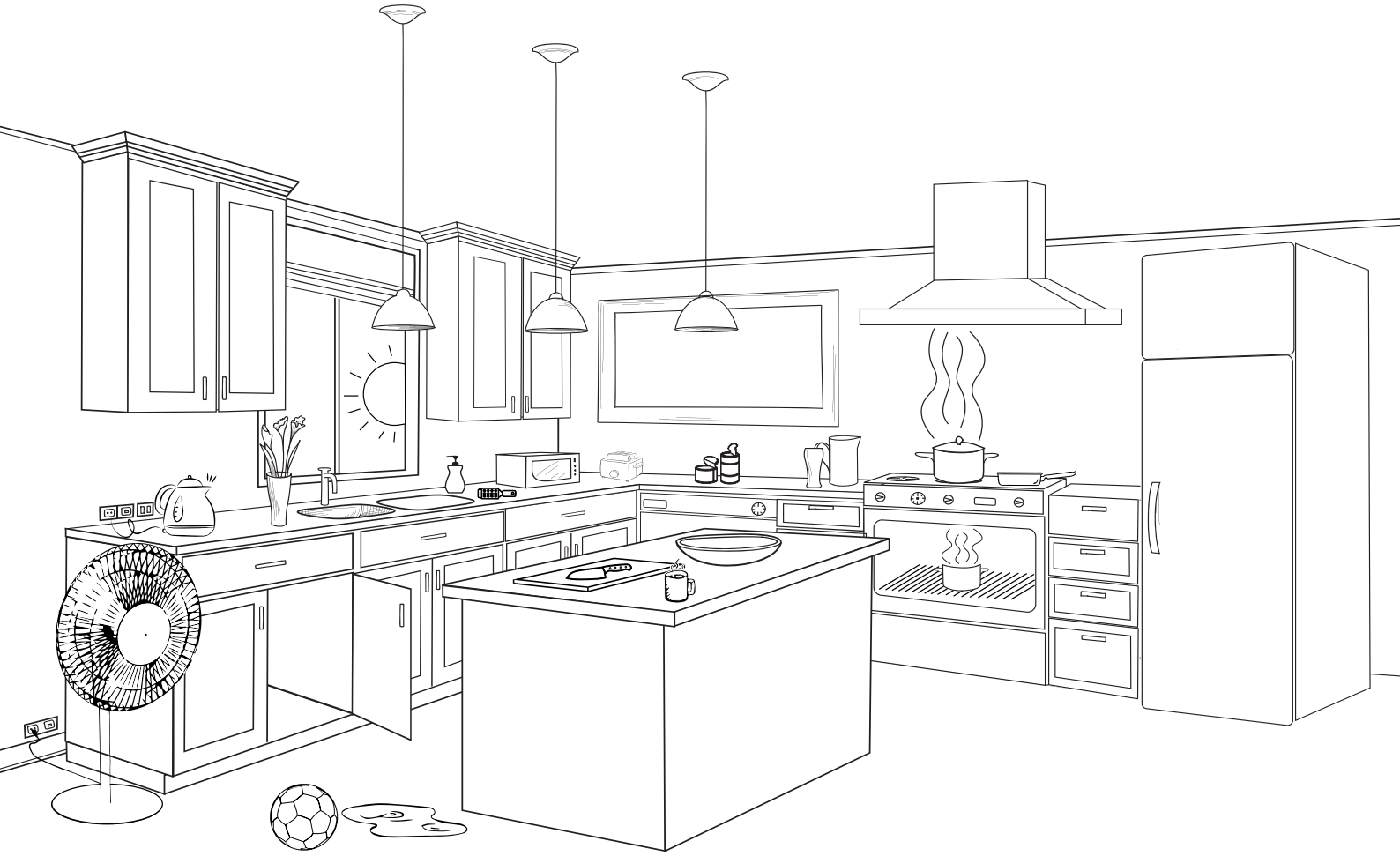
What to look for

Elastoplast Kids First Aid PROGRAMME

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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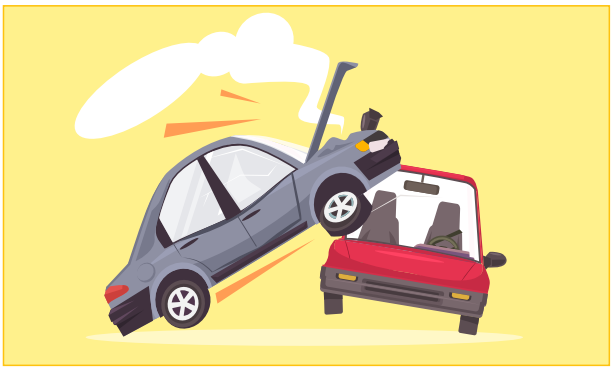
Circle all of the images that are high level emergencies where you should call 111.



Additional Resources

Elastoplast Kids First Aid PROGRAMME

Fact sheet: Calling Emergency 111

Calling emergency 111

CALL 111 FOR EMERGENCIES

NOTE: 111 calls are free. You can call this number on a mobile phone even if the phone is out of credit.

The operator will ask you which service you need and connect you to the right service.

Call 111 and ask for Police when:

- Someone is breaking into your house right now
- There is car accident where people might be hurt, or cars are blocking the road
- Someone has been assaulted and the offender is still there
- You are afraid for your safety and or for those around you
- You need an emergency Police response

If you can't decide if it's a real emergency and you're still worried, call 111 and ask us. We'll help you work out what to do.

Police receive **900,000** 111 calls a year. Around 20 per cent of those calls result in an emergency or immediate response (otherwise known as a P1 event, as illustrated by the red bar in the graph).

https://www.police.govt.nz/about-us/publication/111-emergency-resources-children

or

https://www.stjohn.org.nz/what-we-do/when-to-call-111

Fact sheet: First Aid Basics

MINISTRY OF HEALTH
MANATŪ HAUORA

Cuts, grazes and puncture wounds

How to care for cuts, grazes or puncture wounds.

If you have a wound that won't stop bleeding, see your doctor or go to the emergency department.

If you have very serious bleeding including spurting blood, or you feel faint or light headed then call 111 straight away.

Cuts and grazes

- A clean cut or tear in the skin is called a laceration. Most lacerations are superficial and heal easily with self-care. Deeper lacerations may need stitches by a nurse or doctor.
- A graze (or abrasion) is a scraping or rubbing away of the skin surface. Grazes are superficial and usually heal within 2 weeks with self-care.

Self-care

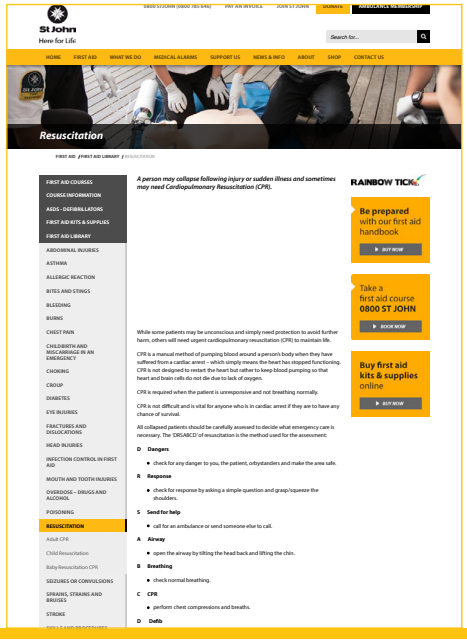
If you or a family member has a cut or graze, follow these steps to help it heal well.

- Wash your hands with soap and water before and after cleaning any wound.
- If necessary use direct pressure to stop bleeding.
- Clean the wound with tap water. Use sterile saline solution if you have some in your first aid kit.
- Clean, loose flaps of skin may be left in place to form a natural dressing.
- Apply antiseptic ointment (eg, savlon or betadine) only if the wound is dirty – do not use for longer than 2 weeks.
- Cover with a non-stick dressing.
- Keep dry for 24 hours if possible during initial healing.
- Replace the dressing if it becomes dirty or wet.
- Check whether a tetanus injection is needed. A booster is recommended if it is more

https://www.health.govt.nz/your-health/conditions-and-treatments/accidents-and-injuries/cuts-grazes-and-puncture-wounds

or

https://www.stjohn.org.nz/what-we-do/first-aid/first-aid-library/resuscitation



Website: Additional First Aid Resources

MINISTRY OF HEALTH
MANATŪ HAUORA

Range of services provided

The range of telehealth services delivered and provider contact details.

There were over 634,000 contacts* to the national telehealth services in the 12 months to 30 June 2018. Registered nurses gave health advice to around 290,000 people; over 30,000 people started their quit smoking journey, and over 60,000 people were supported by the mental health counselling team.

Teams of registered nurses, health advisors, mental health nurses, psychologists, psychotherapists, counsellors, and other clinical staff provide professional, free, 24 x 7 health, mental health, and addictions support across a range of channels – including phone, text, webchat and email.

The National Telehealth Service includes the core services listed below. Services follow the principle of 'every door is the right door'. If required, staff can transfer service users seamlessly to other clinical teams to ensure the right support from the most appropriate professional staff irrespective of the line a person first contacted.

*Contact - An occasion when a service user has made contact with one of the NTS services via any channel. There may be multiple contacts from one service user.

Services included

Health advice

Healthline 0800 611 116 (tel:0800611116) – registered nurses provide health triage and advice. See www.healthline.govt.nz (/your-health/services-and-support/health-care-services/healthline).

https://www.health.govt.nz/our-work/national-telehealth-service/range-services-provided

Additional Resources

Elastoplast Kids First Aid PROGRAMME

Video examples of emergency calls.

ASB in Schools
Calling 111

https://youtu.be/5D_tCydRgKQ

Fire and Emergency New Zealand
Various videos

https://fireandemergency.nz/teachers-and-schools/years-1-and-2-videos

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.