



# BASIC AID TRAINING



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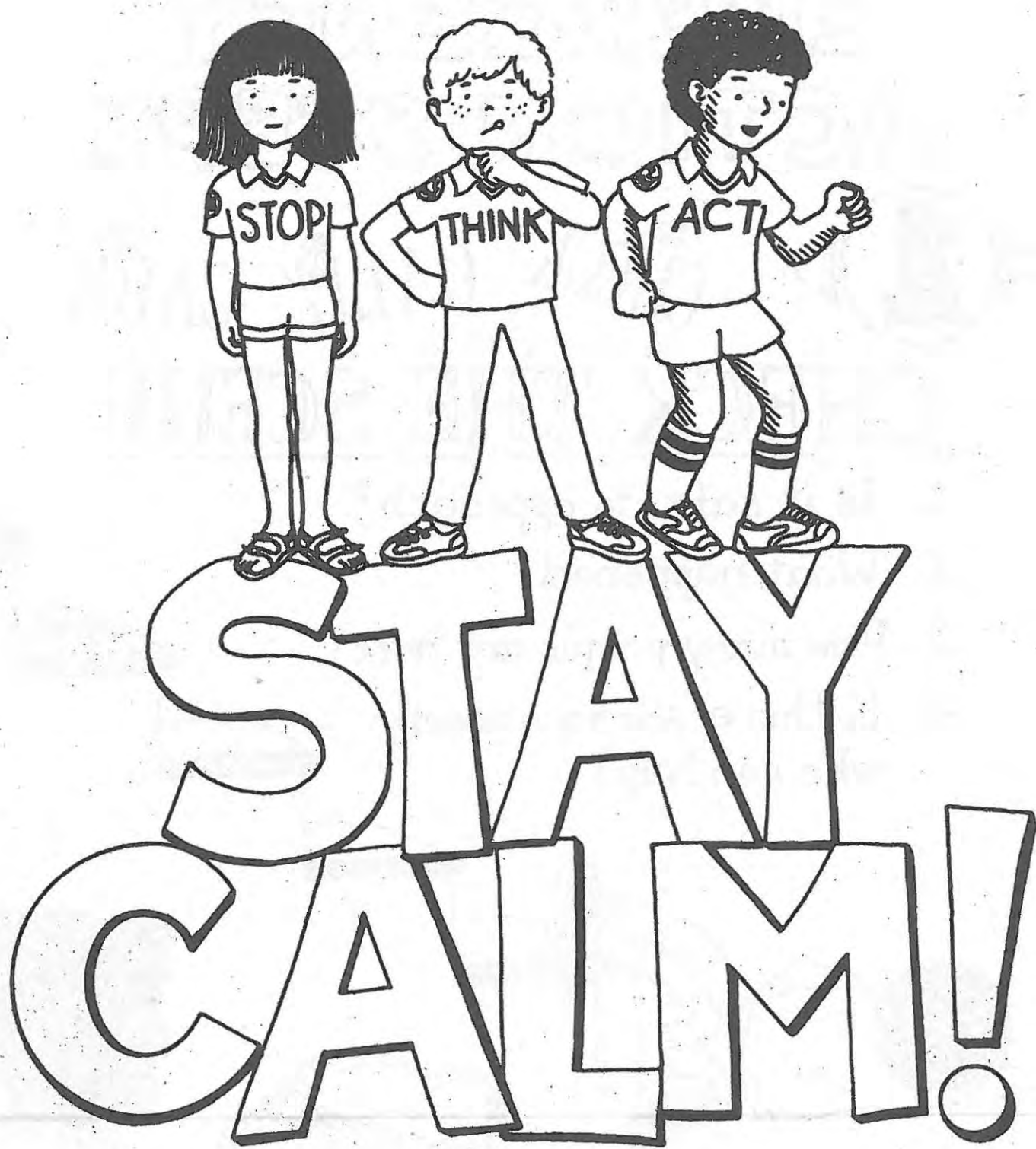


# BASIC AID TRAINING

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# EMERGENCY ACTION STEPS

1

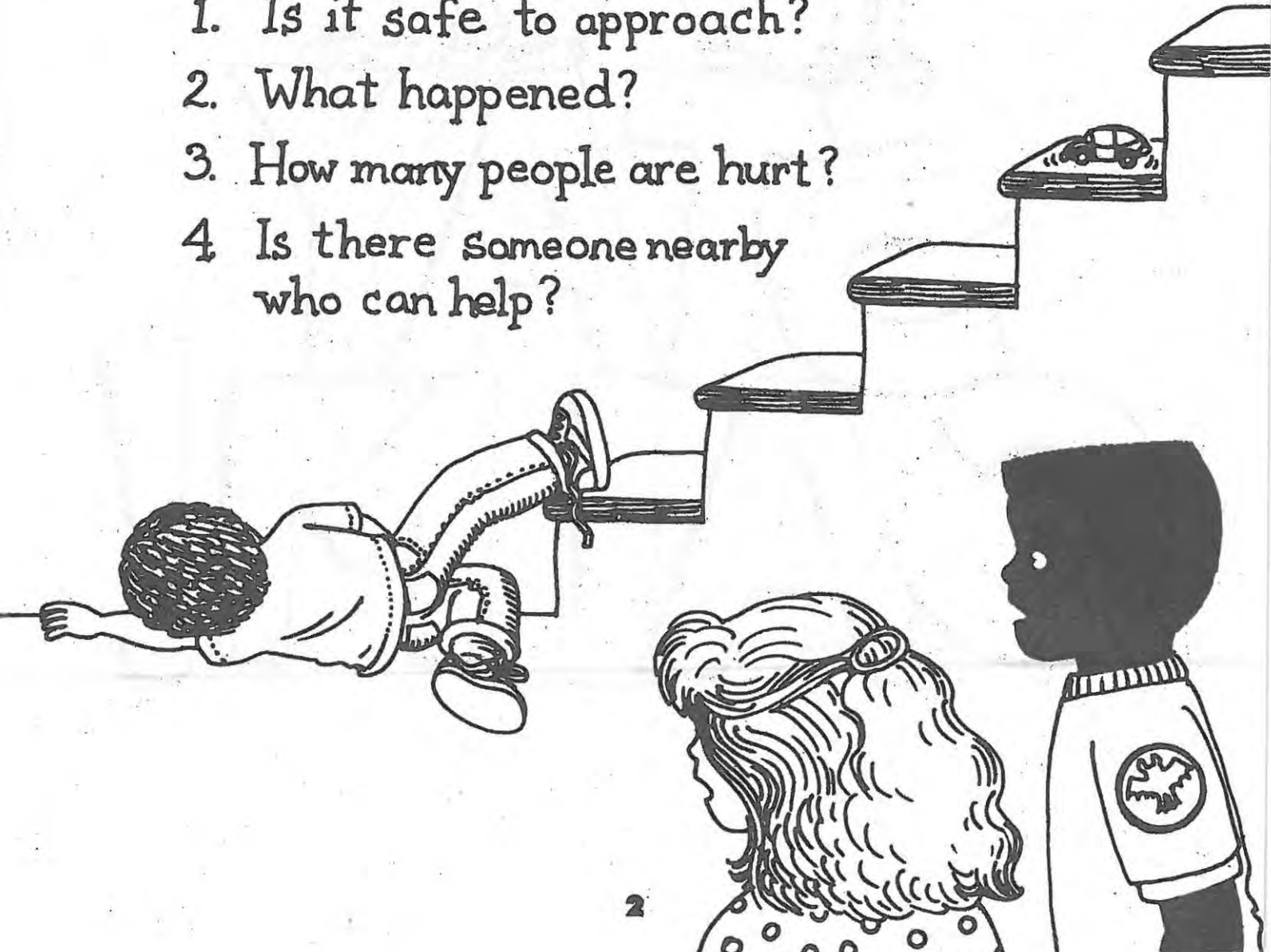
CHECK

CALL

CARE

## CHECK THE SCENE

1. Is it safe to approach?
2. What happened?
3. How many people are hurt?
4. Is there someone nearby who can help?





# EMERGENCY ACTION STEPS

 CHECK

CALL 

 CARE

## CHECK THE PERSON

1. Tap or shake the person;  
ask, "Are you OK?"



2. Yell for help.



3. Open the Airway.

4. Look, listen, and feel  
for Breathing.



5. Give 2 slow breaths.

6. Check Circulation  
(for a pulse).



7. Check for bleeding.





# EMERGENCY ACTION STEPS

2. CHECK CALL CARE

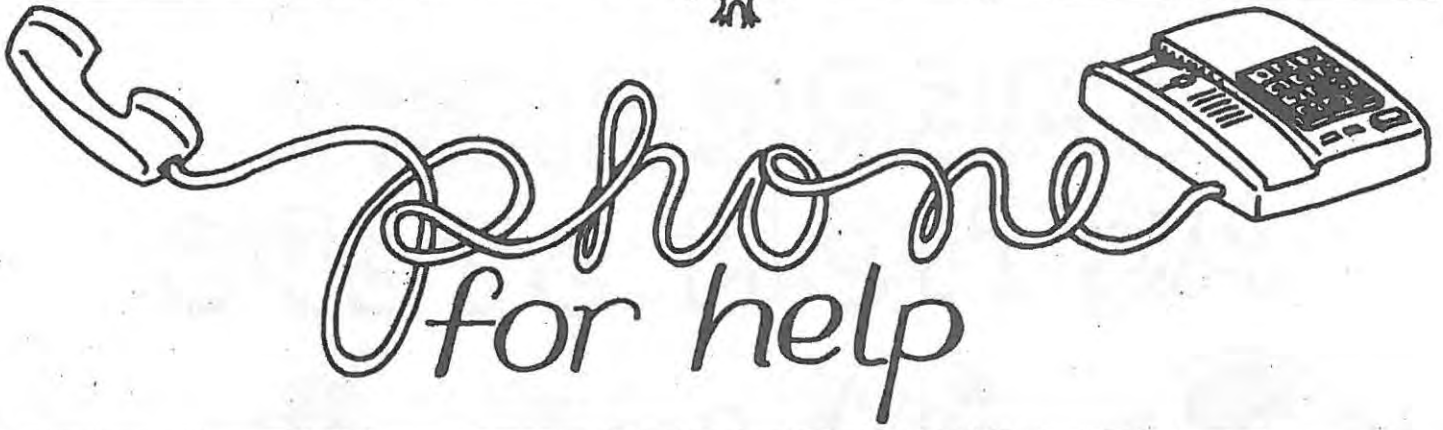
## CALL FOR HELP

1. Get an adult.



2. Make a phone call:

- SEND SOMEONE ELSE TO CALL.
- MAKE THE CALL YOURSELF.



1. Call 9-1-1 or the local emergency number.
2. Say, "This is an emergency call!"
3. Report :
  - WHO
  - WHAT
  - WHERE
  - WHEN
  - HOW MANY



4. DON'T HANG  
UP!!





# EMERGENCY ACTION STEPS



 CHECK

 CALL

 CARE

GIVE CARE

---

1. Care for the

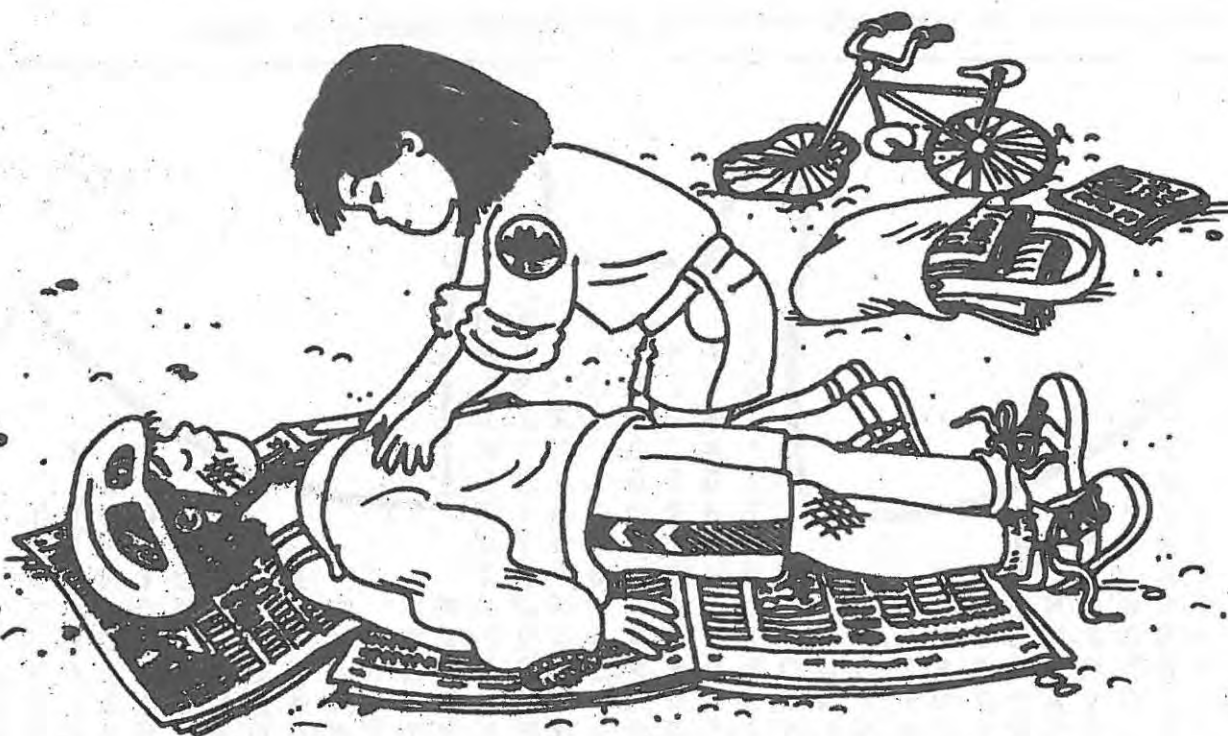
 INJURY.

2. Give general

 CARE.



# GENERAL CARE

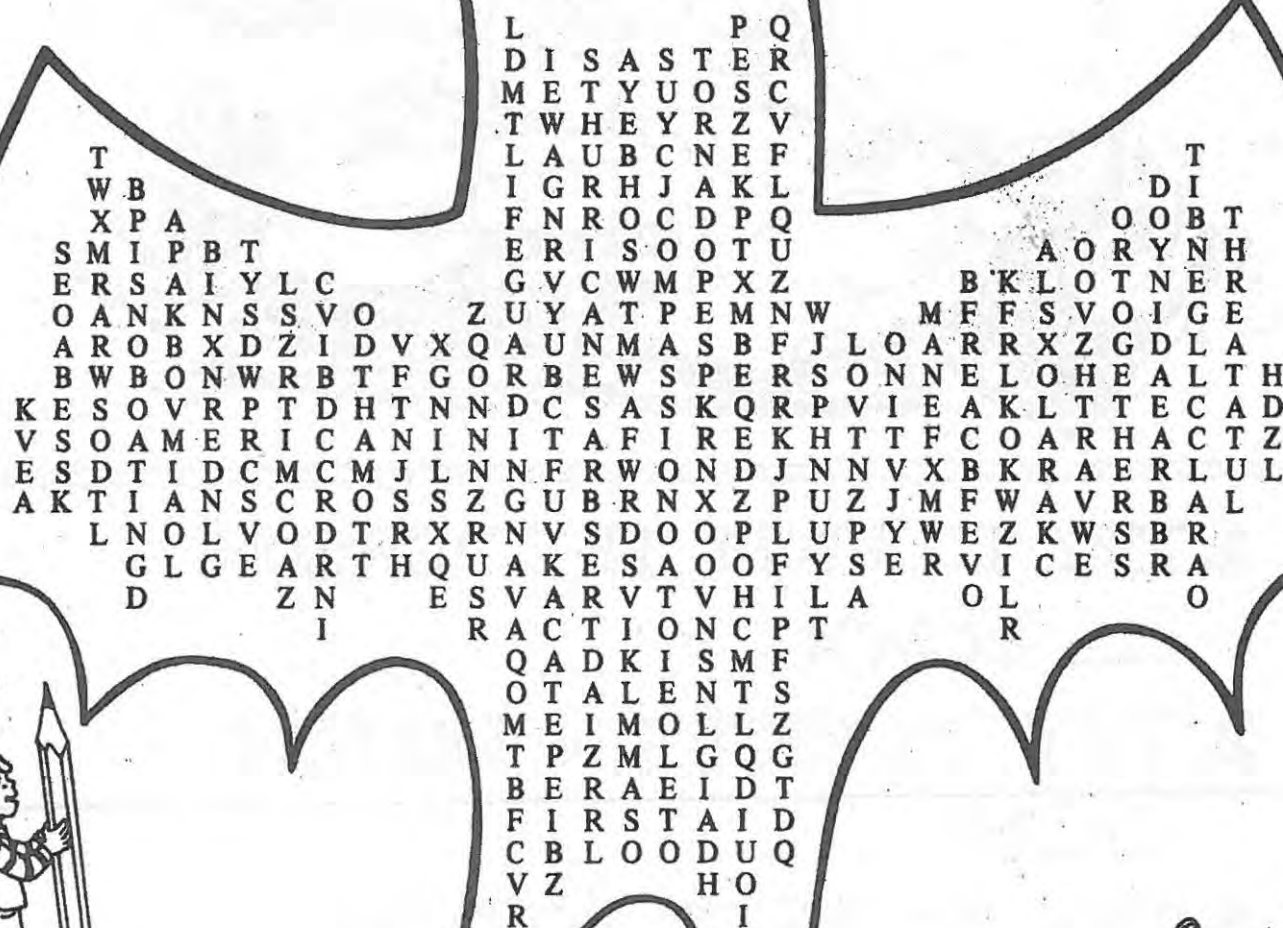


1. TRY TO HAVE THE PERSON LIE DOWN.
2. TRY TO KEEP THE PERSON CALM.
3. TRY TO KEEP NORMAL BODY TEMPERATURE.

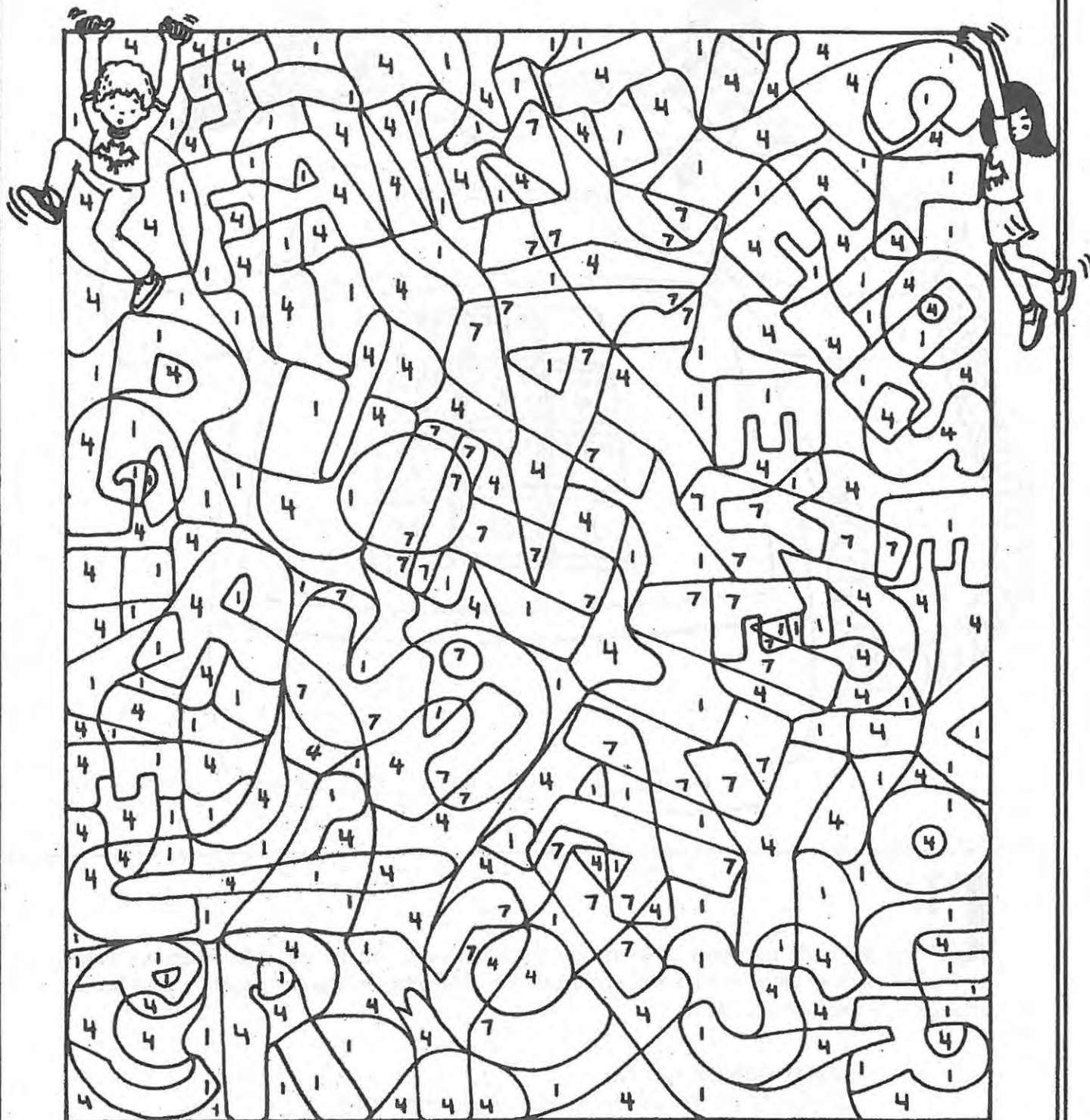


The **AMERICAN RED CROSS** was founded in 1881 by **CLARA** Barton. The Red Cross helps people when a **DISASTER** happens, like an **EARTHQUAKE**, **FIRE**, **FLOOD**, **TORNADO**, or **HURRICANE**. The Red Cross gives **SERVICE** to Military Families by providing a link between members of the armed forces and their families. The Red Cross teaches people about **HEALTH** and **FIRST AID**, water safety, swimming, **LIFEGUARDING**, **BOATING**, and other special classes like **BABYSITTING**. An active **BLOOD** Services program is run by the Red Cross. The Red Cross does its work by way of paid **PERSONNEL** and lots of **VOLUNTEERS** working **TOGETHER**. Volunteers are people who give freely of their **TIME** and **TALENTS** without pay. The Red Cross is recognized around the world as a **SYMBOL** of **COMPASSION** and humanitarian **ACTION**.

Find and circle the boldfaced words from the paragraph above in the puzzle.





**W**

hat is the first rule to remember in any emergency?  
To find the "FIRST THINGS FIRST" answer, color all the  
1's and 4's blue, and color all the 7's red.





**U**sing the code numbers as found on the telephone, choose the right letters to make the correct answer word which will complete the following emergency phone call rules. (Example: 2=the letter A, B, or C.)

**EMERGENCY CALLS:**

2—2—5—5 911 or the local emergency number.

**Report** 9—4—6 and how many people are involved.

9—4—2—8 happened.

9—4—3—7—3 the emergency happened.

9—4—3—6 it happened.

**Tell** your 6—2—6—3

and the 8—3—5—3—7—4—6—6—3 number from which you are calling.

Do NOT 4—2—6—4 up!



# RESCUE BREATHING

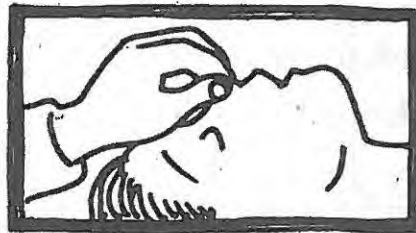
1. CHECK THE SCENE.  
CHECK THE PERSON.
2. CALL FOR HELP.
3. GIVE CARE.

If the person is not breathing-

1. Maintain an open airway.



2. Pinch the nose shut.



3. Give 1 slow breath.



Count:

ADULT - 1 breath every 5 seconds

CHILD - 1 breath every 3 seconds

INFANT - 1 breath every 3 seconds



**D**raw lines from the pictures to the skills to match these **RESCUE BREATHING** steps.

One-one thousand,  
Two-one thousand,  
Give breath.



1. COUNT FOR  
CHILD.

2. MAINTAIN  
OPEN AIRWAY.

3. COUNT FOR  
ADULT.

4. PINCH THE  
NOSE.

5. GIVE ONE  
SLOW BREATH.

6. COUNT FOR  
INFANT.



One-one thousand,  
Two-one thousand,  
Three-one thousand,  
Four-one thousand,  
Give breath.

One-one thousand,  
Two-one thousand,  
Give breath.



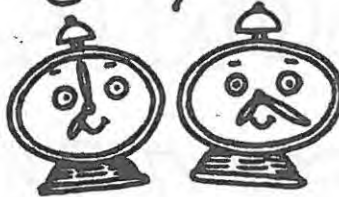


# some ways to prevent **CHOKING**

- 1.** Take small bites and chew thoroughly.



- 2.** Eat slowly.



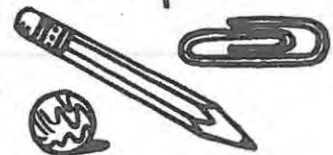
- 3.** Don't walk, run, or play with food in your mouth.



- 4.** Don't talk or laugh with food in your mouth.



- 5.** Never put anything except food in your mouth.







# CHOKING

1. TRY TO KEEP THE  
PERSON CALM.

2. ALLOW THE  
PERSON TO COUGH.



then...



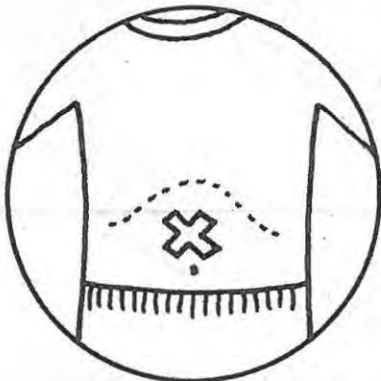
# CHOKING!

1. CHECK THE SCENE.  
CHECK THE PERSON.
2. CALL FOR HELP.
3. GIVE CARE.

If the person can't

Cough,  
Speak, or  
Breathe,

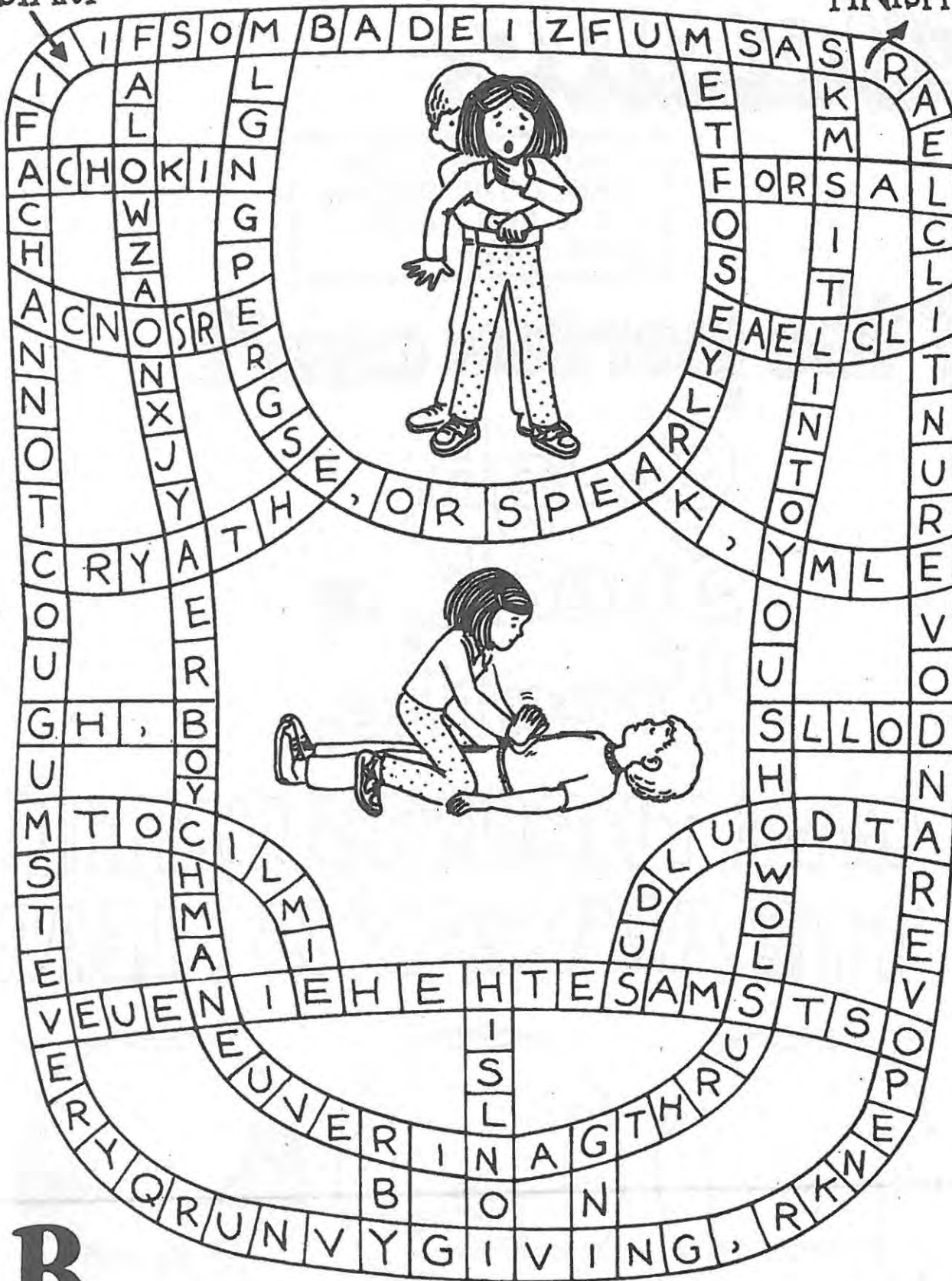
GIVE THRUSTS UNTIL  
THE AIRWAY IS CLEAR.





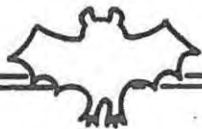
START

FINISH









B



eginning at the start arrow, find the sentence that tells what to do if a person is **ALL CHOKED UP**:  
 "If a choking person cannot cough, breathe, or speak, you should use the Heimlich maneuver by giving thrusts over and over until clear."



# some ways to prevent WOUNDS

1. Be careful with tools,   
scissors,  and knives. 

2. Don't go barefoot   
where there may be broken  
glass,  nails,  rocks,   
or other sharp objects.

3. Never use power tools, including  
lawn mowers, without adult  
supervision.  

4. Never play with a gun. 





# WOUNDS



1. CHECK THE SCENE.  
CHECK THE PERSON.
2. CALL FOR HELP.
3. GIVE CARE.

## SMALL:

WASH, APPLY BANDAGE.

## SEVERE:

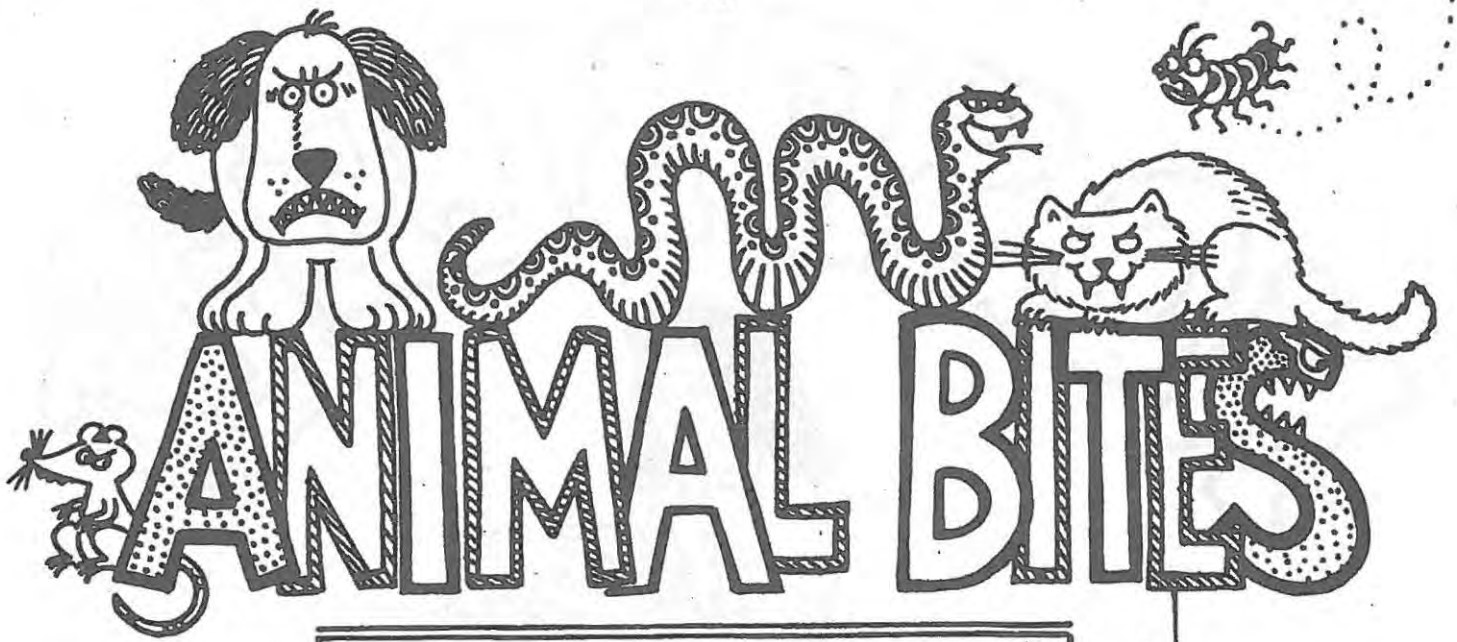
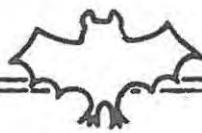
1. HAVE THE PERSON SIT  
OR LIE DOWN.
2. APPLY DIRECT PRESSURE.
3. APPLY DRESSING AND  
BANDAGE.
4. CLEAN YOUR HANDS.



# NOSEBLEED






1. HAVE THE PERSON SIT DOWN.
2. HAVE THE PERSON LEAN FORWARD AND PINCH NOSE SHUT.



1. CHECK THE SCENE.  
CHECK THE PERSON.  
2. CALL FOR HELP.  
3. GIVE CARE.



1. **W**ASH THE WOUND.
2.  **CONTROL** THE BLEEDING.
3.  **IDENTIFY** THE ANIMAL.
4. **T**ELL AN ADULT.....



1. CHECK THE SCENE.  
CHECK THE PERSON.
2. CALL FOR HELP.
3. GIVE CARE.

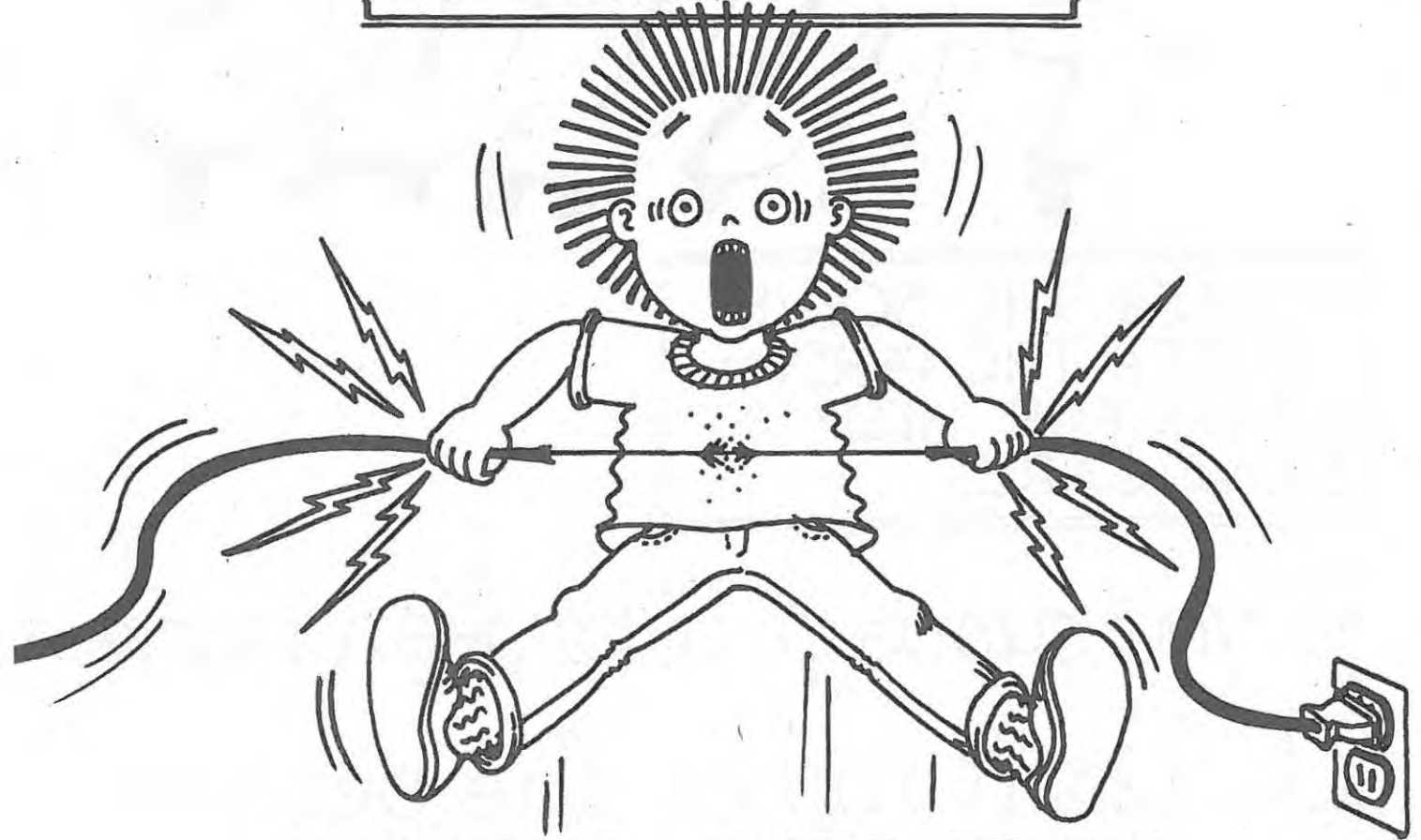
If you suspect a broken bone—

1. Don't move the person.
2. Try to keep the person calm.



# GOOD STICK

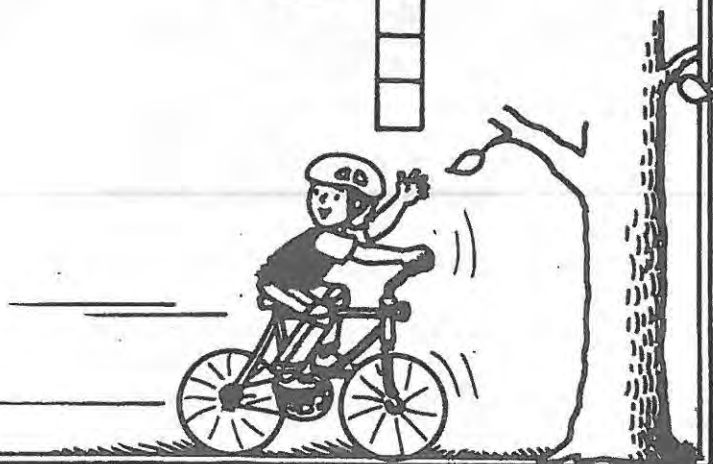
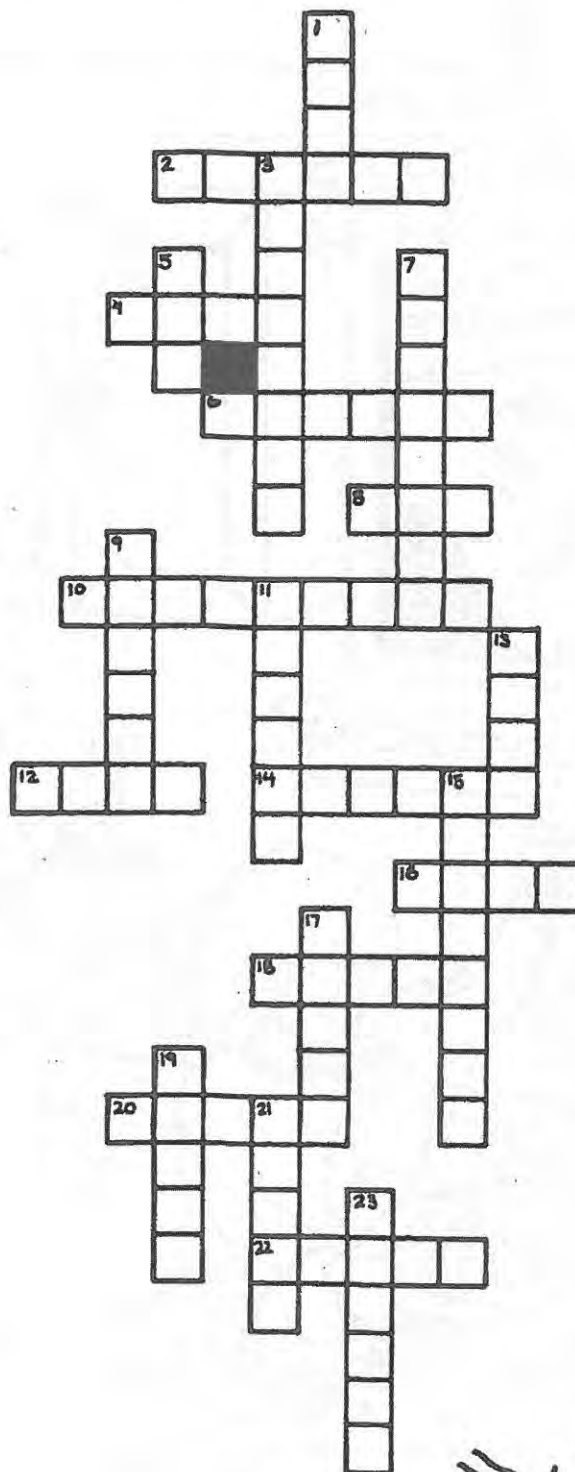
1. CHECK THE SCENE.  
CHECK THE PERSON.
2. CALL FOR HELP.
3. GIVE CARE.



TURN OFF THE  
POWER BEFORE  
TOUCHING THE PERSON.

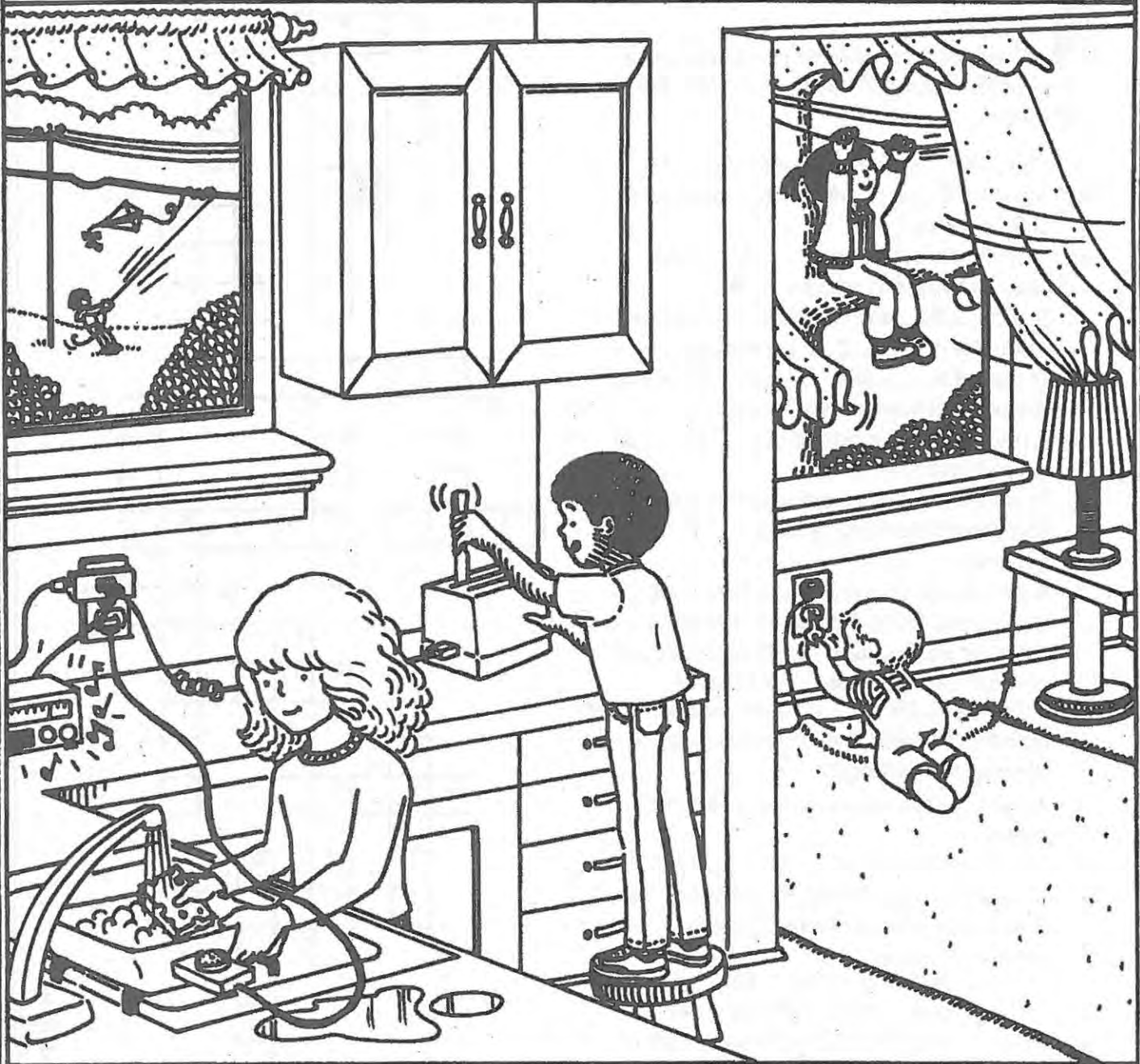
**C**omplete the crossword puzzle using the words missing in these "OUCH!" first aid rules.

- a. The 20 rule in 5 is to stay 1.
- b. A small 8 or 14 are examples of small wounds.
- c. You should 12 small 9 with soap and water to remove 10.
- d. Insect 19 and stepping on a nail are examples of a 7 wound.
- e. In case of a 10, you should tilt the head forward not backward.
- f. A black eye is an example of a 11 or wound under the skin.
- g. In case of large or severe wounds, you must first control bleeding by using 6 pressure.
- h. A person's pulse can tell you if the 17 is pumping blood throughout the body.
- i. Dressing and bandage materials should be absorbent and as 22 as possible.
- j. If direct 15 does not control severe bleeding, the next first aid step is to use a dressing and bandage.
- k. In case of a fall, you must not 19 the victim.
- l. If you are bitten by an 2, try to 3 it, and tell your parents. Be certain you wash the wound to help prevent infection.
- m. Before you can 25 a person from electrical 21, the power must be turned off.
- n. Always use a 4 mower with adult supervision.
- o. Get 16 in an emergency by getting an adult or calling 9-1-1 or the local emergency number.



F

ind the 10 electrical "OUCH!" hazards that appear in this picture. (Check your answers below).



## ANSWERS:

1. Small child playing with electrical socket.
2. Frayed electrical cord that could cause fire.
3. Electrical cord running under rug.
4. Trying to undo kite that is caught in power lines.
5. Climbing tree near power lines.
6. Washing an electrical appliance while it's still plugged in.
7. Repairing toaster while it's still plugged in.
8. Overloading an outlet with too many cords.
9. Curtains blowing against lamp.
10. Sloppy bandage repair to broken electrical cord.





some ways to prevent

# FIRE

1. Never play with matches.



2. Pay attention to fire prevention signs posted in forests and parks and along roadways.



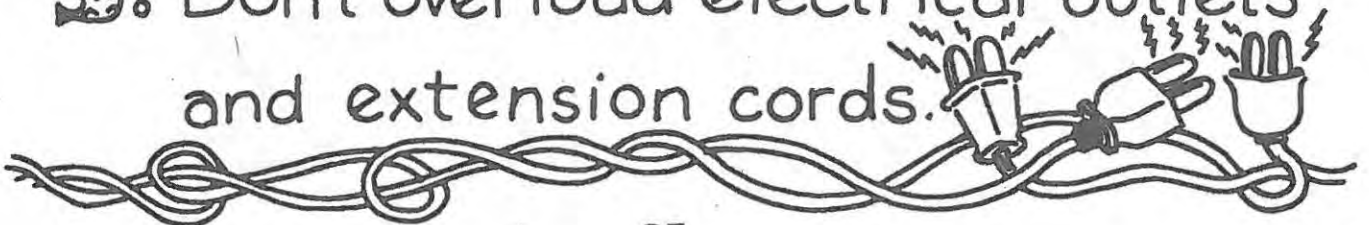
3. Start a campfire only where it can't spread.



4. Store flammable materials away from heat.



5. Don't overload electrical outlets and extension cords.

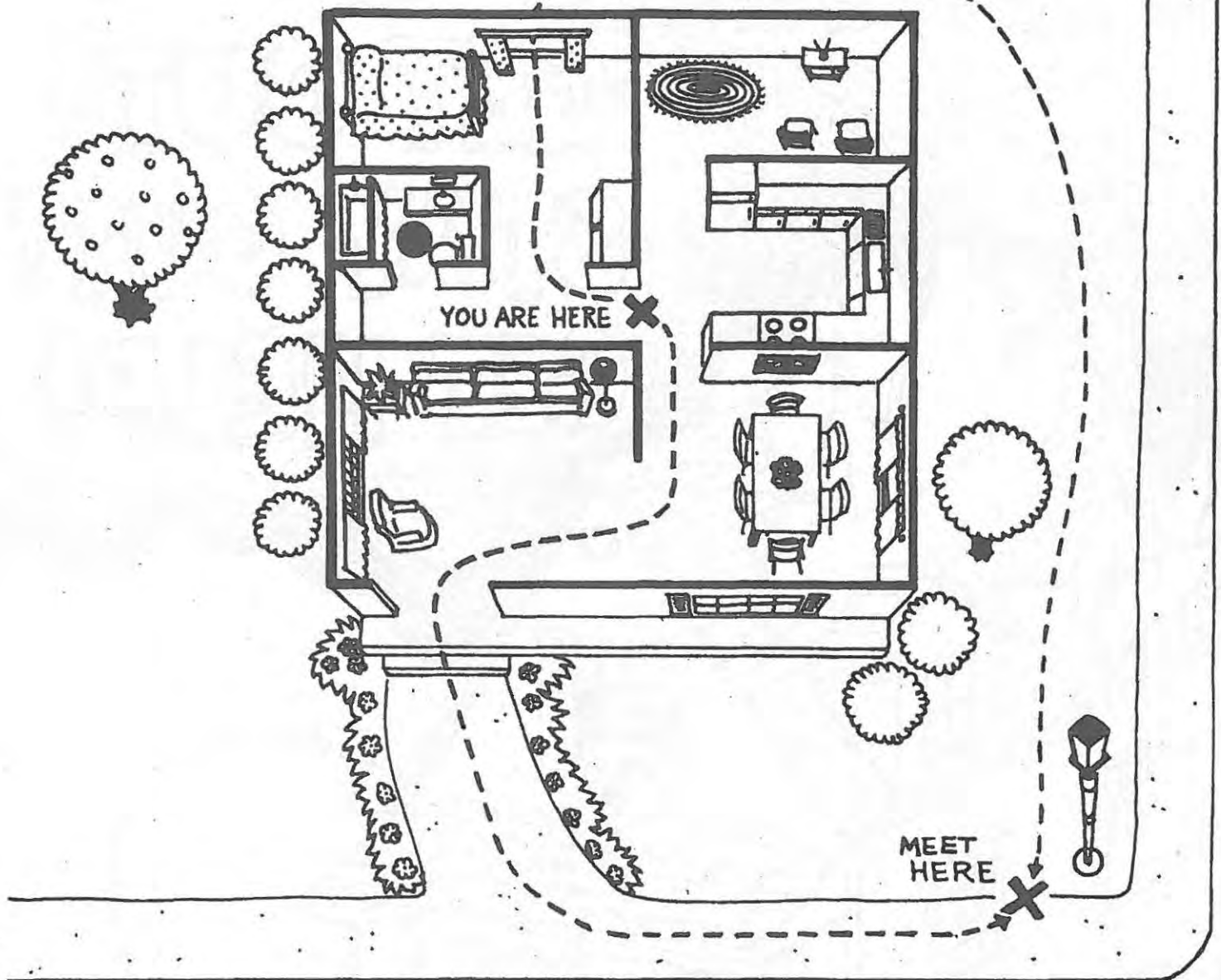






**FIRE**  
CAN'T BURN  
WITHOUT  
**AIR.**

## ESCAPE PLAN



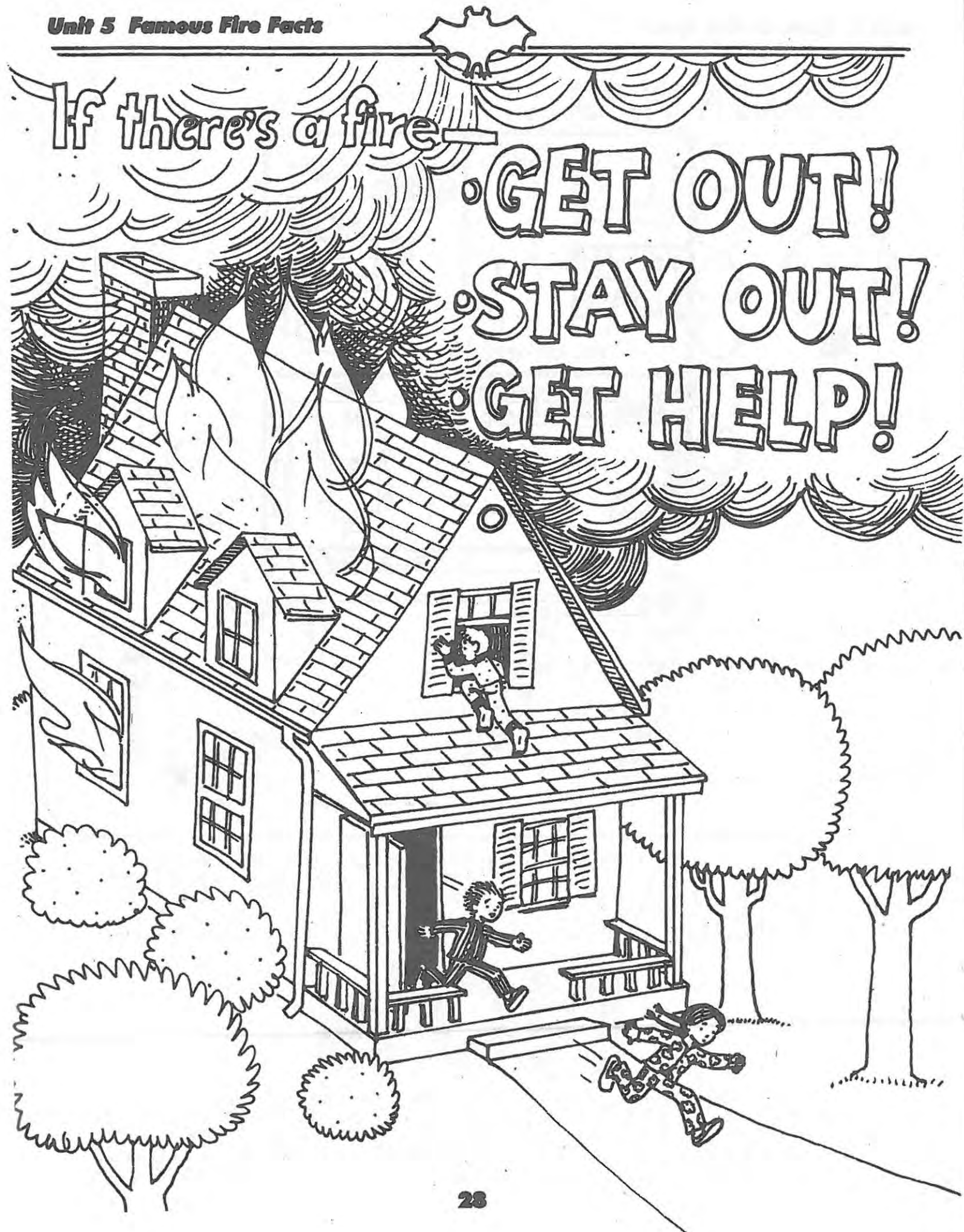
PLAN ESCAPE  
NOW  
AND PRACTICE.

If there's a fire—

• GET OUT!


• STAY OUT!


• GET HELP!






# FIRE SAFETY PROCEDURES

1.  Use your fire escape plan.

2.  Crawl low for fresh air.

3.  Test doors for heat before opening them.

4.  Don't go back into a burning building.

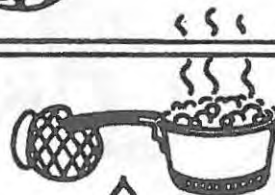




some ways to prevent




# BURNS



1. Be careful with hot liquids.




2. Don't play with lit candles.



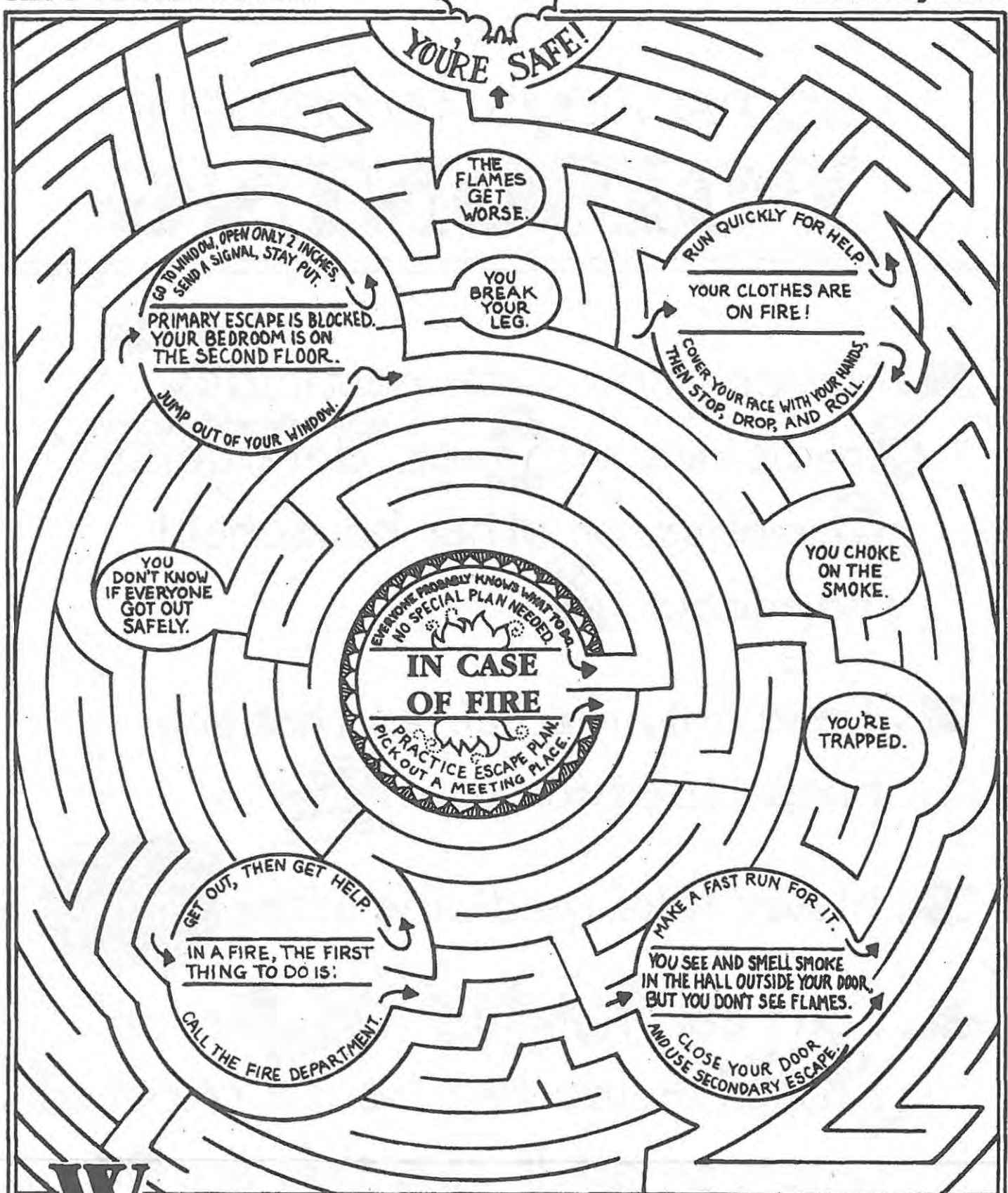
3. Be careful around  fireplaces,  
 wood-burning stoves, and  space heaters.

4. Don't play around outdoor grills  or the kitchen stove  when food is cooking.

5. Use a sunscreen  when playing outdoors for a long time.

6. Never play with fireworks without adult supervision.





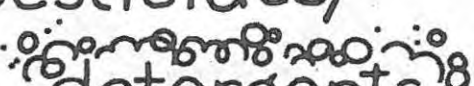










**W**hat **FAMOUS FIRE FACTS** do you know? Test to see if you are safe by following this maze from the center of the page to the safe place at the top of the page. Each time you reach a new circle on the path, you must make the right choice so you won't get trapped in the fire.





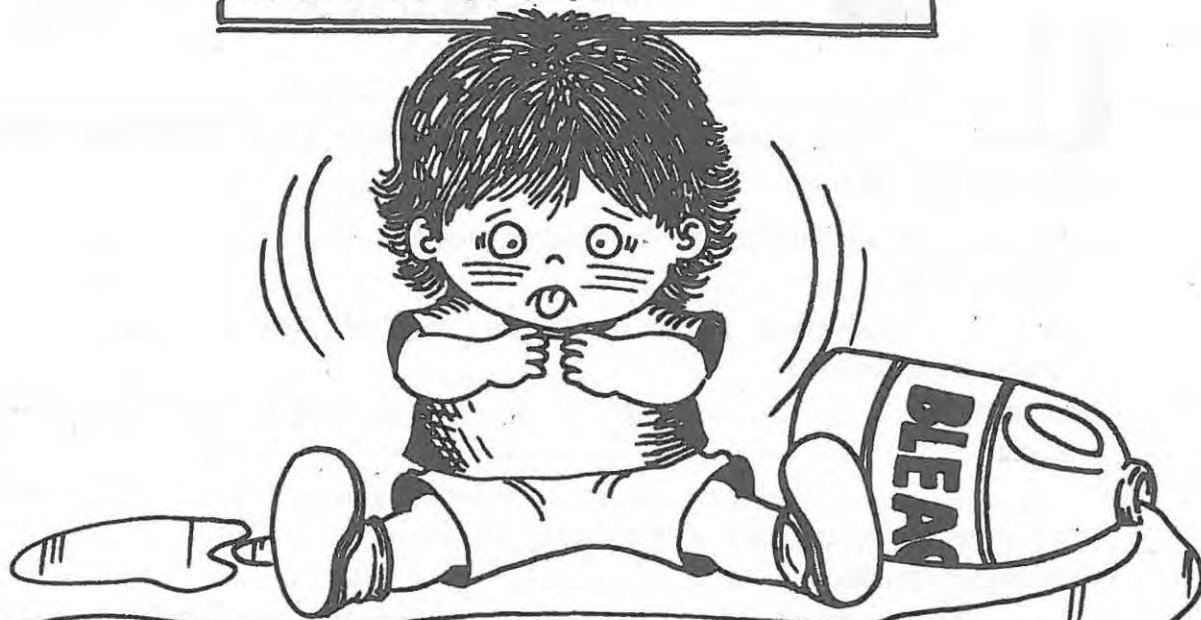
# some ways to prevent **POISONING**

1. Never play with pesticides,  medicines,  vitamins,  detergents,  cosmetics, or other household chemicals. 
2. Take only medicines that are prescribed for you. 
3. Never take medicine in the  dark.
4. Don't eat  berries,  flowers, or  plants inside the house or outside  unless an adult says they are O.K.



# POISONING

1. CHECK THE SCENE.  
CHECK THE PERSON.
2. CALL FOR HELP.
3. GIVE CARE.



1. Call 9-1-1 (or the local emergency number) or the poison control center.
2. Take the label or container to the phone.
3. Follow the advice given to you.





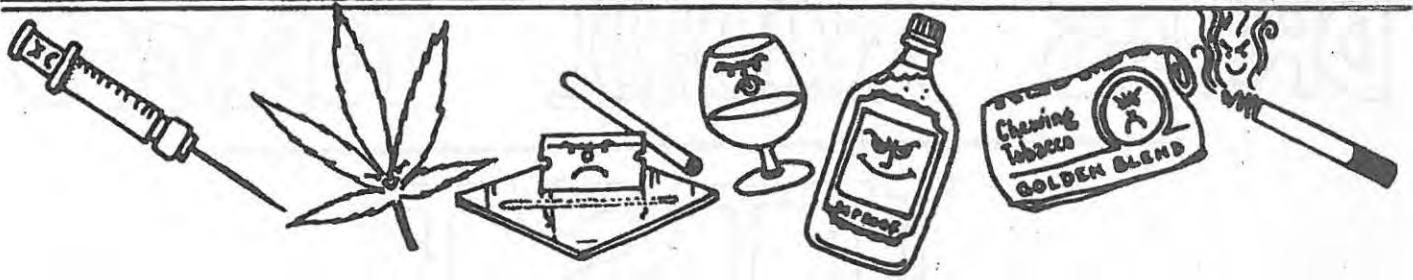
Using the pictures as clues, find the words to complete these **POISON PATROL** safety and first aid rules:

1. Because they are used mostly by children, some products are made non-poisonous or \_\_\_\_\_.
2. \_\_\_\_\_ poisons are poison ivy, poison oak, dumb cane, mistletoe, and some kinds of mushrooms.
3. Laundry \_\_\_\_\_ and \_\_\_\_\_ are poisons often found in every home.
4. \_\_\_\_\_, \_\_\_\_\_, and prescription \_\_\_\_\_ can be a poison if they are taken in the wrong amount.
5. Petroleum products like \_\_\_\_\_ are poisons.
6. \_\_\_\_\_ killers are dangerous poisons whether they are sprays, liquids, or powder.
7. Drain \_\_\_\_\_ is a poison.
8. Makeup, \_\_\_\_\_, and aftershave contain alcohol, which make them poisonous.





some ways to prevent  
**SUBSTANCE ABUSE**



- 1.** Always remember that illegal drugs, alcohol, and tobacco will harm you.
- 2.** Don't associate with people who use them.
- 3.** Be smart ; say no.
- 4.** Do what's good for you--keep active and be creative.
- 5.** If you have a problem, find someone to talk to.



DRUGS

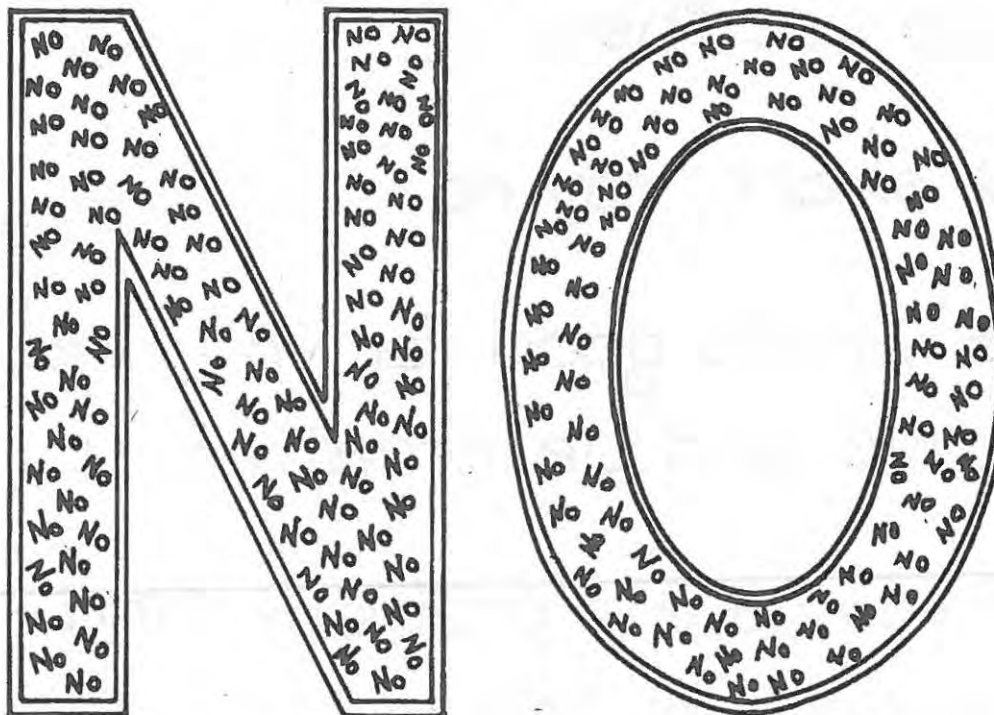


ALCOHOL



TOBACCO

JUST  
SAY





**A**dam is a terrific athlete who is practicing hard to win a spot on his state's all-star soccer team. First he must steer clear of drugs, alcohol, and tobacco. Help him **JUST SAY NO** and play through the maze without getting trapped in a dead end.

**Tobacco  
DRUGS  
ALCOHOL**



Adam tries smoking  
cigarettes to go along  
with gang . . .  
**PEER PRESSURE.**

Adam drinks alcohol  
to **ESCAPE** problems,  
but the problems  
don't go away.

Adam is **CURIOUS**  
and tries drugs . . .  
he didn't think  
he'd get hooked.

Adam is afraid  
to tell when  
a teenager **TRICKS**  
him into taking  
drugs.

**FINISH**







# some ways to prevent **DROWNING**

1. Don't rely on swimming aids like swim rings, arm bands, or floats. 
2. Swim with a buddy in a supervised area. 
3. Obey all rules and warning signs around the water.  
4. Wear a life jacket that fits properly when around water, boating, or water skiing.
5. Never swim when you hear thunder or see lightning. 
6. Never swim when you're tired or ill. 
7. Dive only in areas marked safe for diving.
8. Take an American Red Cross swimming or water safety course.

# BOATING SAFETY



in or near the water,  
**THINK SAFETY**

1. Wear a life jacket.

2. Stay with your boat.

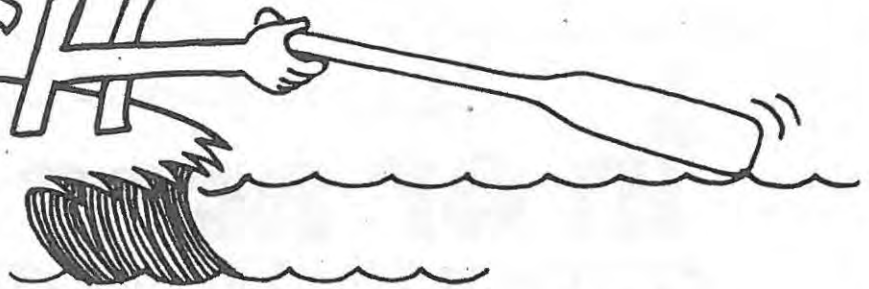




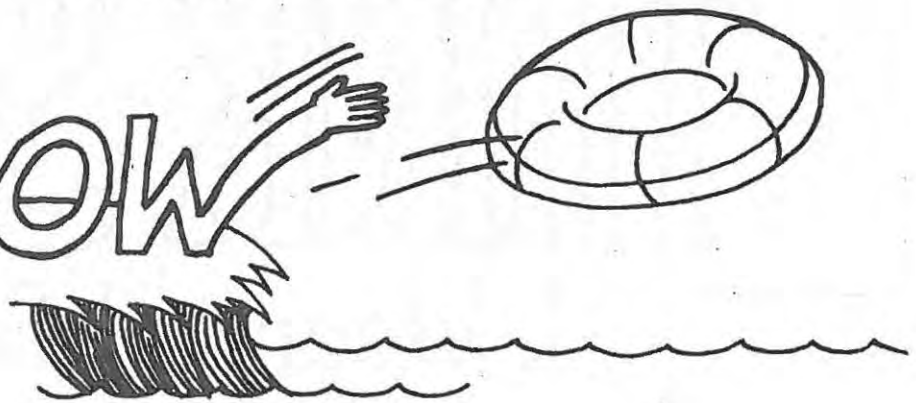
# WATER RESCUE

Safe ways to help:

1. REACH



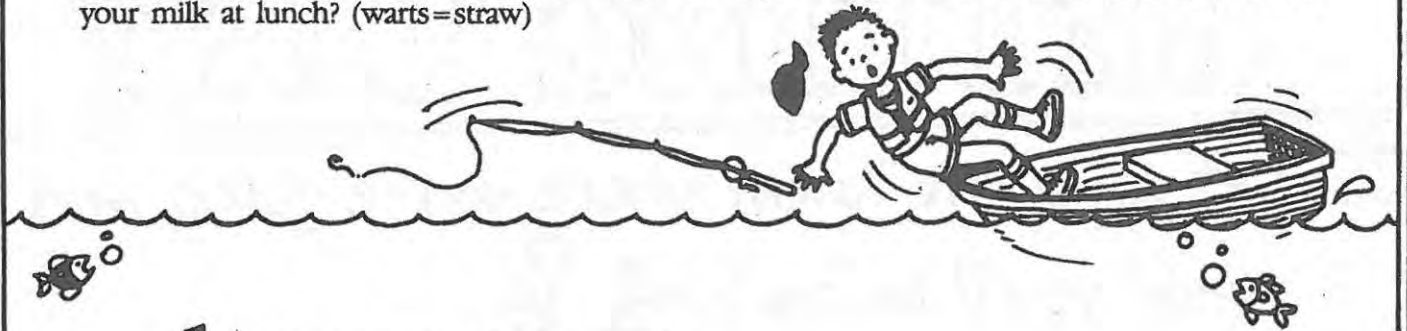
2. THROW



3. GET HELP



**T**he funny-sounding sentences below should really be **WATER WHIZ** safety rules. To make each sentence make sense, draw a line through the word which has been spelled backward and write the correct word above. Example: Do you use a warts when you drink your milk at lunch? (warts=straw)



1. The first rule in TAB is to stay calm.
2. If someone is drowning, the first pets of a safe rescue is to reach to the person.
3. Besides the people, the most important loot in your boat is your life jacket.
4. To help someone in water or ice, do ton jump in, tub instead, use safe ways to help: reach, throw, and then get help.
5. You must peek off ice unless it is at least 4 inches thick.
6. Always swim with a lap; never swim alone.
7. Even though you yam think you could swim to shore, stay with your boat if it overturns.
8. In a boating mishap, a life jacket of the right size and fit will help only if you have it no.
9. At a swimming loop, you must obey all rules.
10. In a safe water rescue on ice or water, if you reach to a person, be sure that you spread out your weight or anchor yourself before you ward the person toward you.
11. If your boat overturns, you will not have emit to put on your life jacket.
12. To be a water safety rats, remember to reach, throw, and then go for help.





# some ways to prevent **GETTING LOST**

1. Let an adult know where you're going and when you'll be back.



2. Know your destination and have a plan of how to get there.



3. Pay attention to where you are going.  
Note landmarks. ○ ○

4. Ask for directions if you get confused.



5. Use the buddy system and never go places alone.



6. If you are in a public place and get separated from your parents or friends, don't wander around looking for them. Go to the security office or lost and found and tell the person in charge.



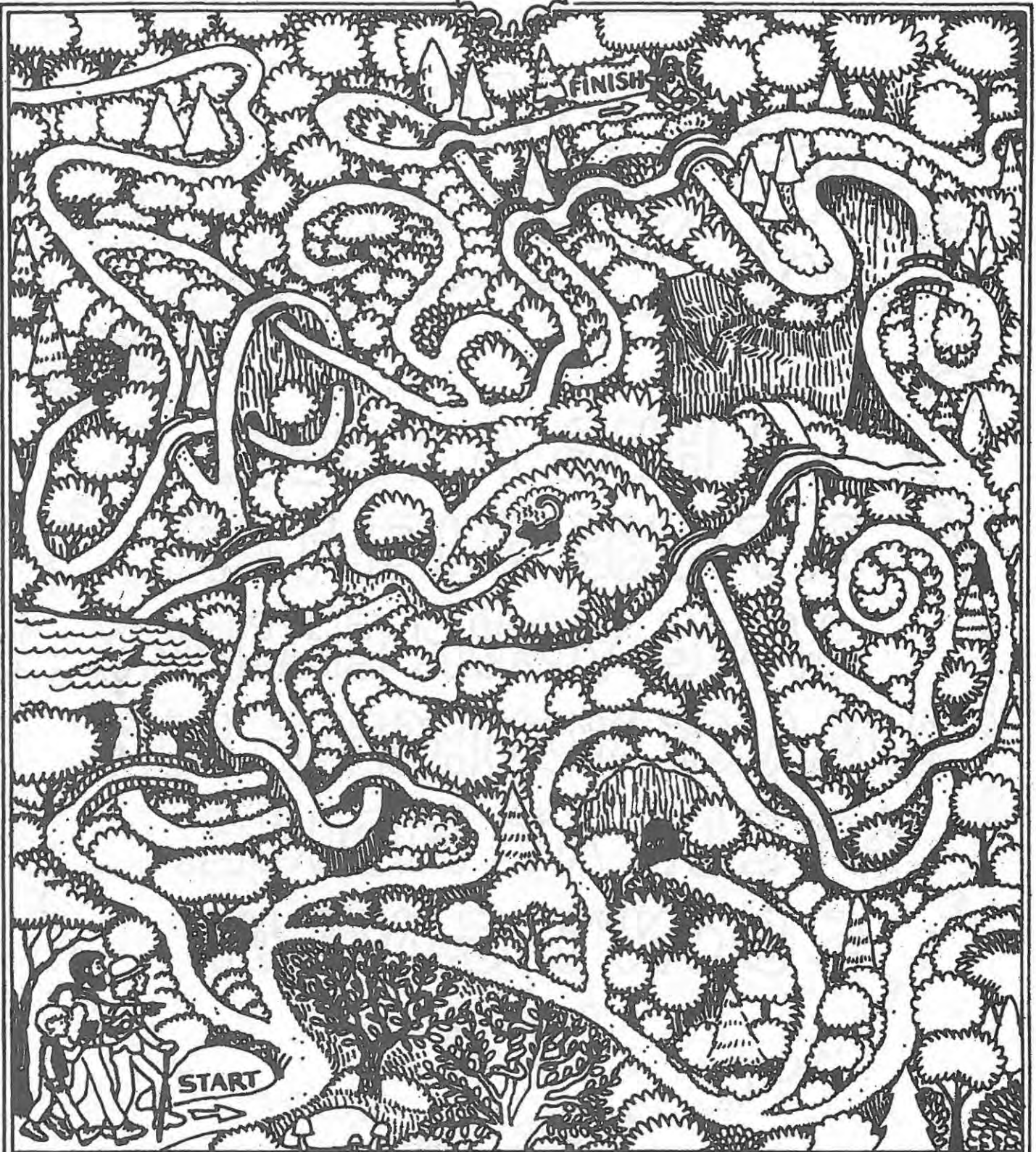


# LOST AND FOUND IN THE WILDERNESS

1. HUG A TREE.
2. TAKE SHELTER..  
SAVE YOUR ENERGY.
3. MAKE YOURSELF BIG.
4. YELL AT NOISE.
5. DON'T GIVE UP  
HOPE.
















**K**im got lost while hiking, but because she had planned ahead, the rescue team should be able to find her. She left a recent photo of herself and an aluminum foil footprint at her campsite. She took a big trash bag for instant shelter and a whistle to use as a signal. She wore a bright red hat and jacket. When Kim realized she was lost, she stayed in one place and conserved her energy. Can you find Kim and solve this **LOST & FOUND** case?



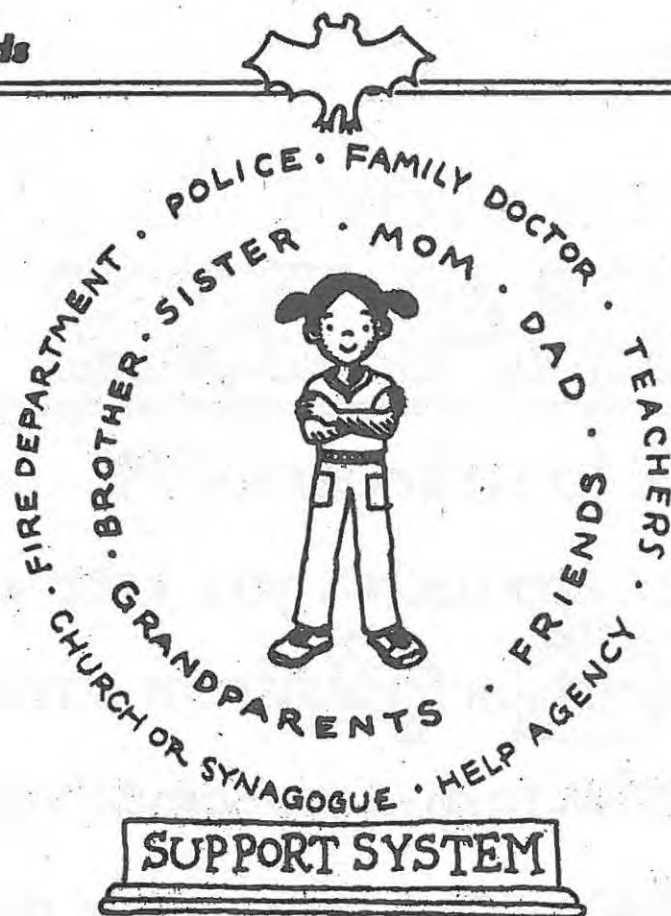
# some ways to stay

## SAFE



1. Don't talk to strangers.
2. If a stranger approaches you, keep your distance.
3. Don't take  or  from strangers. If a stranger tries to give you something or take you somewhere, get away quickly and scream. 
4. Walk with confidence, like you know where you're going.  
5. If you're afraid, yell for help. 
6. Trust your instincts. If something feels bad or if you don't trust someone close to you, tell an adult. 
7. Carry a whistle. 
8. Be assertive. You have the right to say "no" to someone who tries to take you somewhere, touches you, or makes you feel uncomfortable in any way. 



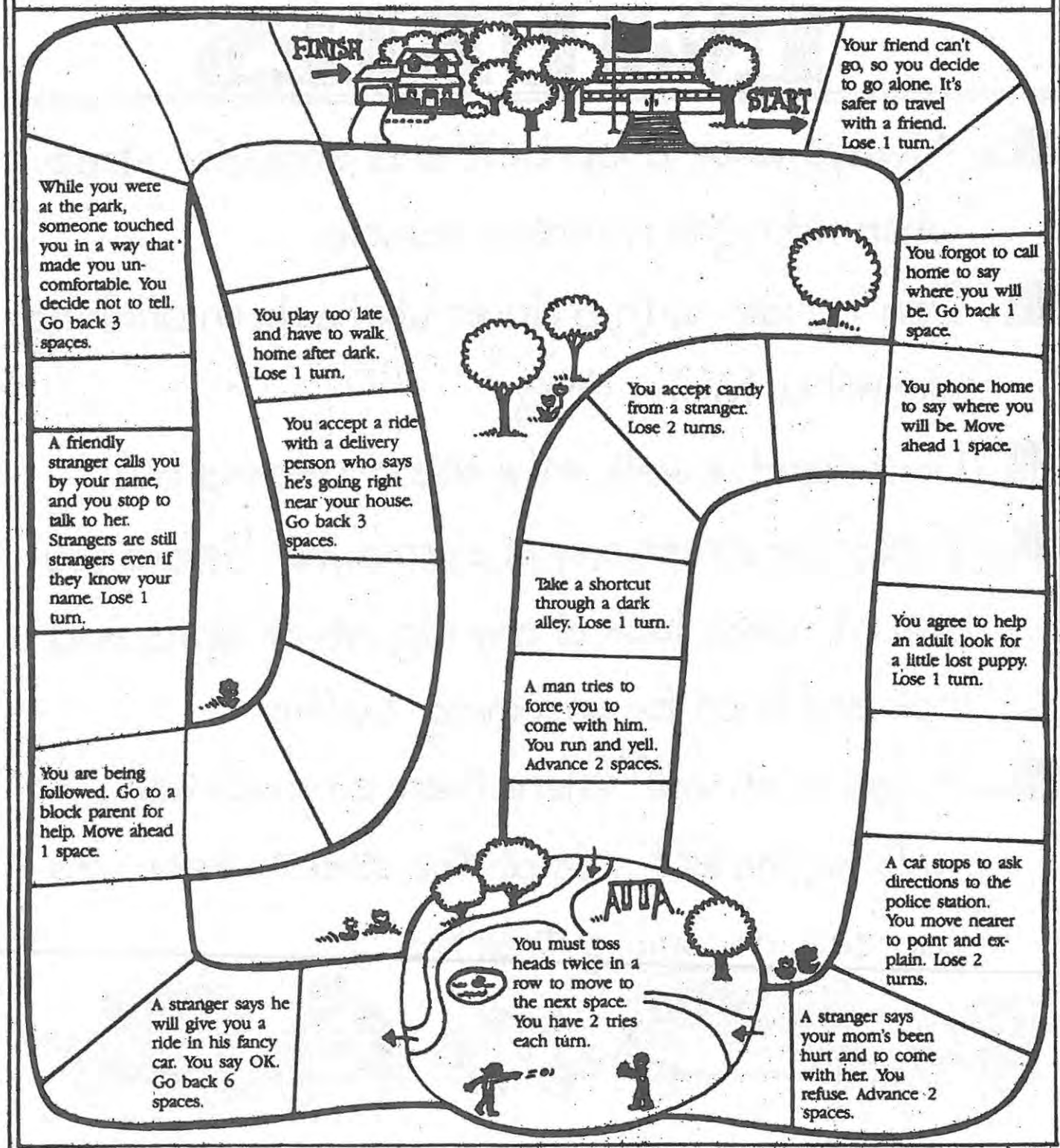


# CAUTIOUS KIDS

1. Say no.
2. Get away.
3. Tell someone.



**Y**ou and a friend want to play ball in the park after school, but you must walk there and then home safely. Two or more people can play. Use buttons or small stones as markers. Flip a coin. If you get heads, move ahead 2 spaces. If you get tails, move ahead 1 space. Follow the directions of the space where you land. You may go either way at an intersection. The first **CAUTIOUS KID** to arrive home wins the game!

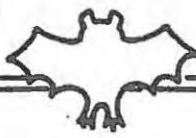




# some ways to prevent **MOTOR VEHICLE INJURIES**

- 1.** Always wear a lap belt and shoulder strap when riding in a motor vehicle.
- 2.** Don't ride with a driver who has been drinking alcohol or taking drugs.
- 3.** Don't stand or walk in the aisle of a moving bus.
- 4.** Cross the street only at a crosswalk. Before you start to cross, look at any signals or signs, and look and listen for oncoming traffic.
- 5.** If you must walk where there is no sidewalk, walk on the left side of the street where you can see oncoming traffic.





# SAFETY BELTS SAVE LIVES

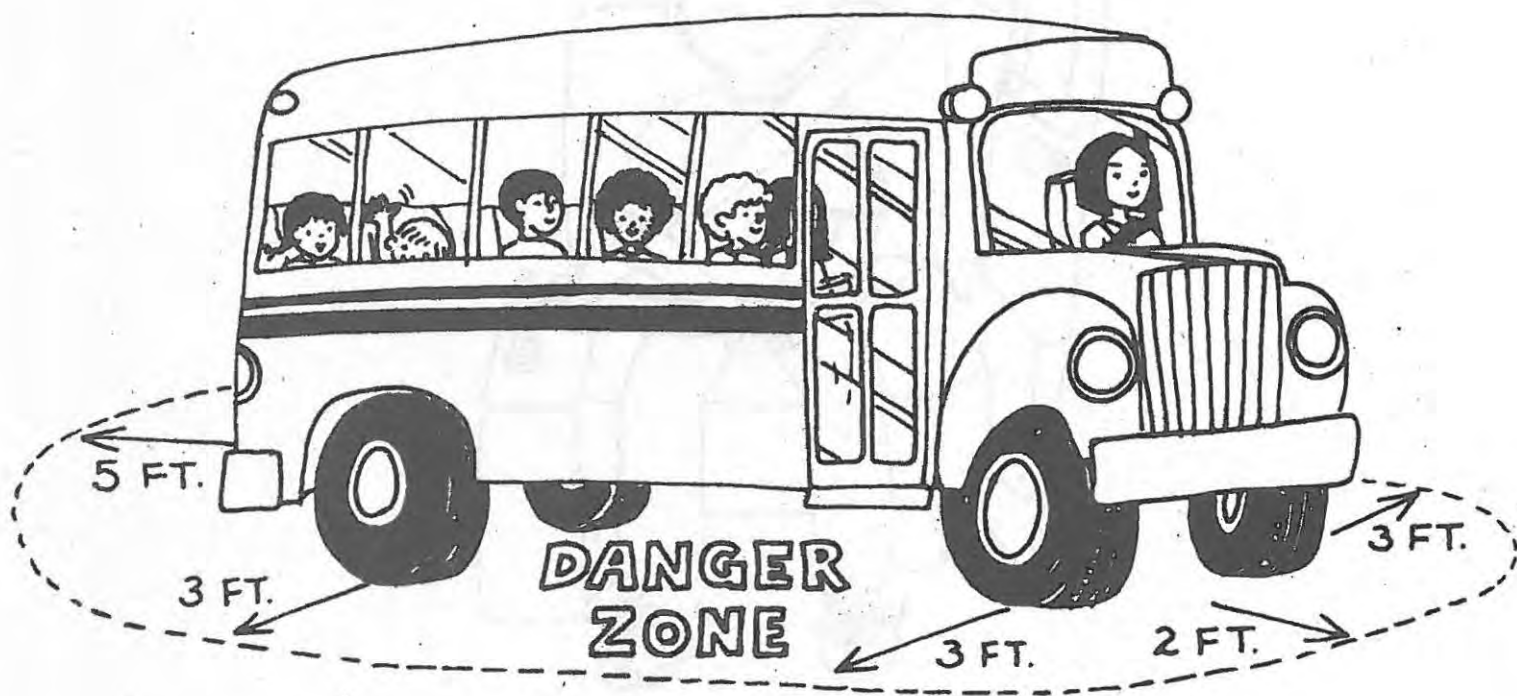


# BUCKLE UP!!





# SCHOOL BUS SAFETY



# THINK!

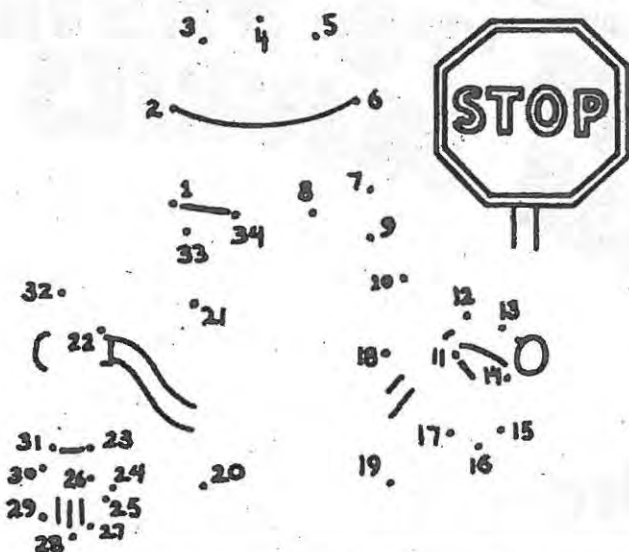


## ► When riding a bike --

1. Wear a helmet, knee pads, and closed shoes.
2. Be visible-- wear bright colors in the day and light colors with reflectors at night.
3. Make sure your bike has a light and reflectors.
4. Be predictable; ride defensively.
5. Ride a bike that's the right size for you.
6. Don't ride double.
7. Ride on bike paths or sidewalks whenever possible.
8. Don't ride on an icy surface.
9. Keep your bike in good condition.

# T

o discover which hand signals the bike rider should use when approaching the signs, connect the dots in each picture. In the second column, color each **SAFE WHEELS** sign and write the correct message from the list at the top on the lines beside the picture.



HOSPITAL  
BIKE ROUTE

NO RIGHT TURN  
HILL

RED/BLACK/WHITE




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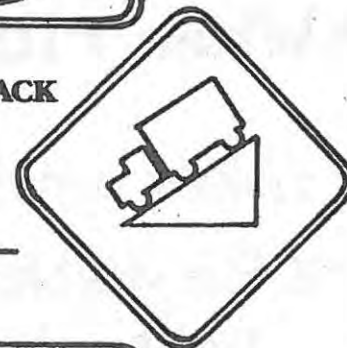


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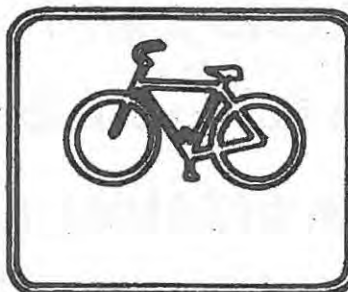
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YELLOW/BLACK




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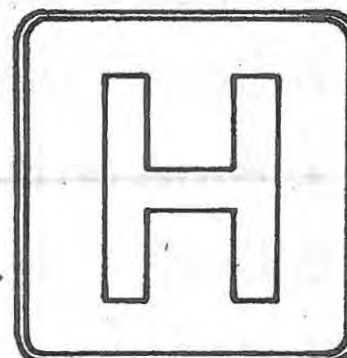
GREEN/  
WHITE




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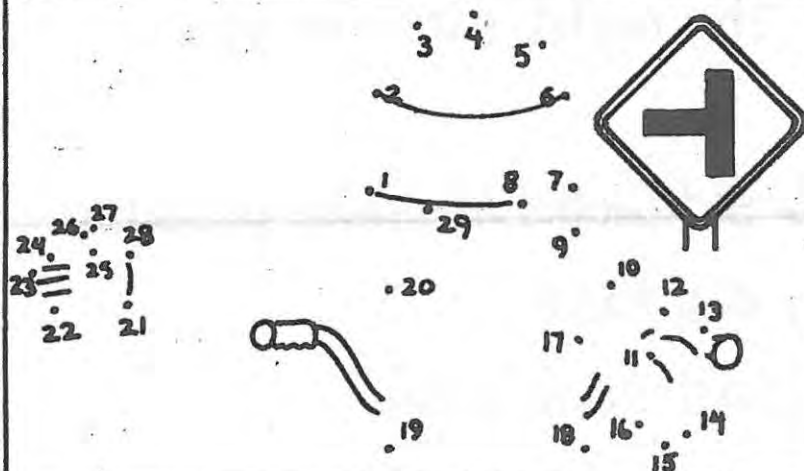
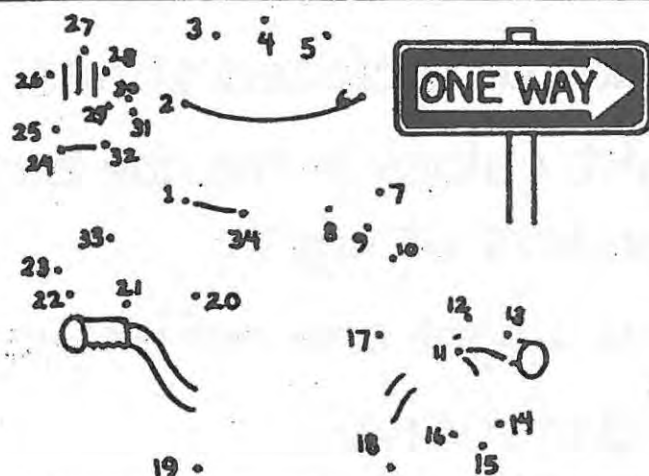


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BLUE/WHITE

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**CONGRATULATIONS!**

*You have completed the*  
**AMERICAN  
RED CROSS**  
*course in*



**BASIC AID  
TRAINING**



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## **MISSION OF THE AMERICAN RED CROSS**

The American Red Cross, a humanitarian organization led by volunteers and guided by its Congressional Charter and the Fundamental Principles of the International Red Cross Movement, will provide relief to victims of disaster and help people prevent, prepare for, and respond to emergencies.

## **ABOUT THE AMERICAN RED CROSS**

To support the mission of the American Red Cross, over 1.3 million paid and volunteer staff serve in some 1,600 chapters and blood centers throughout the United States and its territories and on military installations around the world. Supported by the resources of a national organization, they form the largest volunteer service and educational force in the nation. They serve families and communities through blood services, disaster relief and preparedness education, services to military family members in crisis, and health and safety education.

The American Red Cross provides consistent, reliable education and training in injury and illness prevention and emergency care, providing training to nearly 16 million people each year in first aid, CPR, swimming, water safety, and HIV/AIDS education.

All of these essential services are made possible by the voluntary services, blood and tissue donations, and financial support of the American people.

## **FUNDAMENTAL PRINCIPLES OF THE INTERNATIONAL RED CROSS AND RED CRESCENT MOVEMENT**

**HUMANITY**

**IMPARTIALITY**

**NEUTRALITY**

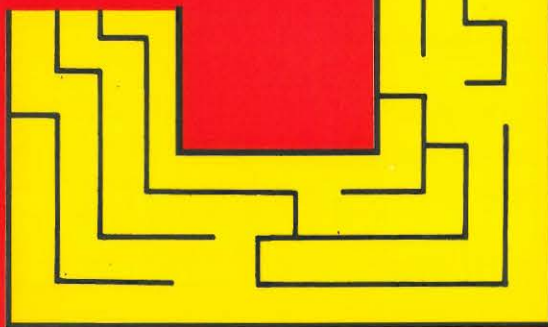
**INDEPENDENCE**

**VOLUNTARY SERVICE**

**UNITY**

**UNIVERSALITY**

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Revised 1996