

# Activity book

## Emergency preparedness!

Presented by the Prescott and Russell Paramedic  
Services

Prescott  
Russell



This book was designed for kids of about 4-12 years of age. It contains essential information about paramedics and the 9-1-1 system. Your child will learn vital information while having fun! It is a good way to spend time with your child and maybe talk about an evacuation plan in case of emergency as well.

The author of this activity book has experience working with kids and wanted to make a link between children and paramedics. She has begun with this activity book and hopes to continue to educate children with a program designed specifically for kids. We will be doing presentations in school and at special events to help inform the public about paramedics and 9-1-1.

## Paramedics in the community

The Prescott and Russell paramedics are greatly involved in the community. Our goal is to aid the public in regards to prevention and emergency prevention. Below is a list of events and programs we offer:

- School presentations;
- Race against Drugs (RAD);
- SafeGrad;
- CPR and First Aid courses to firefighters;
- Public Access Defibrillation (PAD);
- Mass CPR training

Also, we have a bike team that participates in various events in the community. For example, we participate in the Western Festivals, bike rallies, etc. To find out the availability of our services please contact the number below if you are interested in having us present at your next activity.

If you have any questions or would like more information please contact our office at 866-311-9711 or visit our website <http://www.prescott-russell.on.ca>.

Created by Renée Caouette PCP - Prescott-Russell  
2007



Congratulations to Renée Caouette for the design of this project.  
Michel Chrétien, Director

# **911 Paramedic Phone page!**

Do you know what to do in case of an emergency?



## **Call 911!**

Remain calm and follow these steps:

Tell them your name. \_\_\_\_\_

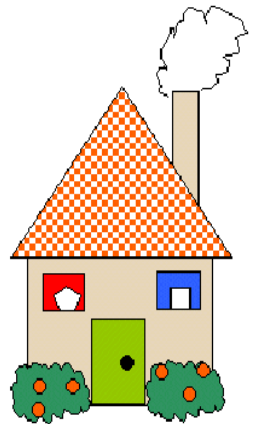
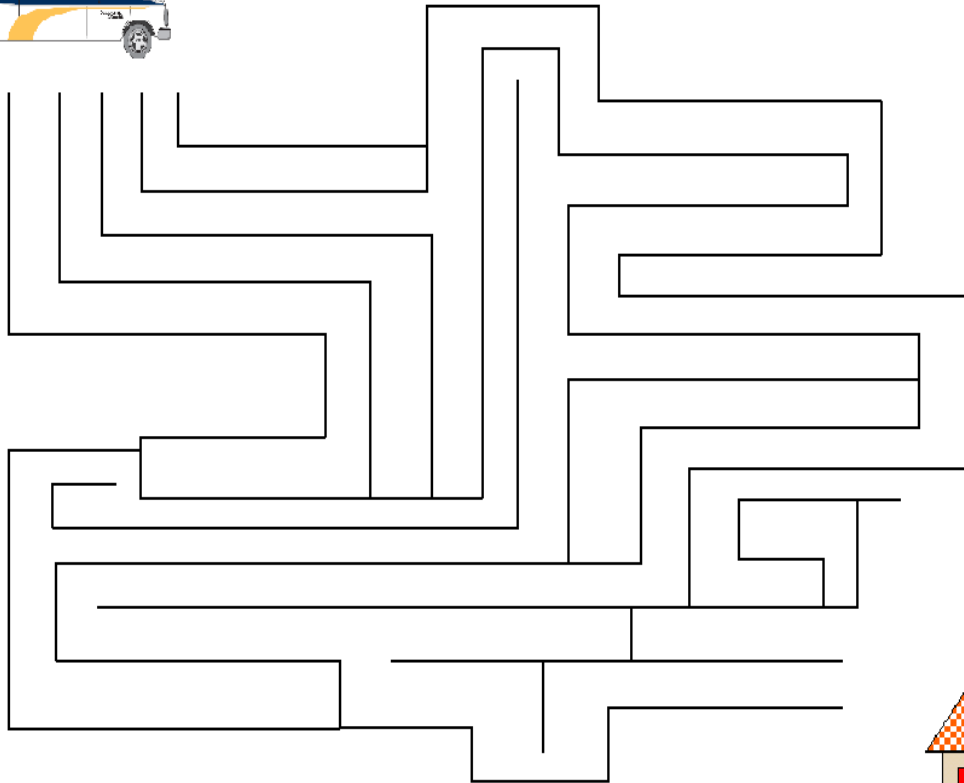
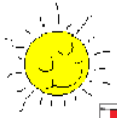
Tell them where you are \_\_\_\_\_

(the address where you are calling from) \_\_\_\_\_

What is the emergency? \_\_\_\_\_

**Remember to never play jokes with 911, it's  
for emergencies only!**

 **911 Paramedic Maze page!**   
Help us find your house!



What is your address?

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What major street is it close to?

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**Remember to never hang up the phone until they tell you to!**

**911 Paramedic Equipment page!**

Do you know what equipment we bring on a call?  
Circle the right answers!

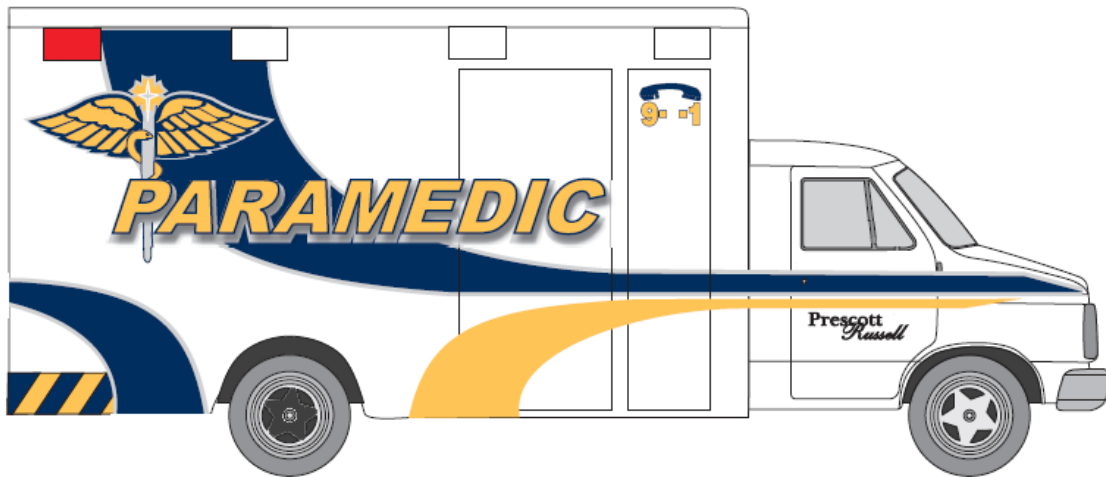
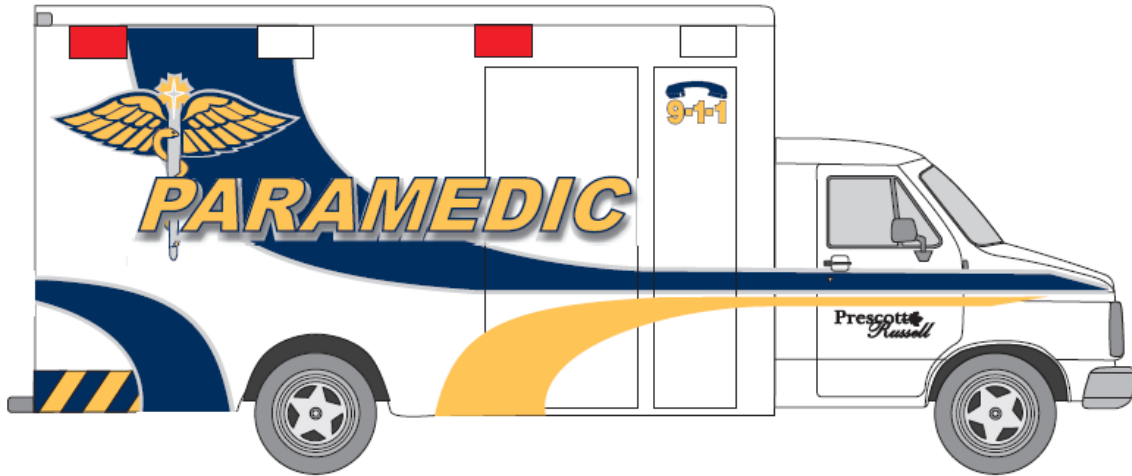


Remember to give the dispatcher the right information about what is wrong, so that we can choose the right equipment for the problem!

Correct numbers 2, Blood pressure cuff 5, Stretcher 6, Defibrillator 8, Oxygen tank

# 911 Paramedic spot the difference page!

Can you spot the differences? Find all 10!



It is important to spot the differences in people too!

Are they sleeping, or are you unable to wake them up?

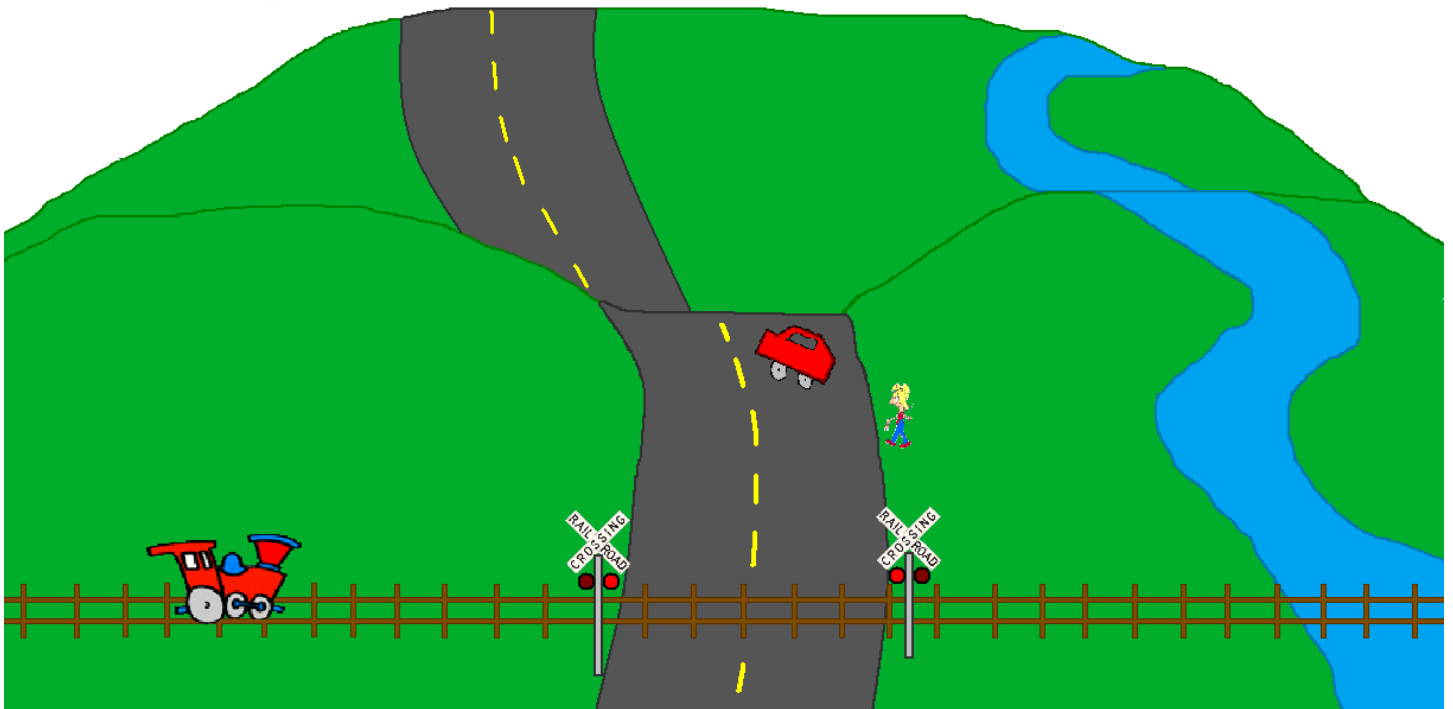
## If you spot something serious call 911!

1 light on top 2 missing a 1 on 911 3 no back bumper 4 no side mirror 5 top left box missing 6 left wing is missing some lines 7 missing maple leaf at front 8 missing door handle 9 back wheel cover 10 no tail on snake

# 911 Paramedic Word Scramble!

Can you unscramble the safety words?

1. Play \_\_\_\_\_ (afryaaw) from streams, creeks, rivers and train tracks.
2. Always wear your \_\_\_\_\_ (leemht) on your bike, skidoo or ATV.
3. Always look both ways \_\_\_\_\_ (foebre) crossing the street.
4. Always swim with a \_\_\_\_\_ (bdydu).
5. Always wear your \_\_\_\_\_ (ltbeates).
6. Know your \_\_\_\_\_ (evcauatoin) plan in case of a fire.
7. Always say NO to \_\_\_\_\_ (dgurs) and \_\_\_\_\_ (ciagrttse).
8. Never \_\_\_\_\_ (dnikr) or get \_\_\_\_\_ (hhig) and drive.



Answers: 1. far away 2. helmet 3. before 4. buddy 5. seatbelt 6. evacuation 7. drink/high



# 911 Paramedic Word Search!

Can you find the hidden message?

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

Airway

Arm

Blood

Help

Oxygen

Safe

Stretcher

Ambulance

Bandage

Heart

Lungs

Paramedic

Sirens

Trauma



# 911 Paramedic Family page!

Is your family ready for an emergency?

**Here is a checklist of important items you need in case of an emergency:**

- First aid kit
- Medications
- Flashlight and batteries
- Radio with batteries or crank radio
- Candles and matches/lighter



- Food and water
- Blankets or sleeping bags
- Toilet paper and other personal items
- A bag to place all of your emergency items in
- Whistle
- Playing cards



**More specifically for paramedics:**

- Make a list of all the medications you are on
- Write down if you have any allergies
- Also write down your medical conditions
  - For example if you have cardiac or respiratory problems, diabetes etc
- Write your name on top of your list and place them all on the refrigerator

