

Health: Responding to Emergencies

Content (6): basic principles for responding to emergencies

First Peoples Principles of Learning: Learning is reflective

Name: _____

Content (6): basic principles for responding to emergencies

When an emergency happens, it's important to stay calm and follow a few basic principles to stay safe and help others. Here are some steps to keep in mind:

Stay Calm: Try to keep your cool. If you panic, it can make things harder. Take deep breaths, focus, and think clearly about what needs to be done.

Assess the Situation: Quickly look around and figure out what's happening. Is there a fire? Is someone hurt? Understanding what's going on helps you know what action to take.

Call for Help: If the situation requires it, call the emergency number (like 911 in many places). Tell them exactly what happened, where you are, and if anyone needs immediate help.

Ensure Your Safety: Before helping others, make sure you're in a safe place. For example, if there's a fire or dangerous situation, move to a safe location first.

Help When You Can: If it's safe, help others. If someone is hurt, try to comfort them, and if you know basic first aid, use it. However, don't try to do things you're not trained for—sometimes it's best to wait for professionals.

Follow Directions: Listen carefully to emergency responders or adults in charge. They know how to handle emergencies and can guide you on what to do next.

Stay Together: If you're with a group, make sure no one gets left behind. Stay together until the emergency is over or help arrives.

By following these basic principles, you can stay safe and make smart decisions when faced with an emergency.



For each situation, write down how you would respond:

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| Situation: you and your friend are out in the neighbourhood, and they feel nauseous. Neither of you have a cell phone. | How would you respond: _____ _____ _____ _____ |
| Situation: you and your friend are out in the neighbourhood, and you find someone unconscious. Neither of you have a cell phone. | How would you respond: _____ _____ _____ _____ |
| Situation: you are home alone, and you get hurt | How would you respond: _____ _____ _____ _____ |
| Situation: you are walking home alone, and | How would you respond: _____ _____ _____ _____ |
| Situation: you and your friend are at your house alone, and your friend begins to choke on food | How would you respond: _____ _____ _____ _____ |
| Situation: you are home alone, and you hear continual knocking at your front door. | How would you respond: _____ _____ _____ _____ |
| Situation: you are with an older family friend at home, and they seem to be having a medical emergency (heart attack, stroke, seizure, etc) | How would you respond: _____ _____ _____ _____ |
| Situation: you and your brother/sister are home alone, and they cut themselves badly with a knife while preparing food | How would you respond: _____ _____ _____ _____ |