

Life Skills (Children) Week #5: Handling Real Emergencies

What is an emergency? Is an emergency that you can't find your favorite blanket at bed time? Or that you were playing outside with your friend and they fell and couldn't get up? If you said the second one, you are right. It is important to recognize what is a real emergency and what is not. (see the work sheet "Emergency or Not")

What do you do in a real emergency? Well that depends on how bad it is. We are all taught to call 911 but that is if it is really bad. Here are some examples when it is appropriate to call 911:

- Person is not breathing
- Person can't talk
- There is a lot of blood
- There is a large burn
- Person cannot move body part

When it is a minor injury such as a small cut, small burn, or a body part that hurts but is able to move than we can just do first aid with the help of an adult.

There is a long handout that covers different first aid and CPR skills, however I strongly suggest taking a First Aid and CPR course. There are available online as well.