

# Suzy's World

## First Aid - What do you do when an accident happens?

### Fact

- When an accident happens follow the basic rules of first aid.
- Don't put yourself at risk. Keep away from dangerous areas because you can't help someone if you are hurt yourself.
- Let an adult know as soon as you can.
- The emergency phone number in New Zealand is 111. Tell the operator what service you need. If someone is hurt you will need to ask for an ambulance. If there is a fire ask for the fire service etc.
- Calmly tell the people where the accident is and what has happened
- Wait with the injured person and calmly explain that help is on the way.



### Do you know

- When you are aware and can move, think and talk you are conscious (con-shus).
- When you can't speak or move and can't be woken up you are unconscious (un-con-shus).
- Your heart beats all the time (if it doesn't beat you are dead!).
- If you cut yourself slightly your body stops the blood from flowing by forming thread like strands in the blood called clots. These clots tangle together and trap the blood. The clots dry out and form a scab.
- If you cut yourself badly you can help your body by applying pressure to the wound and holding it up higher than your heart. Your heart has to work harder to pump blood upwards so the blood flow slows down.
- If you burn yourself you should hold the burn under cold running water for at least 10 minutes.
- You should always tell an adult as soon as possible when there has been an accident or an emergency.



### Experiments you can do

Find a pulse.

Gently put your fingers on your friend's wrist, just below the thumb on the dark blue line underneath your friend's skin. You may have to move them around a bit until you can feel the pulse under your fingertips. The pulse you can feel is the rate of your friend's heartbeat.

### Other Investigations

Talk to your teachers or caregivers about the emergency routines in your school and at home. If you don't have a plan for home talk about what you should do if you have a fire or someone is hurt.

### Jokes

Did you hear about the cat that joined the ambulance service? It became a first aid kit.