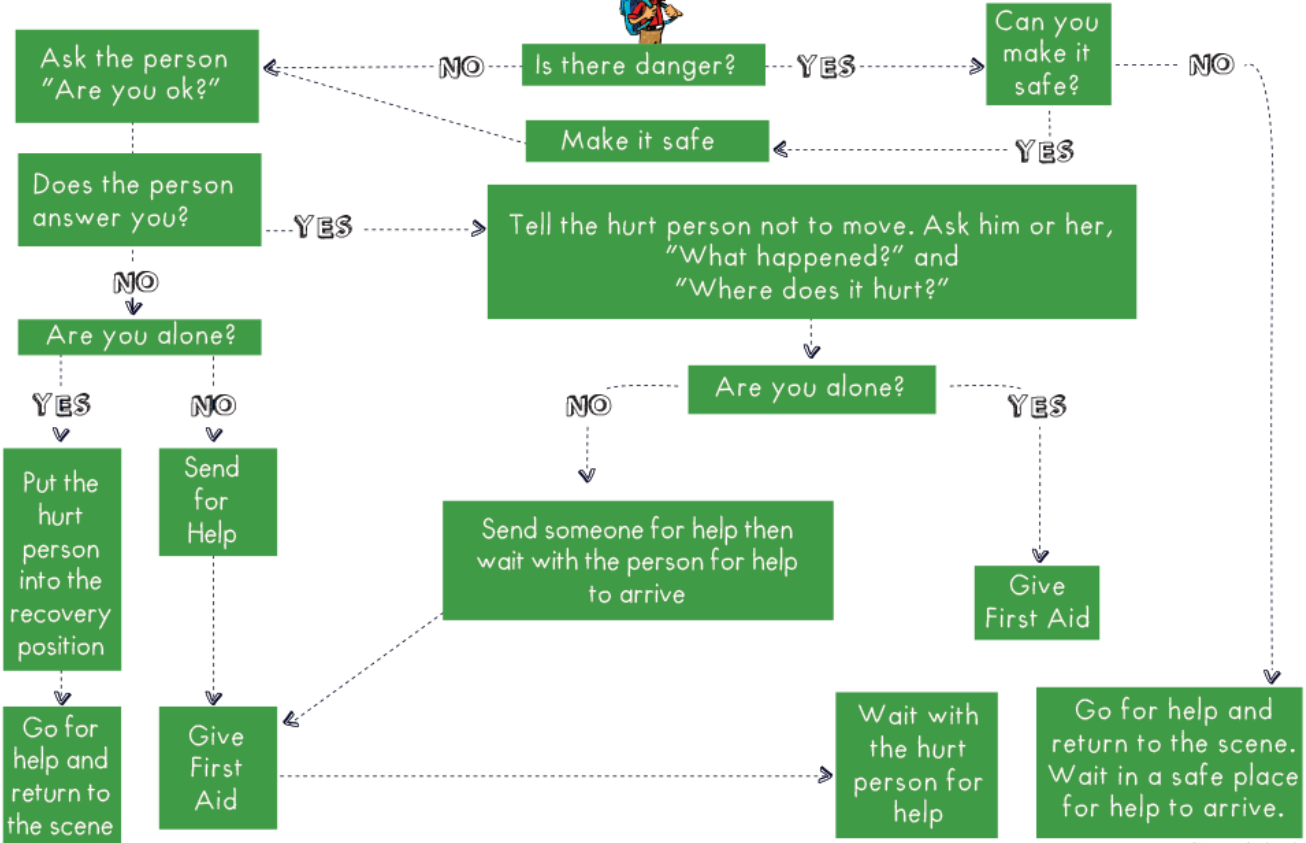
**YOU:** \_\_\_\_\_



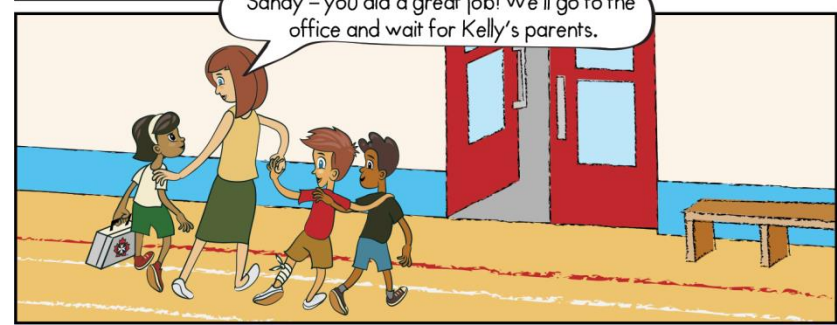
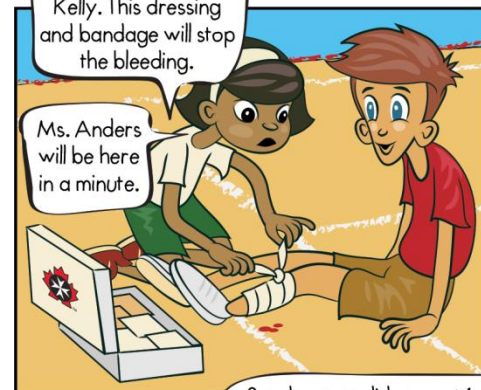
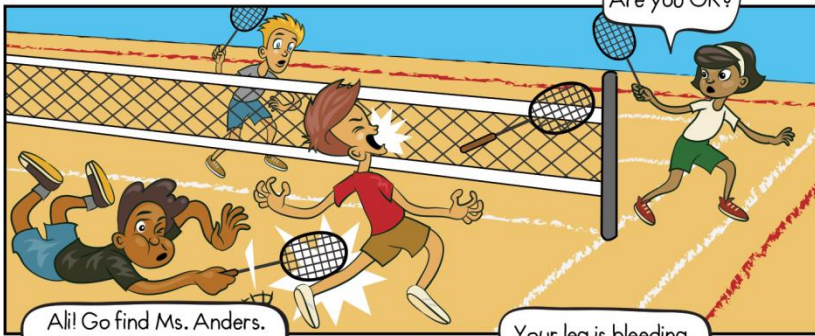
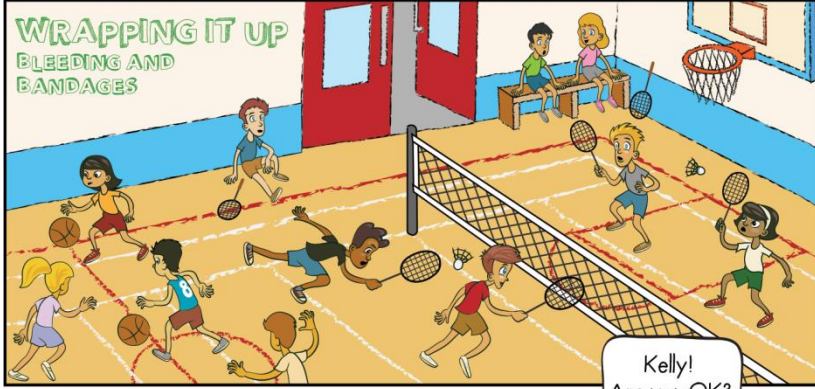
# WHAT TO DO IN AN EMERGENCY



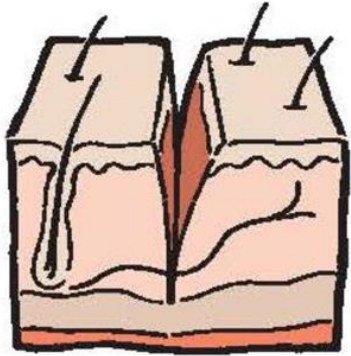
Someone is in trouble. Look, listen, and smell for clues



# WRAPPING IT UP BLEEDING AND BANDAGES

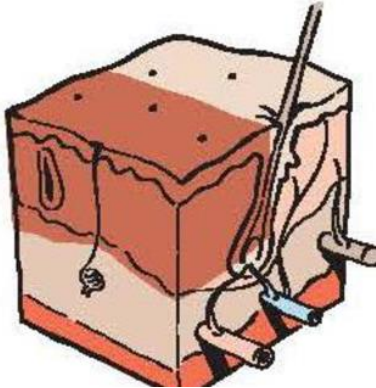


# BLEEDING AND BANDAGES



## Open wound

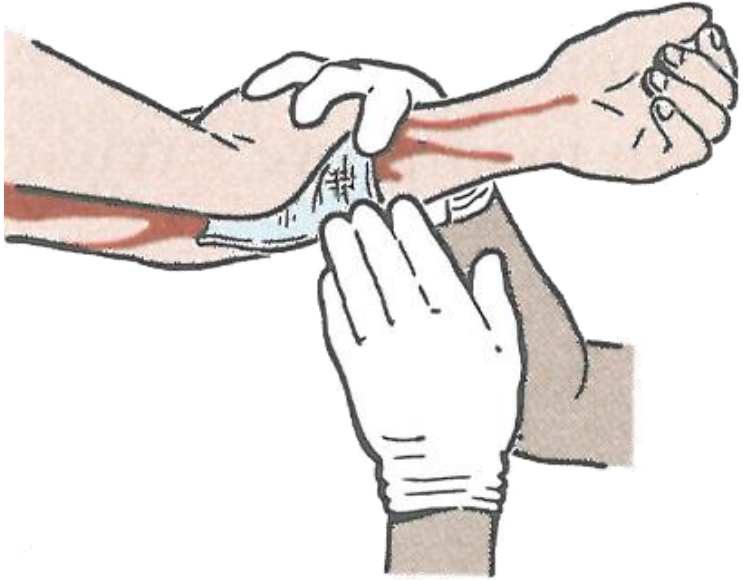
- A cut or scrape



## Closed wound

- A bruise

# HELPING WITH BLEEDING



- Control the bleeding
- Clean the wound
- Dress and bandage the wound



# NOSEBLEEDS



LUNCHROOM  
LET DOWN  
CHOKING



Ali! Talk to me!



Sandy!  
Go find Ms. Anders.  
Tell her Ali is choking!

You aren't making any noise.  
Your airway is blocked.  
I can help.



Mr. Russell is calling 9-1-1!



Are you ok Ali?  
Sit here and I will wait  
for the ambulance  
with you.

Great job Kelly!  
I'm so glad you knew  
what to do!



# CHOKING



- If the face is red and the person can cough or speak – encourage them to continue coughing.
- If the face begins to turn blue and there is no sound, the person is not getting air and needs help quickly.

# HELPING WITH CHOKING



**5 sharp  
back blows**  
– between the  
shoulder blades



**5 “J”  
thrusts**  
– inward and  
upward



# RECOVERY POSITION



# HANDS AND HEARTS CPR



Ms. Anders!  
There's something  
wrong with  
the bus driver.

Ali, have everyone  
sit on the grass over  
here! Mr. Lance  
has the cell phone.

Tell him to call  
9-1-1 and  
come quickly!



He's lying on the  
ground and I don't  
think he's breathing!

Sandy! When  
Mr. Lance and  
Ali get here,  
tell them the  
driver is not  
breathing.



I'm going  
to start  
CPR



I'm going to  
learn how to do CPR.  
This could happen to  
someone in my family.  
I want to know what  
to do!



I called 9-1-1.  
They should  
be here soon!



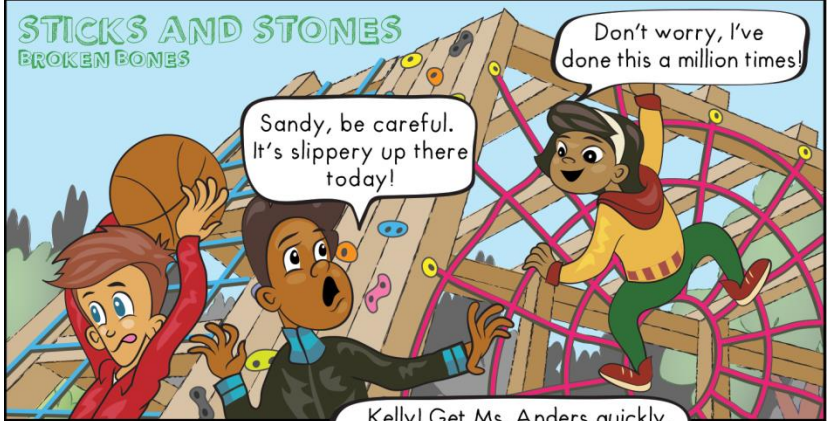
The school is sending another  
bus driver. He should be here soon.  
Let's wait together. Is everyone ok?





# STICKS AND STONES

## BROKEN BONES

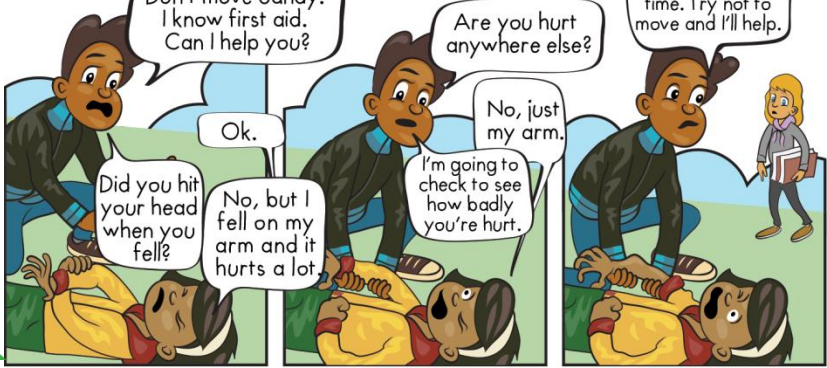


Don't worry, I've done this a million times!

Sandy, be careful. It's slippery up there today!



Kelly! Get Ms. Anders quickly. Bring the first aid kit. Sandy fell and I think something is wrong!



Don't move Sandy. I know first aid. Can I help you?

Are you hurt anywhere else?

Sandy, it looks like you did it this time. Try not to move and I'll help.

No, just my arm.

I'm going to check to see how badly you're hurt.

Ok.

Did you hit your head when you fell?

No, but I fell on my arm and it hurts a lot.



Sam! Give me your workbook. I'm going to use it for a splint for Sandy's arm.

Sandy, are you ok?



Sam! I need something to hold this. Do you have something long I can use as a tie?



Her arm hurts a lot. She fell on it. Thanks! I need the triangular bandage.

Ali, can I help you? I have the first aid kit.



Let's get you all back in the school and call Sandy's parents. Ali, I'm glad you and Kelly were here. Looks like you've done a great job.



Sandy. Does that feel better?

Better, but it still hurts a lot.



Sandy is feeling a little better but a doctor will have to look at that arm.

We'll go over to the hospital now. Thank you all for your help.

# BROKEN BONES

## What they look like

- Swelling
- Red in the area
- Very painful
- The bone or joint doesn't look right





# HELPING WITH BROKEN BONES

- R** - rest
- I** - immobilize
- C** - cold
- E** - elevate



# HEAD AND BACK INJURIES

THE PERSON FALLS FROM A HEIGHT.



THE PERSON IS HIT BY A CAR.



- Stay calm
- Tell the person not to move
- Talk to the person from in front so he doesn't turn his head

TWO PEOPLE HIT THEIR HEADS TOGETHER.



THE PERSON GETS HIT IN THEIR HEAD.



# FROSTBITE

## Watch for these signs and get in out of the cold

- Fingers and toes begin to tingle and then may get numb
- White spots on the skin



# SOLVE THIS RHYME

**Time to learn what to do in a heat related emergency.**

The skin may be \_\_\_\_\_ , and you're sweating or not.

Don't sit by the pool, get in and get \_\_\_\_\_ .

When out in the sun, wearing \_\_\_\_\_ is fun.

Wear a hat on your head so your skin won't get \_\_\_\_\_ .



# ALLERGIES

## **Anaphylaxis (*anna-fill-axis*)**

- life-threatening
- breathing emergency

**Get an adult immediately**

## **Auto-injector (EpiPen® or Allerject®)**

- life saving medicine



# POISONING



This container can explode if it's heated or punctured.



This will burn skin or eyes on contact, or the throat and stomach if swallowed.



This product, or its fumes, will catch fire easily if it is near heat, flames or sparks.



Licking, eating, drinking, or sometimes smelling, this will cause illness or death.

# POISONING

**Be careful of things that might look like something else.**

1. Medicine might look like \_\_\_\_\_.
2. Liquid chemicals and cleaners may look like \_\_\_\_\_.



# POISONING

GET AN ADULT TO HELP  
DO NOT TRY TO MAKE THE PERSON THROW UP  
CALL POISON CONTROL

**Poison Control in Alberta**

**1-800-332-1414**





# BURNS

- Cool the burn
- Cover the burn with clean cloth
- Never put anything on a burn (butter or grease)
- Never break blisters
- Don't pull off anything that is stuck to the burn

# BURNS

Fill in the blanks in these sentences with one of the words provided in brackets.

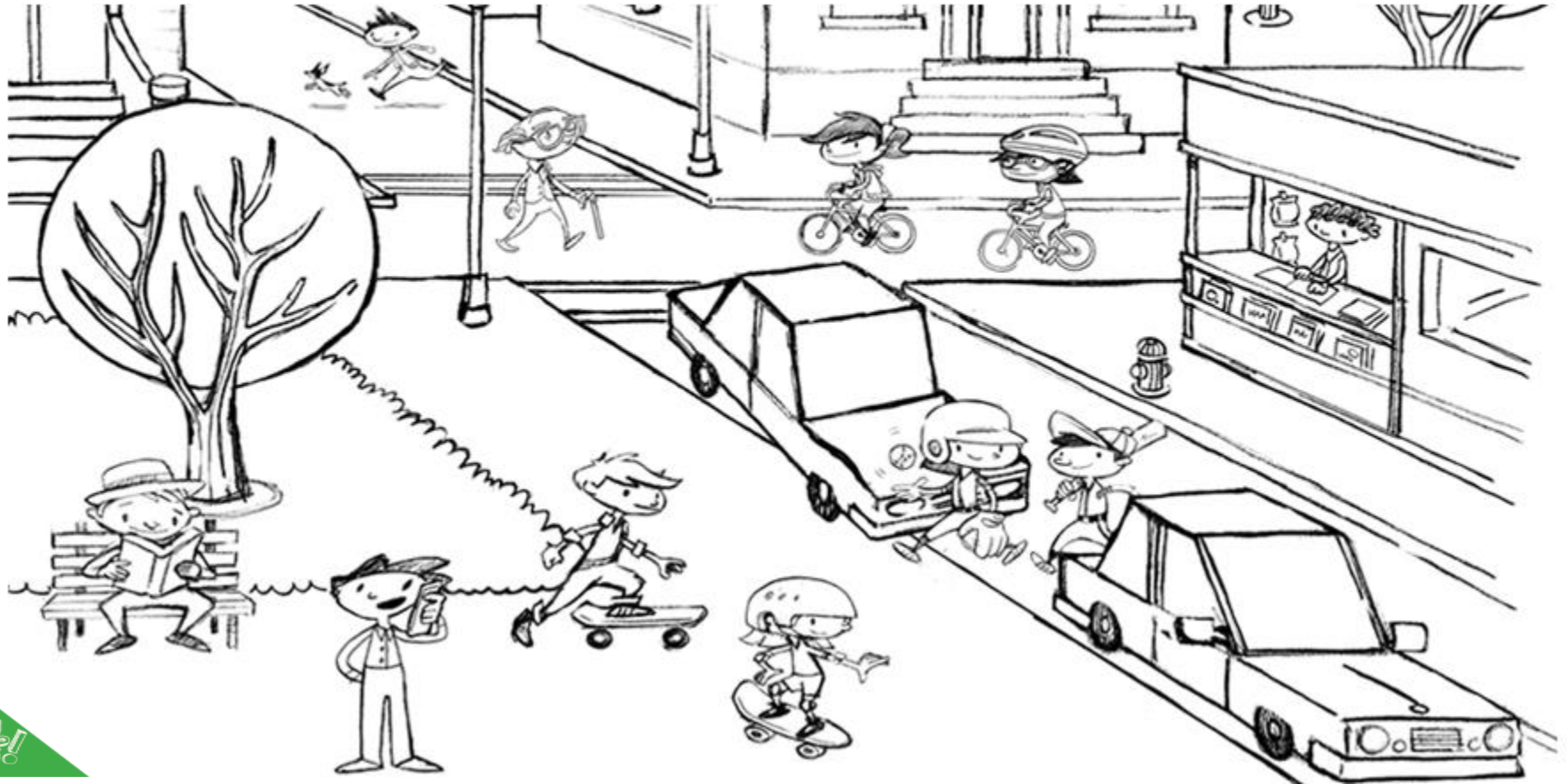
1. Burns can happen quickly if you touch something \_\_\_\_\_ or get too near to steam.

The most important step is to \_\_\_\_\_ the burned area. (cool/hot)

2. Put the burned area in cool \_\_\_\_\_ or hold it under the tap for 10 to 15 minutes until the area is completely \_\_\_\_\_. (water/cooled)

3. Dry the area carefully and cover the area with a \_\_\_\_\_ and \_\_\_\_\_. (bandage/dressing)

# SAFETY ON THE STREETS



# WE CAN HELP TOO!

Congrats!



Well done!!



Great job!

