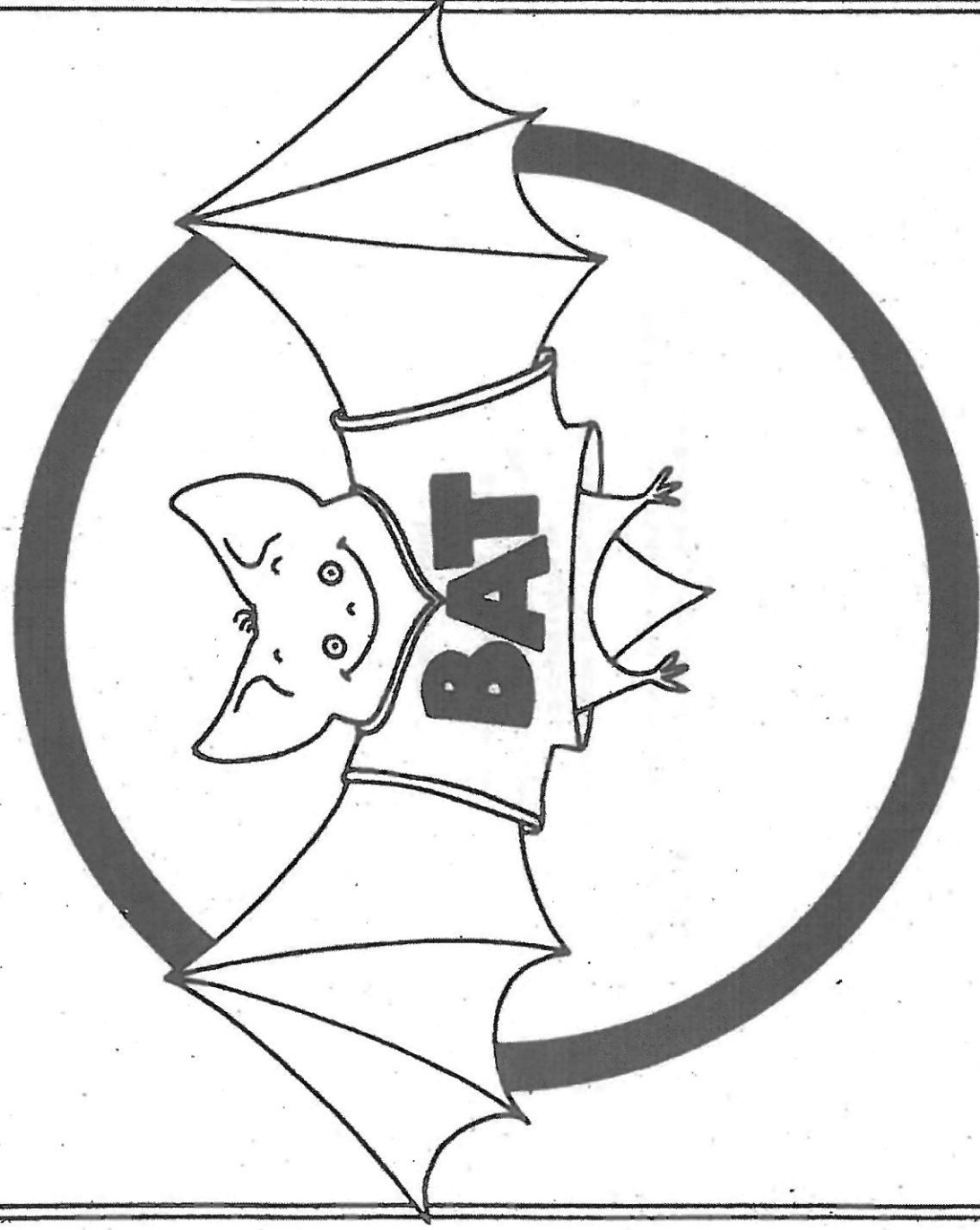
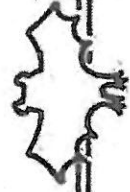




# BASIC AID TRAINING

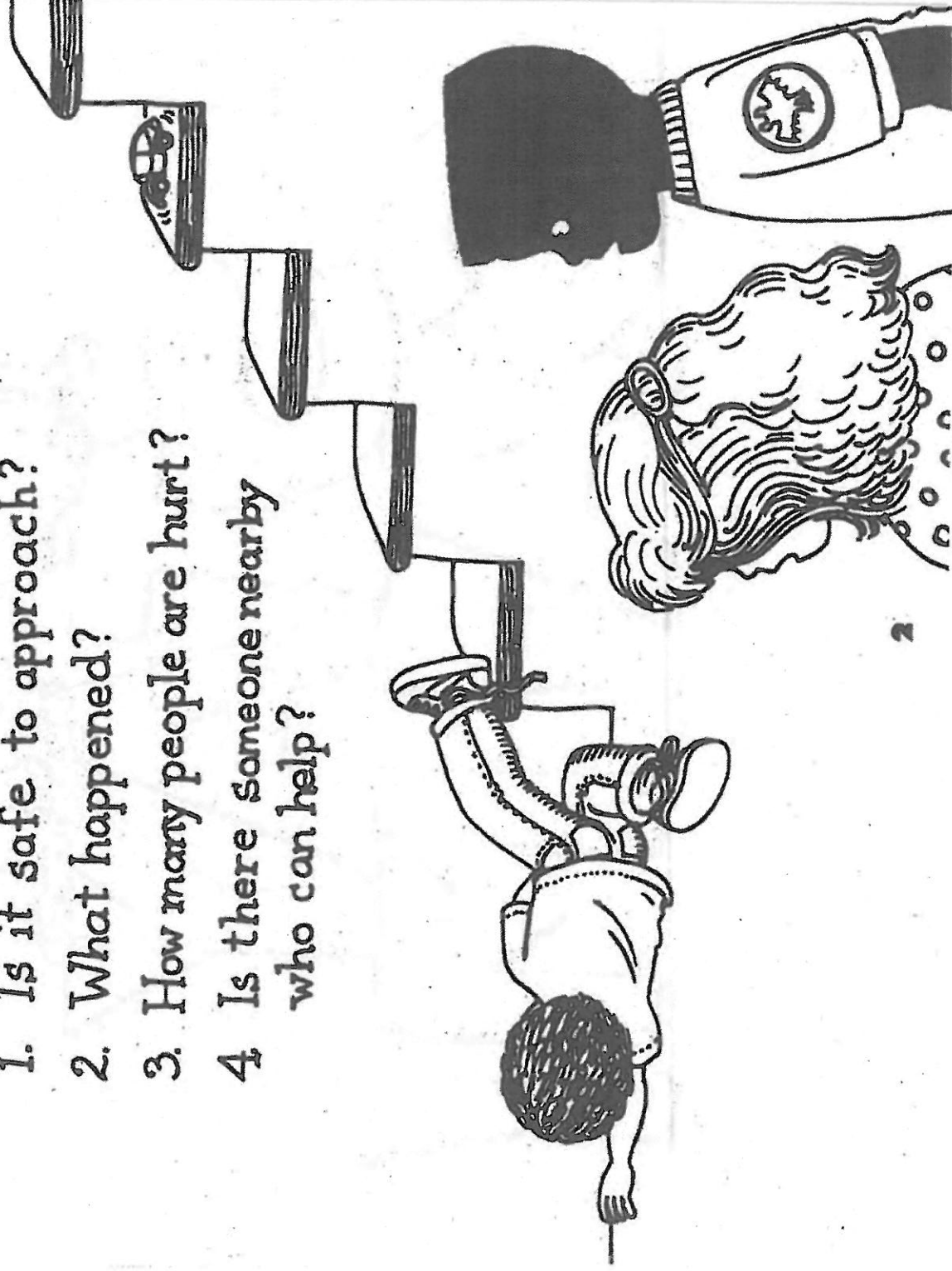


# EMERGENCY ACTION STEPS

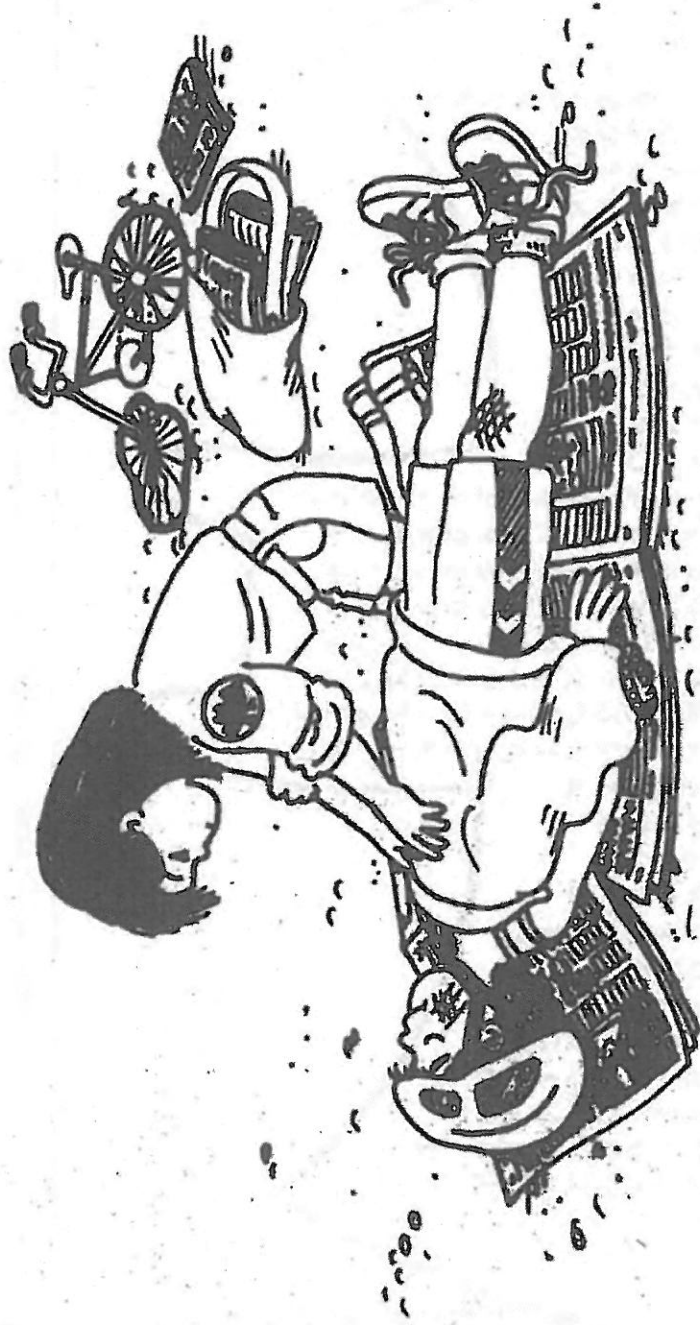
## 1. CHECK CALL CARE

### CHECK THE SCENE

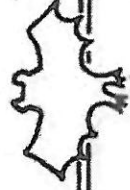
1. Is it safe to approach?
2. What happened?
3. How many people are hurt?
4. Is there someone nearby who can help?



# GENERAL CARE



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



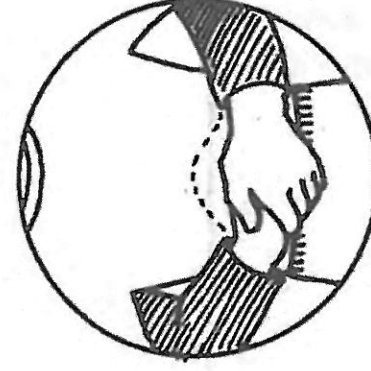
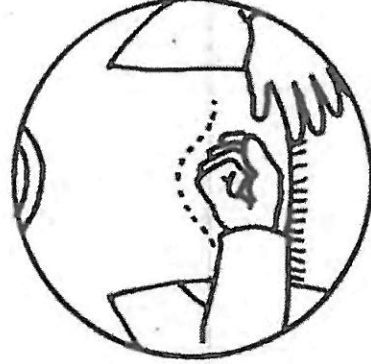
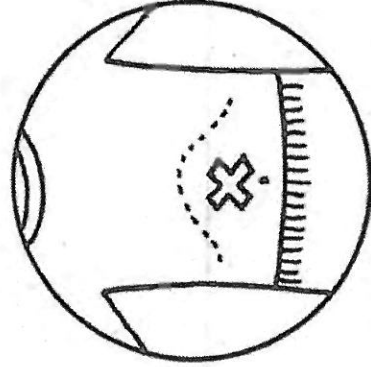
# CHOKING!

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

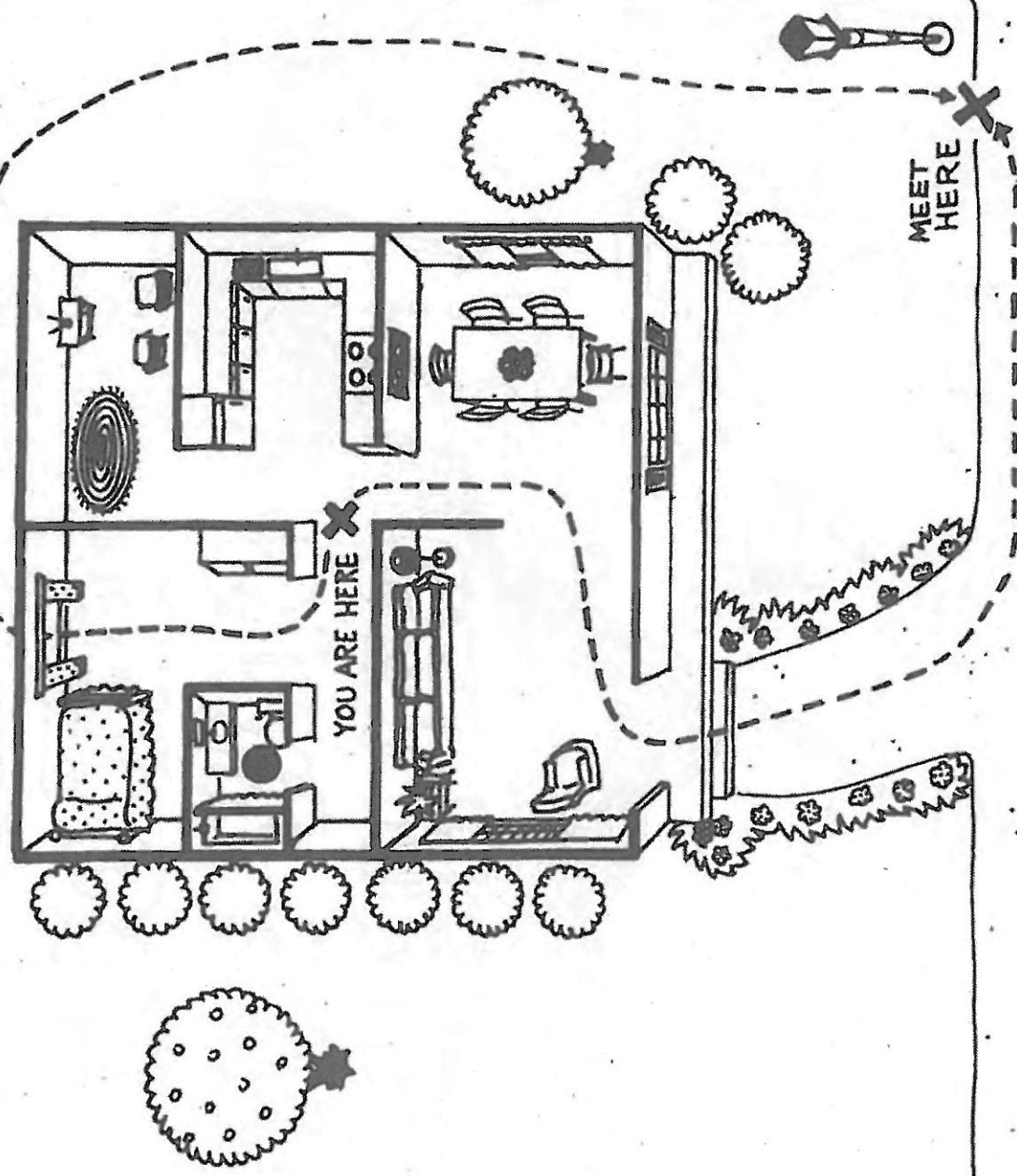
**If the person can't**

**Cough,  
Speak, or  
Breathe,**

**GIVE THRUSTS UNTIL  
THE AIRWAY IS CLEAR.**



## ESCAPE PLAN



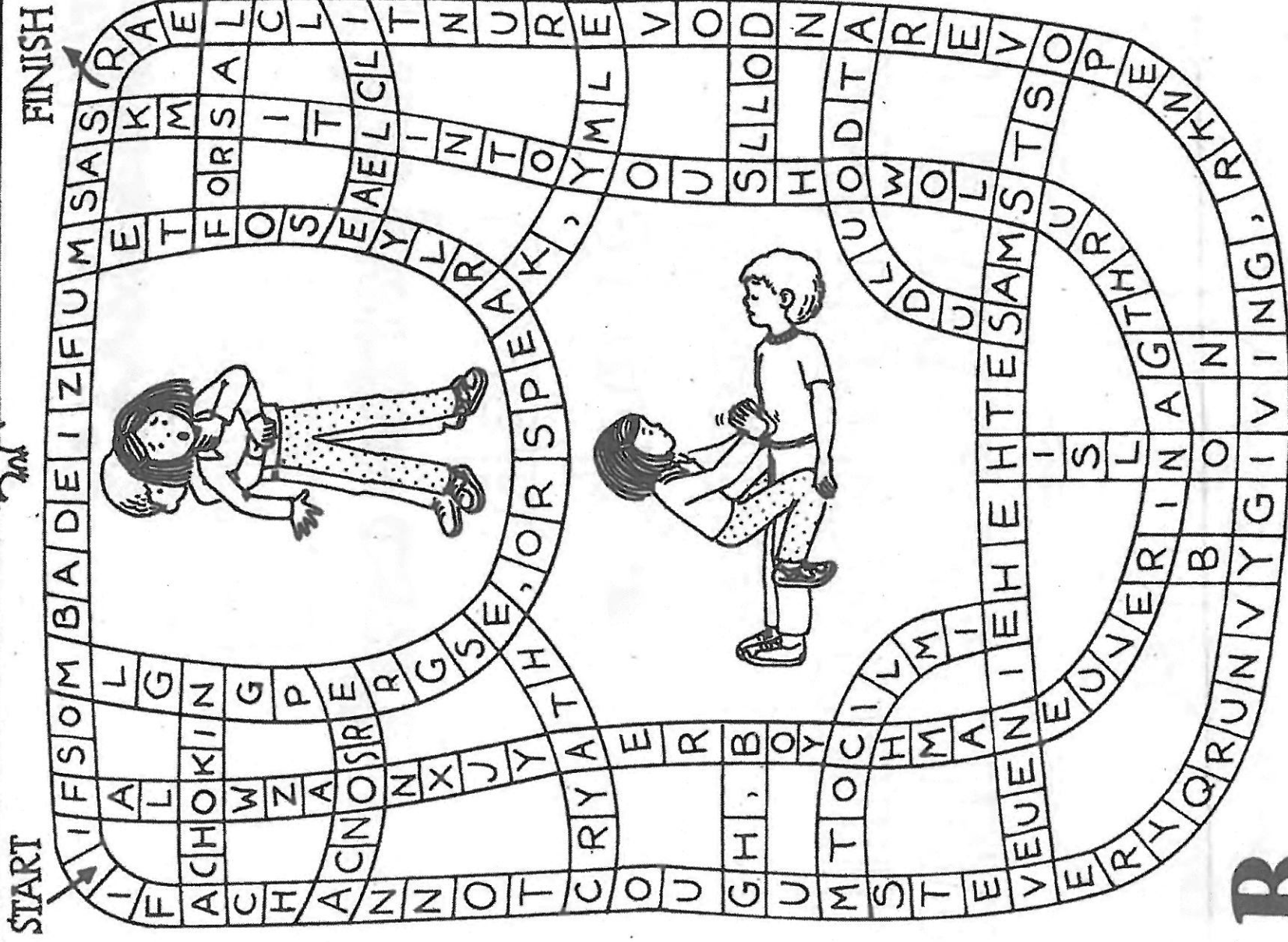
PLAN ESCAPE  
**NOW**  
AND PRACTICE.

**T**he **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.

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

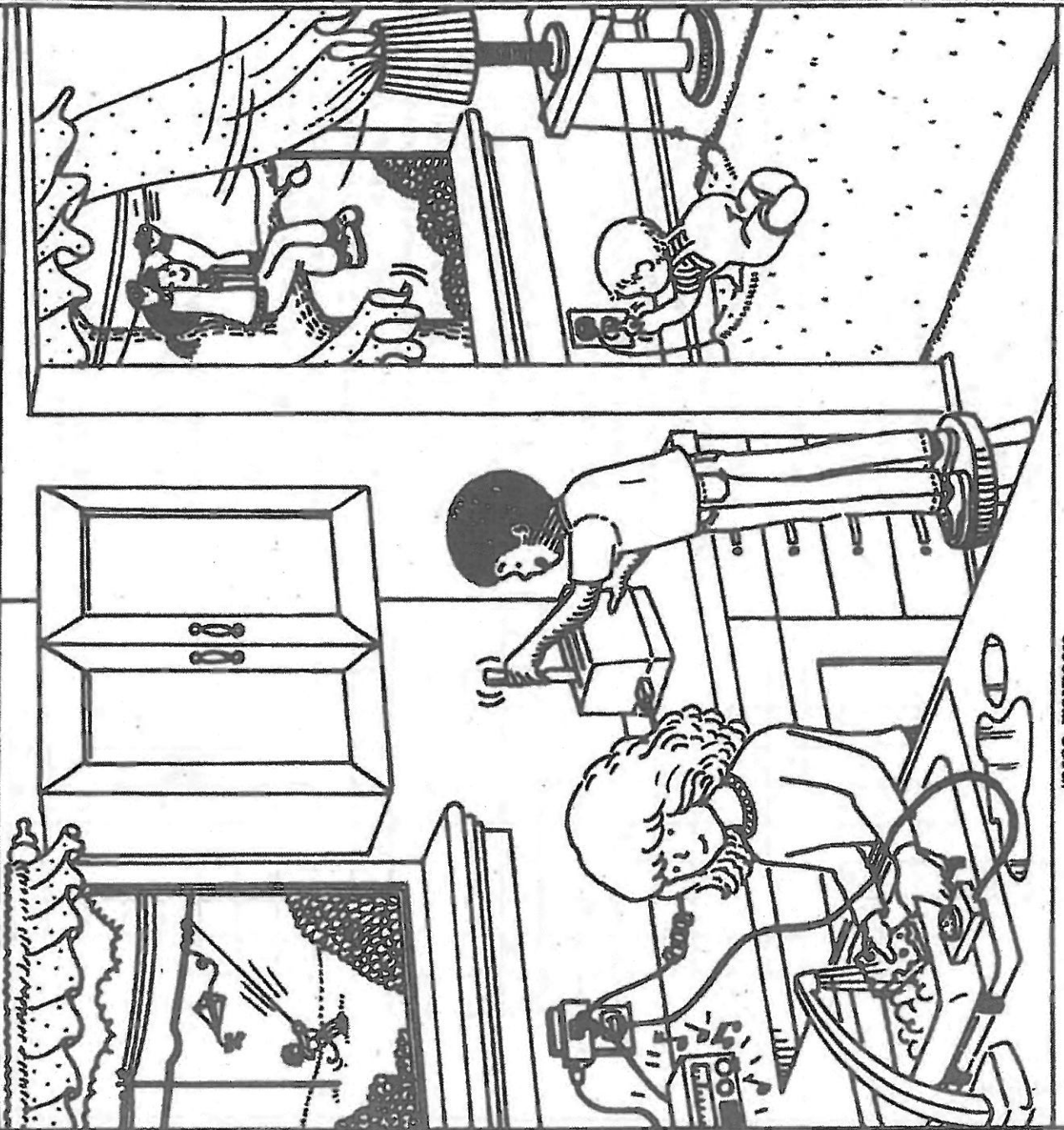




**B**eginning at the start arrow, find the sentence that tells what to do if a person is **ALL CHOKED UP**:  
 "If a choking person cannot cough, breathe, or speak, you should use the Heimlich maneuver by giving thrusts over and over until clear."

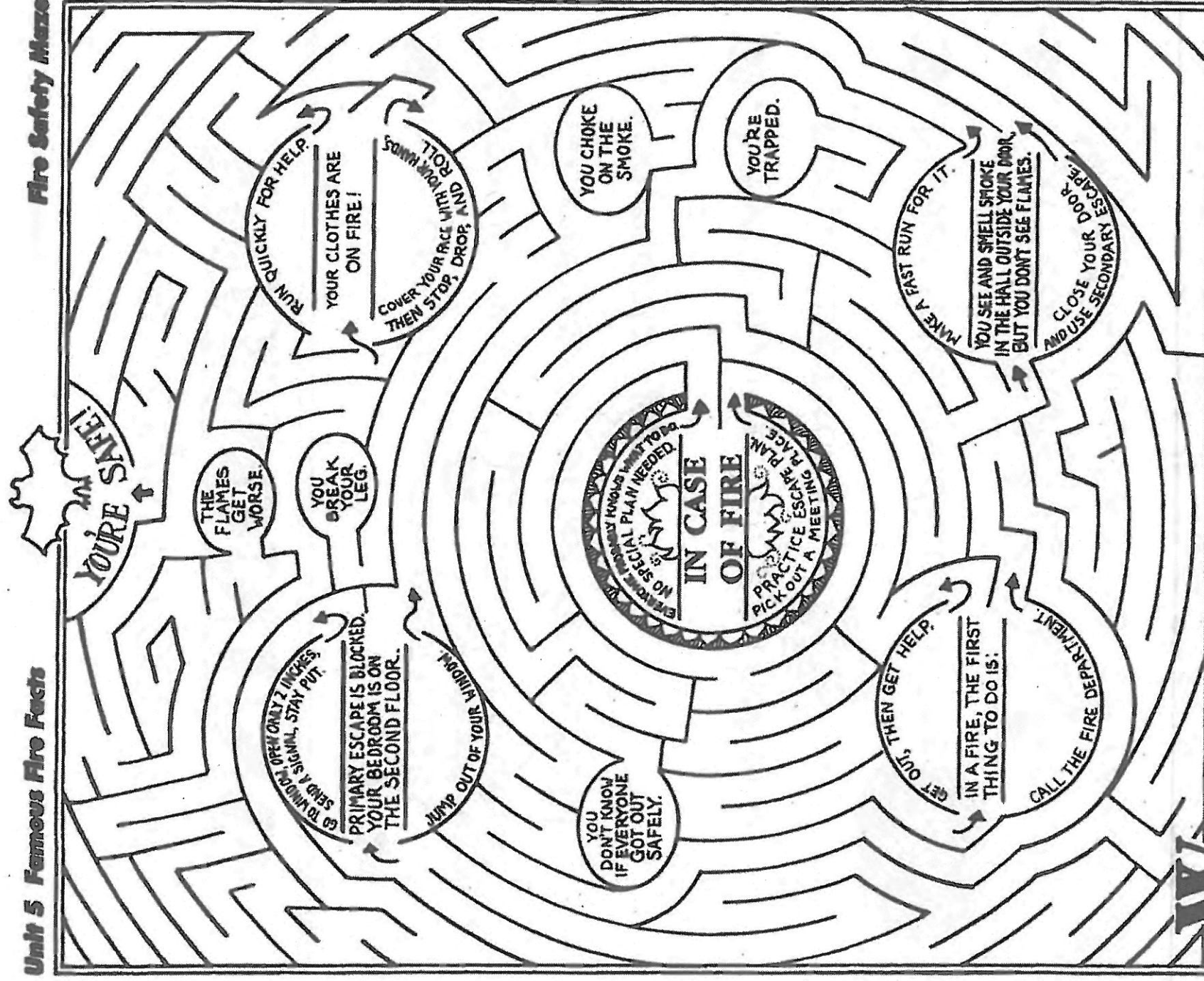
## ANSWERS:

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.



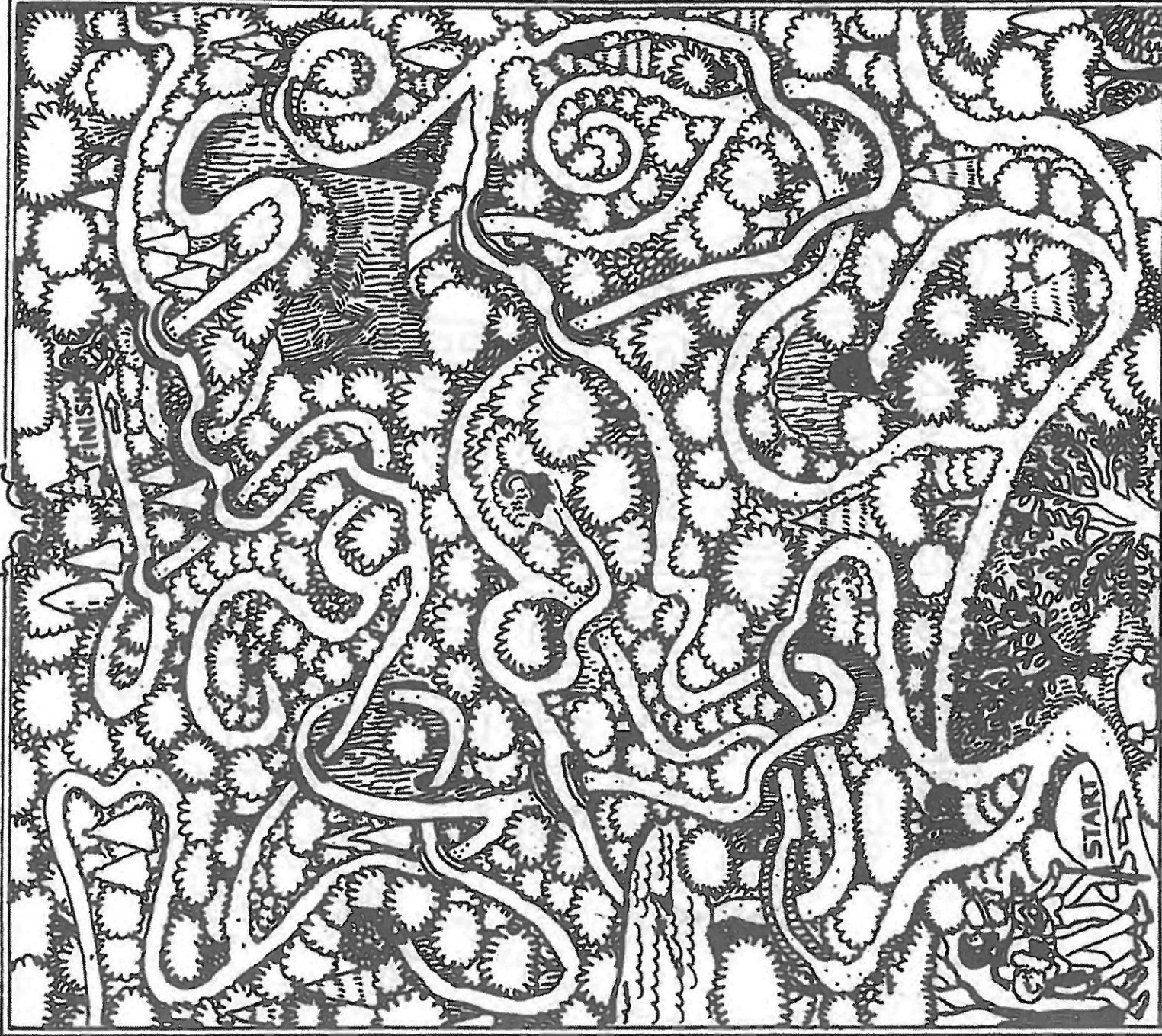
Find the 10 electrical "OUCH!" hazards that appear in this picture (Check your answers below).

**F**



What **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.





**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?

**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!

