

# Save-A-Life

The A-B-C's of Emergency Care



# Save-A-Life

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## LESSON 1

# HOW TO RECOGNIZE AN EMERGENCY

### EMERGENCY

which requires immediate attention

When someone:

- is badly hurt or very unwell
- has been in a serious accident
- looks like he/she is not breathing
- has chest pains
- is not speaking clearly
- has a bad burn



### NON-EMERGENCY

When someone has a:

- scrape
- mild nosebleed
- mild cut
- light burn



- If there is a small accident (non-emergency), tell a grown-up so they can help.
- If there is a big accident (emergency), call Hatzolah. If you can't reach Hatzolah, call 911.
- If there is a fire, call 911. If there are people hurt in the fire, you should also call Hatzolah.
- If a person looks like he / she is sleeping and they are unwell or hurt - if you can't wake the person up, they are unconscious. This means that a big accident happened and you need to call Hatzolah or 911.

Never hesitate to call Hatzolah or 911 if you're not sure how big the emergency is and you don't feel comfortable with what is happening.

**REMEMBER, NEVER CALL HATZOLAH OR 911 FOR FUN OR A PRANK.**

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## LESSON 2

# WHAT TO DO FIRST IN CASE OF AN EMERGENCY

## KEEP CALM, TELL AN ADULT, STAY SAFE, AND CALL FOR HELP

- 1 Keep calm – take slow deep breaths.
- 2 Tell an adult if one is nearby.
- 3 See if the area is safe for you to help.
- 4 If the area is dangerous, get away and call for help.
- 5 If the area is safe, you can help the person who is hurt.



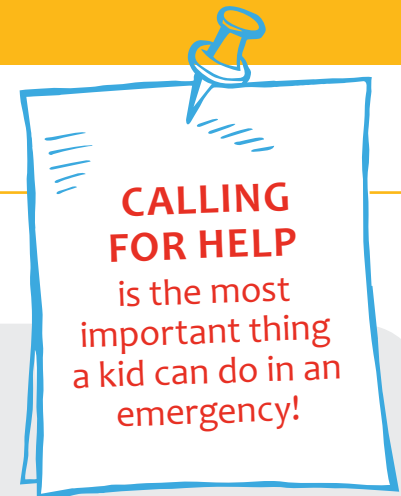
### CALL FOR HELP AS SOON AS POSSIBLE.

If you don't have a phone or the phone doesn't work, get help by telling a neighbor. If there is no neighbor around, try to stop a safe-looking stranger like a policeman or policewoman, or a woman with children, and tell them to call for help.



### AN AREA IS NOT SAFE WHEN THERE ARE:

- Sharp objects – a knife, sharp scissors, etc.
- Items that can burn you – a hot iron, hot pot/percolator, a fire
- Wires on the ground
- Buildings that are broken
- Moving cars or buses
- Objects that are falling



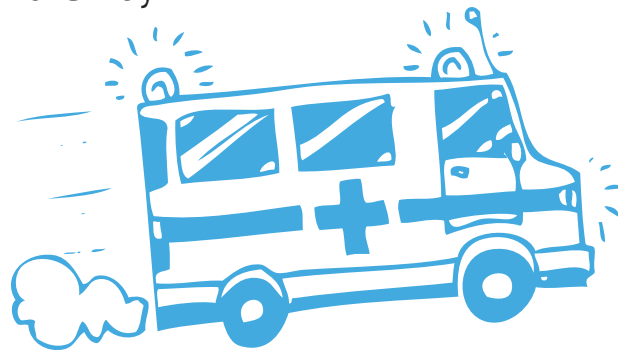
**CALLING  
FOR HELP**  
is the most  
important thing  
a kid can do in an  
emergency!

## LESSON 3

# WHAT YOU NEED TO KNOW WHEN YOU CALL HATZOLAH OR 911

TAKE A DEEP BREATH, SPEAK CALMLY, SLOWLY AND CLEARLY

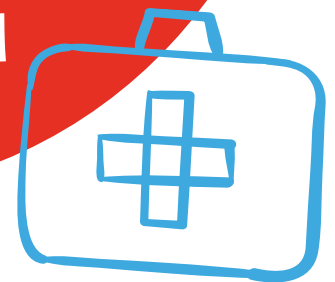
- 1 The Hatzolah or 911 operator will ask you:
  - Your phone number
  - Your address
  - What the problem is
  - Your name
- 2 Listen carefully to the operator's instructions.  
**DO NOT HANG UP BEFORE THEY TELL YOU TO.**
- 3 Unlock your door.
- 4 If possible, have someone wait outside to show them where to go.
- 5 Keep calm – help is on the way!



## HATZOLAH'S PHONE NUMBER

Fill in your local Hatzolah #

For Fire,  
**CALL 911**  
If you can't reach Hatzalah,  
**CALL 911**



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## LESSON 4

### PRACTICE CALLING HATZOLAH OR 911 TO REPORT A BIG ACCIDENT OR MEDICAL EMERGENCY

#### THE EMERGENCY OPERATOR WILL ASK THESE QUESTIONS:



*What's the phone number you're calling from?*



(insert phone number) \_\_\_\_\_



*What's the address you're calling from?*



(insert full address, with city – if you don't know exact address, describe the location with as much detail as possible) \_\_\_\_\_



*Tell me exactly what's happening.*



(insert emergency) \_\_\_\_\_



*Is the person breathing?*



(insert answer) \_\_\_\_\_



*What's your name?*



(insert your name) \_\_\_\_\_



*An ambulance is on its way. Stay on the line. Is the person conscious?*



(Insert YES or NO) \_\_\_\_\_



*Is the paramedic there yet?*



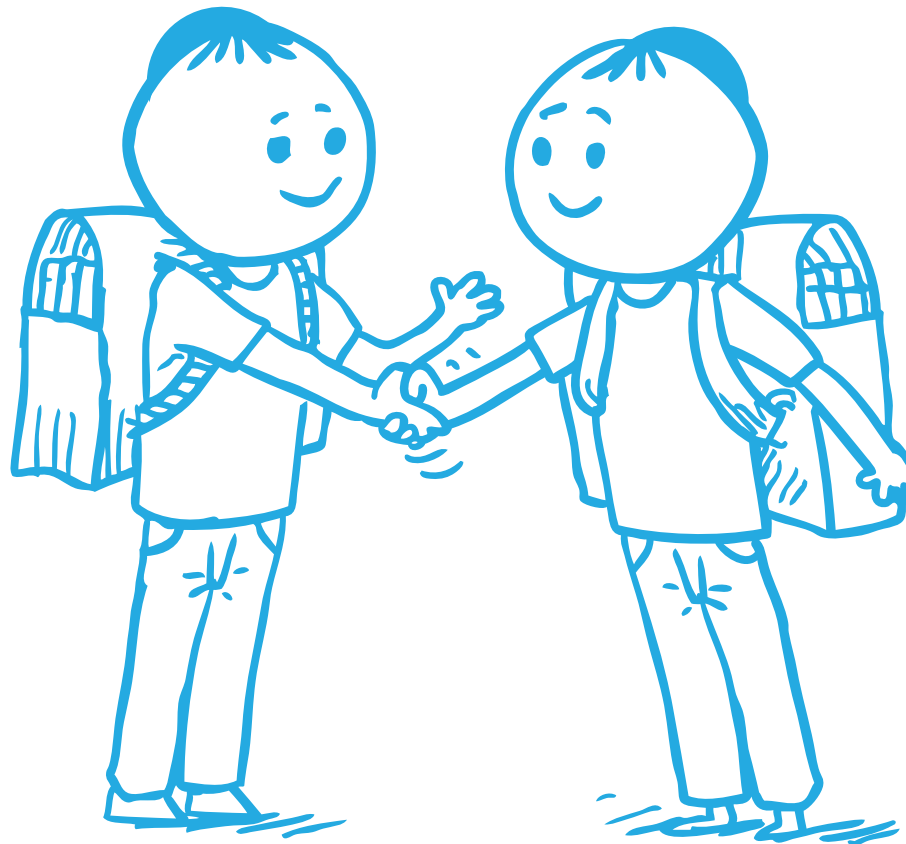
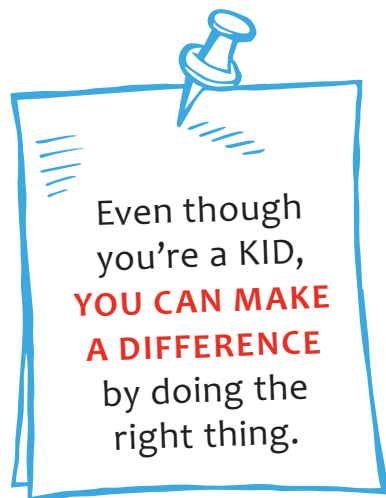
Yes, he is here.



*Okay, you can hang up now. Great job!*



There's a time  
**WHEN YOU CAN**  
**GIVE FIRST AID YOURSELF**





## LESSON 5

# FIRST AID FOR NOSEBLEEDS

**Y**ou're playing in the playground with your best friend when suddenly a ball hits your friend in the face. Your friend's nose starts bleeding and it looks like it will never stop. No one else is around and you are really scared.

*What  
should  
you do?*



## HAVE THE PERSON WITH THE NOSEBLEED:

- 1 Sit up straight.
- 2 Lean forward slightly.
- 3 Pinch the soft part of the nose for at least 10 minutes on the clock – MAKE SURE NOT TO PEEK BEFORE 10 MINUTES ARE UP! Pinching the nose helps the blood clot.
- 4 Put on ice packs if you have them. They can help.
- 5 If the nosebleed does not stop after a while or the bleeding is very heavy, call Hatzolah or 911.







*When helping someone else,  
it is always a good idea, if possible, to*

**WASH YOUR HANDS BEFORE & AFTER!**

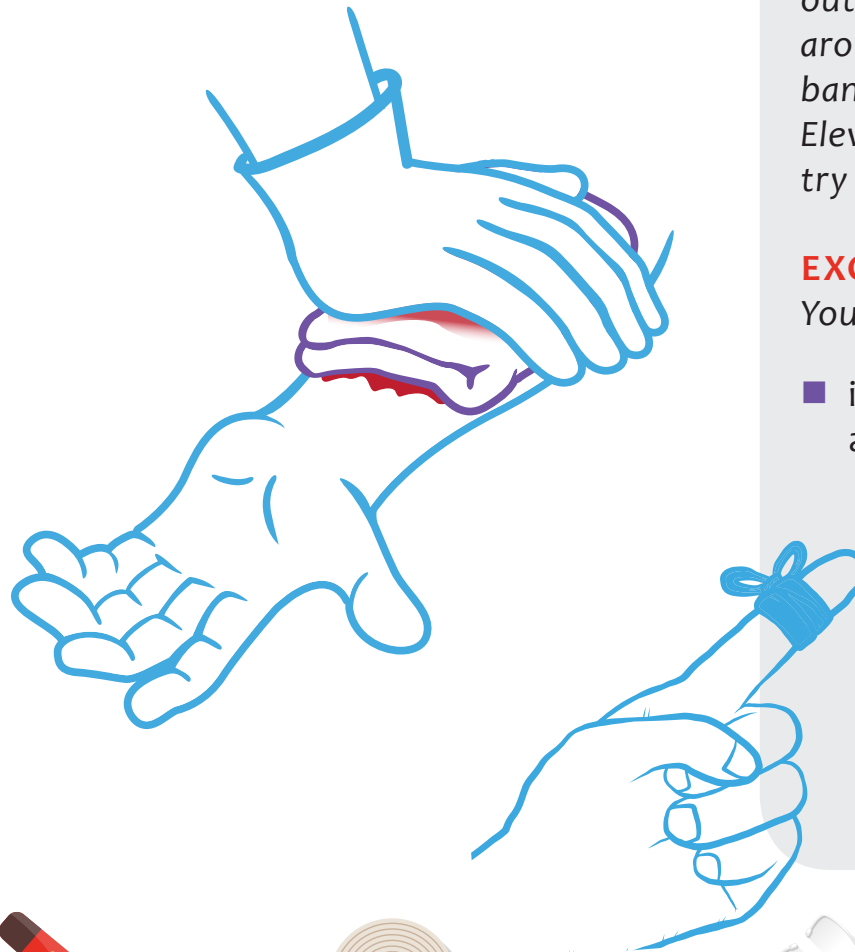
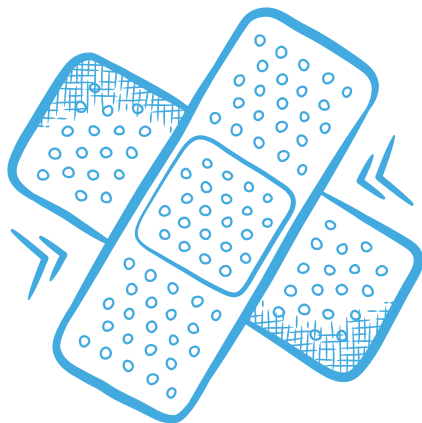


## LESSON 6

# FIRST AID FOR OTHER BLEEDING

## WHAT TO DO IF YOU OR YOUR FRIEND IS BLEEDING

- 1 Keep safe - look out for the thing that caused the bleeding. If the area is not safe, tell an adult or call for help.
- 2 Put direct pressure on the wound with a cloth or whatever is available (examples: gauze, undershirt) to stop or slow down the bleeding. The pressure will help the blood to clot and stop the bleeding.
- 3 Keep pressure on for at least 10 minutes.  
**DO NOT PEEK IN BETWEEN.** If blood soaks through the dressing, add another layer of dressing without removing the first one.
- 4 If you can't stop the bleeding, call Hatzolah/911 and keep pressure on the wound until help arrives.



### NEVER REMOVE AN OBJECT WHICH IS STUCK INSIDE A WOUND

(IMPALED OBJECT) as it can cause the person to bleed out. Just put clean material around the object and bandage it to hold it in place. Elevate the injured part and try to keep it from moving.

### EXCEPTION

You can remove the item if:

- it's very small – example: a splinter
- the item is blocking the airway and the person can't breathe

## LESSON 7

# FIRST AID FOR BURNS

## WHAT TO DO IF YOU OR YOUR FRIEND HAS A BURN

- Keep safe- look out for the hot thing which caused the burn. Make sure not to touch it. If it's an electrical appliance, unplug it.
- Remove the person from the source of the burn.
- Put the burn under cool running water and keep it there for at least 10 minutes - **NEVER APPLY ICE!** Cooling the burn will reduce pain, swelling and the risk of scarring. The faster and longer a burn is cooled, the less the impact of the injury.
- Loosely cover the burn with a clean, non-stick dressing, such as saran wrap or a clean plastic bag. You can also use a cool, moist bandage.
- If a baby gets a burn, call Hatzolah or 911 right away.
- If it is a serious burn (or if you are unsure if it is serious), call Hatzolah or 911.
- Remove rings or other tight items near the burned area. Try to do this quickly and gently – before the area swells. If it's already swollen, don't remove anything.
- If anything got burnt onto the skin, **DON'T TRY TO REMOVE IT.** Call Hatzolah/911.
- If there is a blister, don't pop it. Put on antibiotic cream with a light dressing. If the blister is bigger than a dollar bill, call Hatzolah / 911.

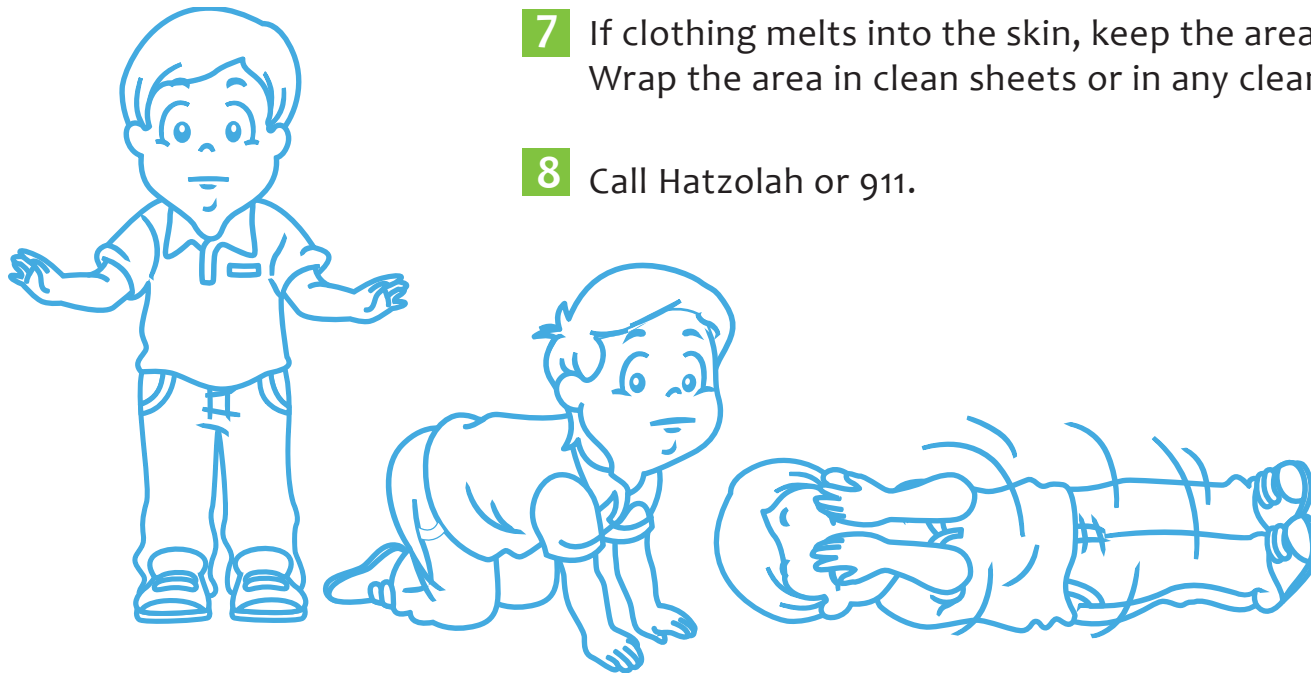


## LESSON 8

# WHAT TO DO IF SOMEONE IS ON FIRE

If your clothes  
are on fire...  
**NEVER RUN!**  
**Stop, Drop  
& Roll.**

- 1 Stop where you are.
- 2 Drop to the ground.
- 3 Cover your face with your hands.
- 4 Roll over and over to smother the flames.
- 5 Cool the burn with cool water.
- 6 Apply burn ointment or spray for pain, or take Tylenol or Motrin for pain relief, as necessary.
- 7 If clothing melts into the skin, keep the area cool and wet. **DON'T REMOVE ANYTHING.** Wrap the area in clean sheets or in any clean material.
- 8 Call Hatzolah or 911.



## LESSON 9

# WHAT TO DO IF YOUR HOUSE IS ON FIRE

- Scream 'FIRE' so everyone in the house knows there's a fire.
- **Try to get out as soon as possible – DON'T try to save any items in the house.**
- If smoke is coming in under the door, don't open that door.
- Touch the door and the door handles. If they are warm, use another way out of the room.
- If there is smoke, heat or flames outside the door, stay in the room with the doors closed. If possible, put a wet towel or cloth at the bottom of the door and call 911 and/or Hatzolah. Open a window wide and yell for help. If you can, wave a brightly colored cloth or flashlight to signal for help.
- If you have a piece of clothing or a towel, put it over your mouth to keep from breathing in the smoke. This works even better if you can wet the cloth first.
- If you must escape through smoke, crawl on your hands and knees where the air will be cleaner. **GET DOWN LOW AND GO, GO, GO.**
- Close doors behind you as you leave to prevent the fire from spreading.
- Go to your outside meeting place and call 911. You should also call Hatzolah if anyone is hurt.

Even if you are scared,  
**NEVER HIDE UNDER THE BED OR IN A CLOSET.**  
Firefighters will have a hard time finding you there.

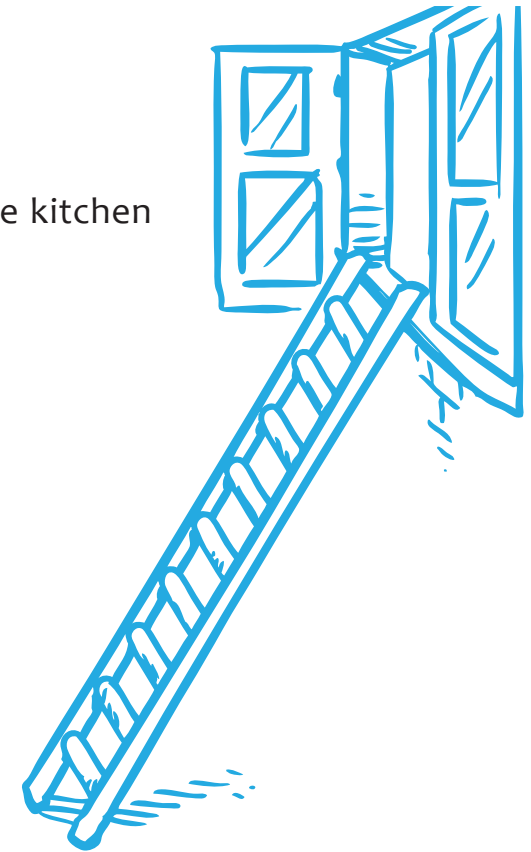


## LESSON 10

# BASIC HOUSE FIRE SAFETY

## HOW TO KEEP YOUR HOUSE SAFE FROM FIRE

- Install smoke alarms on every level of your home, including the basement and outside each sleeping area. If you sleep with the door closed, install one inside your sleeping area as well.
- Install carbon monoxide alarms on every floor.
- Test alarms every month and replace batteries at least once a year.
- Work out a fire escape plan. Be sure that everyone knows at least 2 exits – including windows – from every room. It is a good idea for every bedroom to have an escape ladder.
- Decide on a meeting place outside.
- Have everyone in the family practice the escape plan at least twice a year.
- Be careful in the kitchen – make sure there's a kid-free zone about 3 feet around the kitchen stove or oven.
- If an electric appliance smokes or has an unusual smell, unplug it immediately, then have it serviced before using it again.



NOTES:



To find out more information, to  
contribute to or to be a part of  
the SAVE-A-LIFE program contact:

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We welcome your comments &  
suggestions.

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