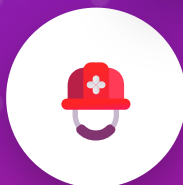
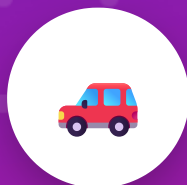




Be a Safety Hero!

My first aid & safety book. Learn how to stay safe, help others and call for help.

For kids aged 5 to 12, and their grown-ups



In an emergency, DIAL 920



Critical Emergency Care · Your trusted partner in health care

This book belongs to:



Hello, I'm Starry! My shape is called the **Star of Life**. You'll see it on ambulances and on the uniforms of the people who help when someone is hurt or sick. Let's learn how to be a **Safety Hero** together!

A Safety Hero...



keeps themselves safe first



stays calm and thinks



gets a grown-up to help



knows how to call **920**



wears the right safety gear



is kind and looks after others

A note for grown-ups

Read this book together and talk about each page. Practise calling 920 (without dialling), learning your address, and buckling up. Children should always be told to **get an adult** first. The first aid here is simple, safe care for small injuries.



What is first aid?

First aid is the help we give someone who is hurt or feeling very sick, **before** a doctor or ambulance arrives. Even small helpers can do big things, like staying calm, fetching a grown-up and calling for help!

What is an emergency?

An **emergency** is when someone is badly hurt, very sick, or in danger, and needs help **right now**.



Emergency or not? Tick a box!

Someone has fallen and won't wake up

☐ Emergency ☐ Not

You lost your favourite toy

☐ Emergency ☐ Not

There is smoke and fire in a house

☐ Emergency ☐ Not

Someone has a small scratch on their knee

☐ Emergency ☐ Not

Someone can't breathe properly

☐ Emergency ☐ Not

Someone was hit by a car

☐ Emergency ☐ Not

You are hungry and want a snack

☐ Emergency ☐ Not

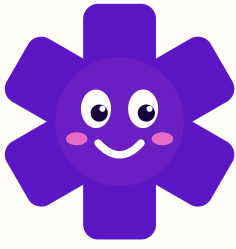
Someone is bleeding a lot

☐ Emergency ☐ Not

Answers: emergencies are numbers 1, 3, 5, 6 and 8.



How to call 920



If there is an emergency and no grown-up can help, **you** can call **920**. Only call 920 in a real emergency. It's not a game!

- 1 Stay calm and take a deep breath.
- 2 Dial **9 - 2 - 0** on any phone.
- 3 Say your **name** and **where you are** .
- 4 Say **what happened** .
- 5 Listen carefully and answer the questions.
- 6 **Don't hang up** until they tell you to.



Practise! Fill this in with a grown-up

My full name

My address (plot number, ward, village or town)

A landmark near my home

My grown-up's name and phone number

Another grown-up I can call



Meet the helpers

When you call 920, a team of **paramedics** (ambulance medics) comes to help. They wear uniforms and drive purple and white ambulances with the Star of Life on them. **They are friendly, and they are there to help you.**



The ambulance

It has flashing lights and a siren so cars move out of the way. Inside there's a bed and lots of equipment to help sick and hurt people.



The paramedics

They are trained to look after people in an emergency and take them safely to hospital. You can tell them everything that happened.



Help them find you

If you can, ask a grown-up to wait at the gate or by the road and wave when the ambulance comes!



Small ouchies

Lots of little accidents happen when we play. Here's what to do. **Always tell a grown-up!**



Cuts & scrapes

1

Tell a grown-up.

2

Wash your hands, then gently wash the cut with clean water.

3

Press on it with a clean cloth if it's bleeding.

4

Cover it with a plaster or clean dressing.



Bumps & bruises

Hold something cold on the bump, like an ice pack **wrapped in a cloth**, for a few minutes. Rest. Tell a grown-up, especially if you bumped your **head**.



Nosebleeds

Sit down and **lean forward**, not back. Pinch the soft part of your nose and breathe through your mouth. Count to 600 slowly (that's about 10 minutes)!



Never touch someone else's blood with your bare hands. Ask a grown-up to put on gloves!



Burns, stings & big emergencies



Burns

Put the burn under **cool running water** for a long time: **20 minutes!**
Tell a grown-up straight away.

Never put butter, toothpaste or ice on a burn.



Bee stings

Move away from the bees. Ask a grown-up to scrape the sting out and put something cold on it.

If someone's face swells or they can't breathe, **call 920!**



Snakes & scorpions

Never touch or tease a snake or scorpion, even if you think it's dead. Walk away slowly and tell a grown-up. If someone is bitten or stung, keep them still and **call 920**.



If someone is badly hurt

1

Stay safe. Don't go near fire, roads, water or electricity.

2

Shout for a grown-up.

3

If no grown-up is there, **call 920** .

4

Stay with them and talk to them kindly.

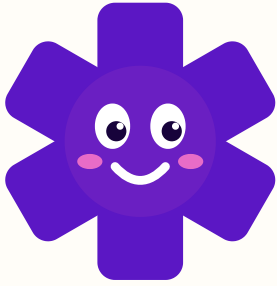


Electricity danger!

Never touch someone who is touching electric wires or a plug. You could get hurt too. Get a grown-up to switch off the power.



Why staying safe matters



The best first aid is **no accident at all!** Most accidents can be stopped before they happen, by thinking first and using the right safety gear.

Your body is precious. Bones, brains and skin can get hurt, and some injuries take a very long time to heal. Staying safe means you can keep playing, learning and having fun!

My Safety Golden Rules



Buckle up in the car, every single trip



Wear a helmet when riding a bike or scooter



Stop, look and listen before crossing the road



Only swim when a grown-up is watching



Medicines are not sweets. Only take them from a grown-up



Stay away from fires, stoves and matches



If something feels unsafe, tell a grown-up you trust



Buckle up! 🚗

A **seatbelt** is like a big safe hug from the car. If the car stops suddenly or crashes, the belt holds you in your seat so you don't fly forward and get badly hurt.



The right way

- The top strap goes **across your shoulder and chest**, not your neck
- The bottom strap goes **low across your hips**, not your tummy
- Click! Pull it snug



Never

- Put the strap behind your back or under your arm
- Share one belt with a friend
- Unbuckle while the car is moving



Babies ride in a special baby car seat that faces backwards.



Kids use a car seat or booster seat until they're tall enough for the big belt.



Kids under 12 are **safest in the back seat.**

🚗 **Never ride in the back of a bakkie!**

The open back of a bakkie has no seats and no belts. Always ride inside, buckled up. **Every trip, even short ones!**



My safety gear

Superheroes have special gear, and so do Safety Heroes! Safety gear protects your body from getting hurt.



Seatbelt

Holds you safely in the car.



Helmet

Protects your head and brain on bikes, scooters and horses. Do up the strap!



Bright vest

Helps drivers see you when walking near roads, especially at night.



Life jacket

Keeps you floating in boats and deep water.



Knee & elbow pads

Protect your joints when skating or riding.



Closed shoes

Protect your feet from thorns, glass and hot sand.



Sunhat & sunscreen

Protect your skin from strong sun. Drink water too!



Goggles

Protect your eyes during science and building projects.



Gloves

Protect hands when gardening or helping clean up.



Safety gear only works if you **wear it properly**, every time!



Road safety

Roads can be dangerous because cars are big, heavy and fast. Drivers can't always see children.

Crossing the road: Stop, Look, Listen, Think

- 1 Stop** at the edge of the road.
- 2 Look** right, left, and right again.
- 3 Listen** for cars, taxis and motorbikes.
- 4 Think:** is it safe? Then walk straight across. Don't run!



Do

- Hold a grown-up's hand near roads
- Cross at a zebra crossing or robot (traffic light)
- Walk on the pavement, or facing the traffic
- Wear bright clothes so drivers see you



Don't

- Play on or near the road
- Run out from between parked cars
- Chase a ball into the street
- Cross while looking at a phone



Animals on the road

Cows, donkeys and goats can wander onto roads. Never chase them near traffic.



On your bike

Wear a helmet, ride on the left, and use lights and reflectors at night.



Safe at home & near water



Hot things

Stay away from stoves, kettles, fires, irons and hot pots. Never play with matches or lighters.



Electricity

Never poke things into plugs. Keep water away from electric things. Stay far from fallen wires.



Medicines

Medicines can look like sweets, but they can make you very sick. Only take them from a grown-up.



Cleaning stuff

Bleach, paraffin and poisons are not drinks. Never taste anything from an unknown bottle.



Water safety

- Only swim when a **grown-up is watching**, never alone
- Stay away from dams, rivers, wells and pits, especially after rain
- Don't play near buckets or tubs of water with little brothers and sisters. Babies can drown in very shallow water
- If someone is in trouble in water, **don't jump in**. Shout for help and throw something that floats



If there's a fire

1

Shout **"FIRE!"** and get out fast. Don't stop for toys.

2

Crawl low under smoke.

3

If your clothes catch fire: **Stop, Drop and Roll!**

4

Never go back inside. Call for help.



Activity time!

Match the safety gear to the activity. Draw a line!



Riding a bike



Life jacket



Going in a car



Sunhat



Going in a boat



Helmet



Playing in the sun



Bright vest



Walking at night



Seatbelt

Safety word search

Find the words. They go across → and down ↓.

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

AMBULANCE

SEATBELT

HELMET

SAFETY

PLASTER

CALM

HELP

WATER



Safety Hero quiz



Circle **True** or **False**. Then turn the book upside down to check your answers!

1. The emergency number for Critical Emergency Care is 920.

True

False

2. It's OK to skip the seatbelt on a short trip.

True

False

3. You should put butter on a burn.

True

False

4. A helmet protects your head when riding a bike.

True

False

5. For a nosebleed, you should lean forward.

True

False

6. Medicines are the same as sweets.

True

False

7. You should swim alone in a dam.

True

False

8. If your clothes catch fire: Stop, Drop and Roll.

True

False

9. Kids are safest riding in the back of a bakkie.

True

False

10. Before crossing the road: Stop, Look, Listen, Think.

True

False

11. Always tell a grown-up when someone is hurt.

True

False

12. Only call 920 in a real emergency.

True

False

Answers: 1 True · 2 False · 3 False · 4 True · 5 True · 6 False · 7 False · 8 True · 9 False · 10 True · 11 True · 12 True



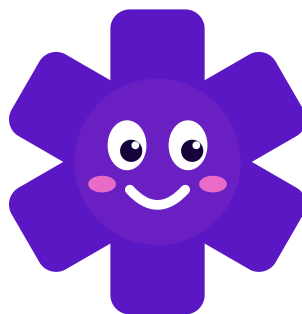


Safety Hero Pledge

I promise to be a Safety Hero!

My name _____

- ★ I will buckle up every time I ride in a car
- ★ I will wear my helmet and safety gear
- ★ I will stop, look and listen before crossing the road
- ★ I will get a grown-up when someone is hurt
- ★ I know my address and how to call 920
- ★ I will look after my friends and family



Signed _____

Date _____



Well done, **Safety Hero!**

Keep practising, keep safe, and remember: in an emergency, get a grown-up and call for help.

DIAL 920

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Schools and groups: ask us about first aid and safety talks and training.