What to look for

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How many potentially unsafe situations can you spot in the kitchen?

Colour in any unsafe situations you can see.

Making something safer

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Draw something that you think is unsafe in one half of the rectangle and in the other half how it could be made safer.

What can burn you?

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Colour in all the things you think could burn you.

Wounds

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1. Cut out the below images and follow instructions on next page.

Spray

Cream

Wash under cold water for 20 minutes

Plaster

Wounds

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2. With the images you have cut out – paste them in the correct order when treating a wound. Be prepared to tell your teacher why you chose the words to match the images. Cut and paste into the right order, matching each picture with its description.

1.		
2.		
3.		
4.		

What is an Emergency?

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Circle all of the images that are high level emergencies where you should call 000.

Additional Resources

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Fact sheet: How to call 000

000 EMERGENCY

www.triplezero.gov.au

Knowing how to call Triple Zero (000) in an emergency can be the difference between life and death.

The Triple Zero (000) service is the quickest way to get the right emergency service to help you. It should be used to contact Police, Fire or Ambulance service in life threatening or emergency situations.

Calls to Triple Zero (000) are free and can be made from mobile phones, home or work phones or pay phones.

There a few simple steps to take when making a Triple Zero (000) call:

- Stay calm and call Triple Zero (000) from a safe location.
- A Telstra operator will ask you if you need Police, Fire or Ambulance. Say the service that you require. If you are calling using a mobile or satellite phone the operator will ask you for other location information.
- You will then be connected to an emergency service operator, who will take details of the situation.
- Stay on the line, speak clearly and answer the operator's questions.
- Give the nominated emergency service operator the details of where you are, including street number, name, nearest cross street, and locality. In rural areas it is important to give the full address and distances from landmarks and roads, not just the name of the property.
- Don't hang up until the operator has all the information they need.
- If possible wait outside at a prearranged meeting point or in a prominent location for emergency services to arrive to assist them to locate the emergency.
- If you make a Triple Zero (000) call whilst travelling on a Motorway or on a rural road, identifying the direction you are travelling and the last exit or town you passed through will assist emergency services to correctly locate the incident.

Additional tips: other things everyone should know in an emergency

- If a person is unable to speak English, they should call Triple Zero (000) from a fixed line, say 'Police', 'Fire' or 'Ambulance'. Once connected to the nominated emergency service, stay on the line and a translator will be organised.
- Record the Triple Zero (000) emergency number beside the telephone at home and work.
- Take time to teach children and overseas visitors how to make an emergency call.
- Callers with hearing or speech impairments can call the one zero six

An initiative of the Australian Government, State and Territory Emergency Services

https://www.triplezero.gov.au/triple-zero/How-to-Call-000

Fact sheet: First aid basics

healthdirect — Free Australian health advice you can count on.

Medical problem? Call 1800 022 222. If you need urgent medical help, call triple zero immediately

healthdirect Australia is a free service where you can talk to a nurse or doctor who can help you know what to do.

First aid basics

5-minute read

Listen

IMPORTANT: If you're reading this because there is an emergency, then stop and call triple zero (000). The people you speak to can guide you to provide first aid.

What is first aid?

Accidents or illness can happen to anyone at any time, whether at home, at work or at school.

First aid covers the steps taken to help an injured or sick person in the first minutes after the event.

Often this first aid can help someone feel better, recover more quickly, and can even save lives.

First aid can be useful in many different situations, from sprains to electric shocks to heart attacks.

Why learn first aid?

If you learn the basics of first aid, you might one day save the life of a loved one, colleague or stranger.

First aid might involve a simple action, such as placing a person in the correct position to breathe freely. It might involve a more skilled activity, such as cardiopulmonary resuscitation (CPR) if they have stopped breathing.

The DRSABCD action plan

If you have completed a first aid course, you will be familiar with the DRSABCD action plan. You can remember them by thinking "Doctor's ABCD" (for DRS ABCD).

Each letter is a prompt for the actions to take when first aid is needed.

Letter	Representing	What to do
D	Danger	Ensure that the patient and everyone in the area is safe. Do not put yourself or others at risk. Remove the danger or the patient.
R	Response	Look for a response from the patient — loudly ask their name, squeeze their shoulder.
S	Send for help	If there is no response, phone triple zero (000) or ask another person to call. Do not leave the patient.
A	Airway	Check their mouth and throat is clear. Remove any obvious blockages in the mouth or nose, such as vomit, blood, food or loose teeth, then gently tilt their head back and lift their chin.
B	Breathing	Check if the person is breathing abnormally or not breathing at all after 10 seconds. If they are breathing normally, place them in the recovery position and stay with them.
C	CPR	If they are still not breathing normally, start CPR. Chest compressions are the most important part of CPR. Start chest compressions as soon as possible after calling for help.
D	Defibrillation	Attach an Automated External Defibrillator (AED) to the patient if one is available and there is someone else who is able to bring it. Do not get one yourself if that would mean leaving the patient alone.

DRSABCD ACTION PLAN

The DRSABCD action plan is a useful tool in first aid. But you will manage it even better if you have training in how to perform each action the right way.

Where to learn first aid

Top

https://www.healthdirect.gov.au/first-aid

Website: Additional First Aid Resources

St John — MENU

FIRST AID TRAINING RESOURCES | ST JOHN AMBULANCE VIC AUSTRALIA

FIRST AID RESOURCES

EMERGENCY TELEPHONE NUMBERS

Ambulance, Fire, Police
Call triple zero (000)

Poisons Information Centres
13 11 26

Diver Emergency Services (DES)
1800 088 200

Australia Venom Research Unit (24 hr)
(03) 8344 7753

https://www.stjohnvic.com.au/community/first-aid-resources/

Additional Resources

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Video examples of emergency calls.

ESTA000
Teach your children when and how to call triple zero (000)

https://www.youtube.com/watch?v=8_uppTPJWfI

Channel 10
000 Emergency

https://www.youtube.com/watch?v=H0202J48zZA

Triple Zero (000)
Australian emergency phone number

https://www.youtube.com/watch?v=GEDHp_gKkqo

Fire and Rescue NSW
What happens when I call Triple Zero 000?

https://www.youtube.com/watch?v=2k91afXuIJU

Emergency Details

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1. In an emergency I should call the number:

_____ _____ _____

2. Knowing your personal details is very important for emergency calls. Fill in your details below.

My name is: _____

My address is: _____

_____

My phone number is: _____

My parent/s or carer's name/s is/are:

_____

_____

Once you have completed the activity, take this home with you to stick on the fridge.