

Nebraska Emergency Medical Services

Be Cool...

Be Safe



An Educational Activity Book

# Be Cool...Be Safe

## Sun Safety

- ◆ Do things indoors when the sun is strongest, between 10 a.m. and 4 p.m.
- ◆ Wear sunscreen even on cloudy days. The sun gets through clouds.
- ◆ Put on more sunscreen after swimming, playing or sweating.
- ◆ Wear sunglasses to protect your eyes from sunny skies.

## Water Safety

- ◆ NEVER swim alone.
- ◆ Know how to swim.
- ◆ Survey the area for depth and clarity of the water.
- ◆ If you can't swim or are in a boat, ALWAYS wear a lifevest.
- ◆ Don't dive or jump into bodies of water, ALWAYS wade in first to avoid hitting your head.
- ◆ Know CPR

## Firework Safety

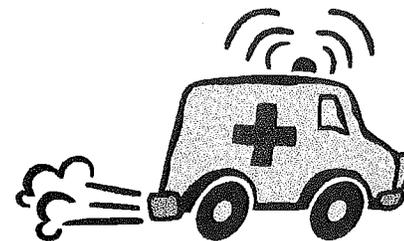
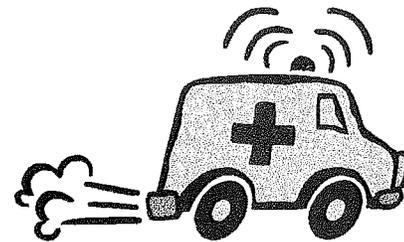
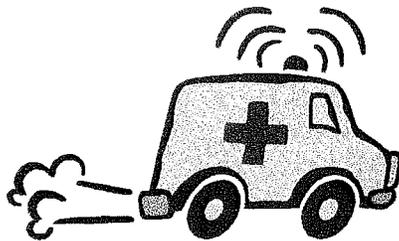
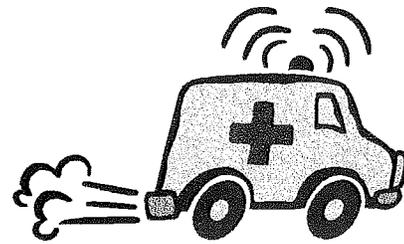
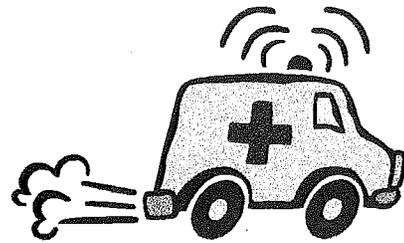
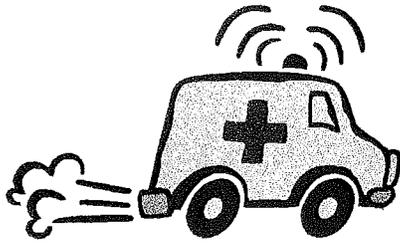
- ◆ NEVER use fireworks near dry grass.
- ◆ NEVER place an explosive in a container. It could explode and send harmful fragments to the eyes and face.
- ◆ ALWAYS check for spilled gasoline before lighting a match.
- ◆ You should ALWAYS have a bucket of water or a fire extinguisher handy.
- ◆ DO NOT wear loose clothing while using fireworks.
- ◆ NEVER stand immediately over the fireworks.
- ◆ Children under the age of 14 should ALWAYS be supervised by an adult.
- ◆ ALWAYS use protective eyewear while shooting fireworks.
- ◆ ALWAYS read the directions and warning labels before lighting the firework.
- ◆ NEVER light an explosive indoors or near any objects.

## Safe Riding

- ◆ ALWAYS wear protective gear when riding a bicycle, a skateboard, a scooter or rollerblades.
- ◆ NEVER ride at dusk or night.
- ◆ Keep your equipment in proper working order and well-maintained.
- ◆ Master the basics - stopping and turning.
- ◆ OBEY all traffic regulations.
- ◆ Remain under control at all times.
- ◆ Tricks and stunts come with lots of practice. Don't try any daring moves until you're ready to handle them.
- ◆ Watch out for road hazards.
- ◆ Avoid wet or icy road conditions.
- ◆ Avoid water, oil, and sand.
- ◆ Ride on the right, pass on the left.
- ◆ ALWAYS yield to pedestrians.
- ◆ Begin at a speed and at angles that you're comfortable with.
- ◆ Avoid hills and declines when you're first starting out. You can build up speed even on a slight decline, so you should feel confident in your braking ability before you head for the hills.

## Trick-or-Treating Safety

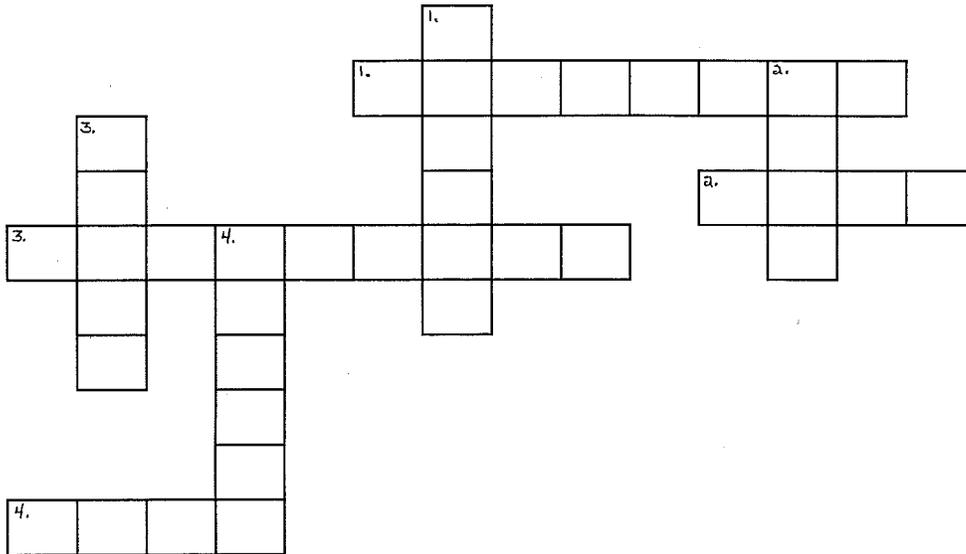
- ◆ Go Trick-or-Treating with a grownup.
- ◆ Visit only people you know and who have well-lit porches or doors.
- ◆ Make sure your costume fits. It's easy to trip on costumes that are too long or shoes that are too big.
- ◆ Make sure your costume lets you see and hear perfectly. You need to be able to watch and listen for cars.
- ◆ Wear brightly-colored clothing. Put "glow in the dark" patches or strips on your costume so drivers can see you.
- ◆ Carry a flashlight.
- ◆ Don't eat treats until you show them to your parents or a trusted adult.



**Which Ambulance is Different?**

Can you figure out which ambulance is not like all of the others?  
Circle the one that is different.

# Crossword Safety Puzzle



## Across

1. Always wear your \_\_\_\_\_ while riding in the car.
2. If your clothes catch on fire, you should stop, drop, and \_\_\_\_\_.
3. You should wear \_\_\_\_\_ protection when playing in the hot sun.
4. Children should never \_\_\_\_\_ with matches.

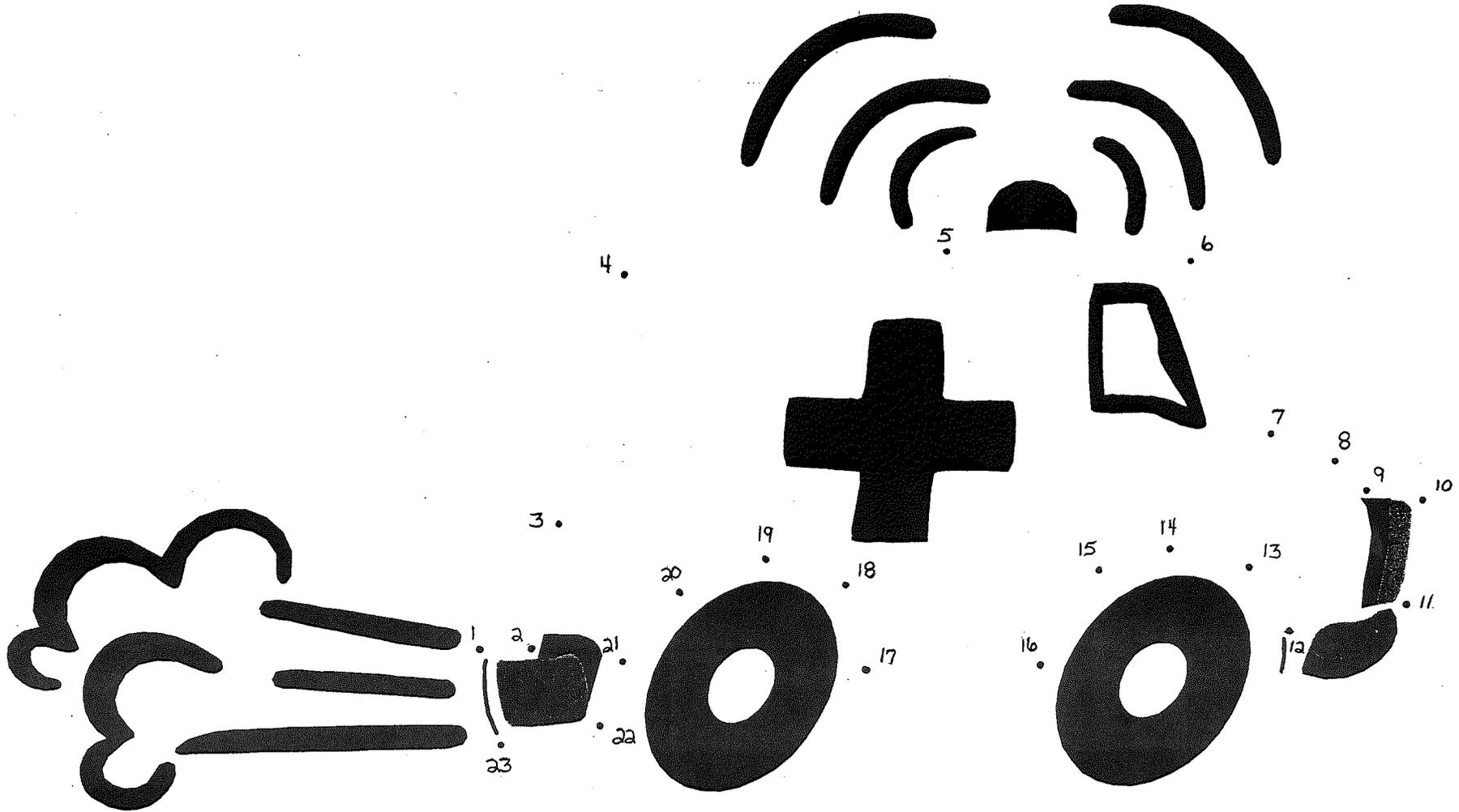
## Down

1. Always wear your \_\_\_\_\_ when riding a bike.
2. You should always \_\_\_\_\_ both ways before crossing the street.
3. Things in your house like plants and cleaning products are poisonous and should never be put in your \_\_\_\_\_.
4. There is special \_\_\_\_\_ equipment to be worn while playing some sports.

Answer key: Across: 1. seatbelt 2. roll 3. sunscreen 4. play  
Down: 1. helmet 2. look 3. mouth 4. safety

# Connect the Dots

What is used to transport patients when they are injured or sick?  
Connect the dots and find out.



# Medi-Tedi's Code

Medi-Tedi has a special safety message just for you, but it's in code!

Can you use the code key on this page to break the code and read Medi-Tedi's secret message?

17 1 26 18 18 10 17 1 7 4 16 1  
 4 10 13 4 20 7 13 1 4 19  
 20 18 12 19 7 1 4 2 17 1 10 2

Code Key						
A		4		N		6
B		17		O		18
C		26		P		3
D		9		Q		24
E		1		R		19
F		16		S		7
G		25		T		2
H		8		U		12
I		5		V		21
J		11		W		13
K		15		X		23
L		10		Y		20
M		14		Z		22



Answer key: Be Cool - Be Safe  
Always wear your seatbelt.



# Think Smart

Read each question carefully and circle either true or false.

1.

You should dial 911  
if someone needs an ambulance.

True or False

2.

A helmet should be worn if you are riding a bike, a  
skateboard or a scooter.

True or False

3.

It is ok to play with matches.

True or False

4.

It is OK not to wear your seatbelt when you ride in a  
vehicle.

True or False

5.

You should wear sunscreen protection *and* drink plenty  
of water when playing in the hot sun!

True or False



## Dial 911

Do you know what you should do in an emergency? Can you use the following words to fill in the appropriate blanks?

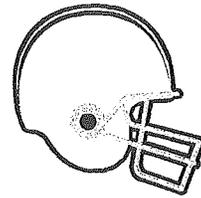
*help - dispatcher - LAST - 911*  
*location - problem - patients - number*

If there is an emergency, you should dial \_\_\_\_\_. When the \_\_\_\_\_ answers, you should tell the dispatcher the \_\_\_\_\_ of the call, the \_\_\_\_\_ you are calling from, the number of \_\_\_\_\_ or the \_\_\_\_\_, your name and if additional \_\_\_\_\_ is needed. Always remember that YOU HANG UP \_\_\_\_\_!

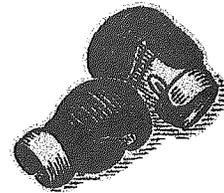
# Follow the Path

Follow the path from the sporting activity to the appropriate protective equipment.

Football



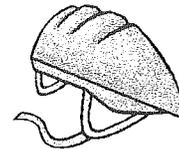
Baseball



Cycling



Hockey

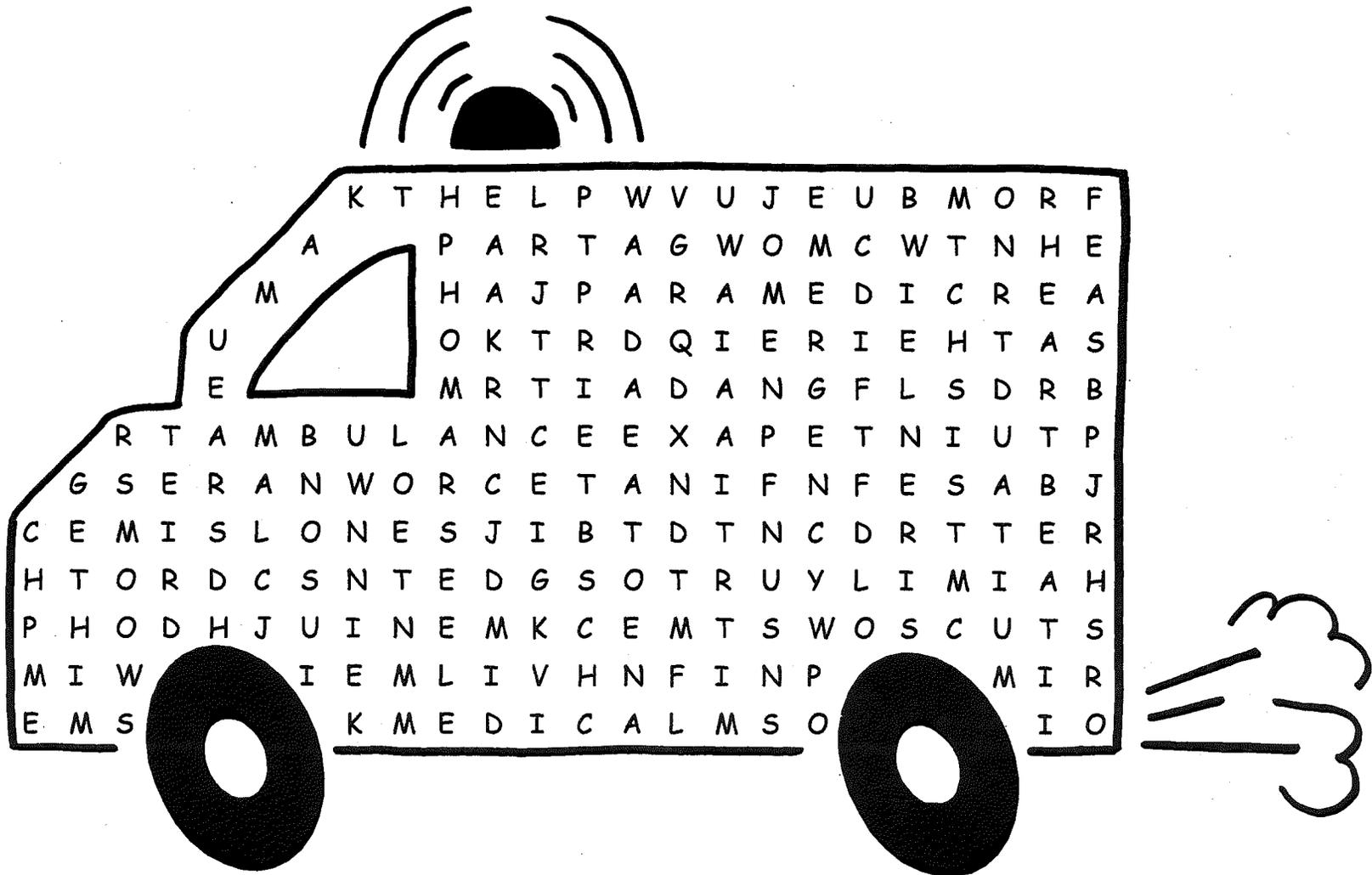


Boxing

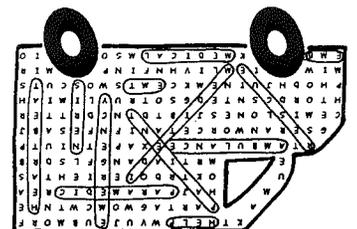


# Find-A-Word

Can you find all the words about Emergency Medical Services that Medi-Tedi has hidden in the ambulance? All the words that Medi-Tedi hid are at the bottom of the page. Find them, if you can!

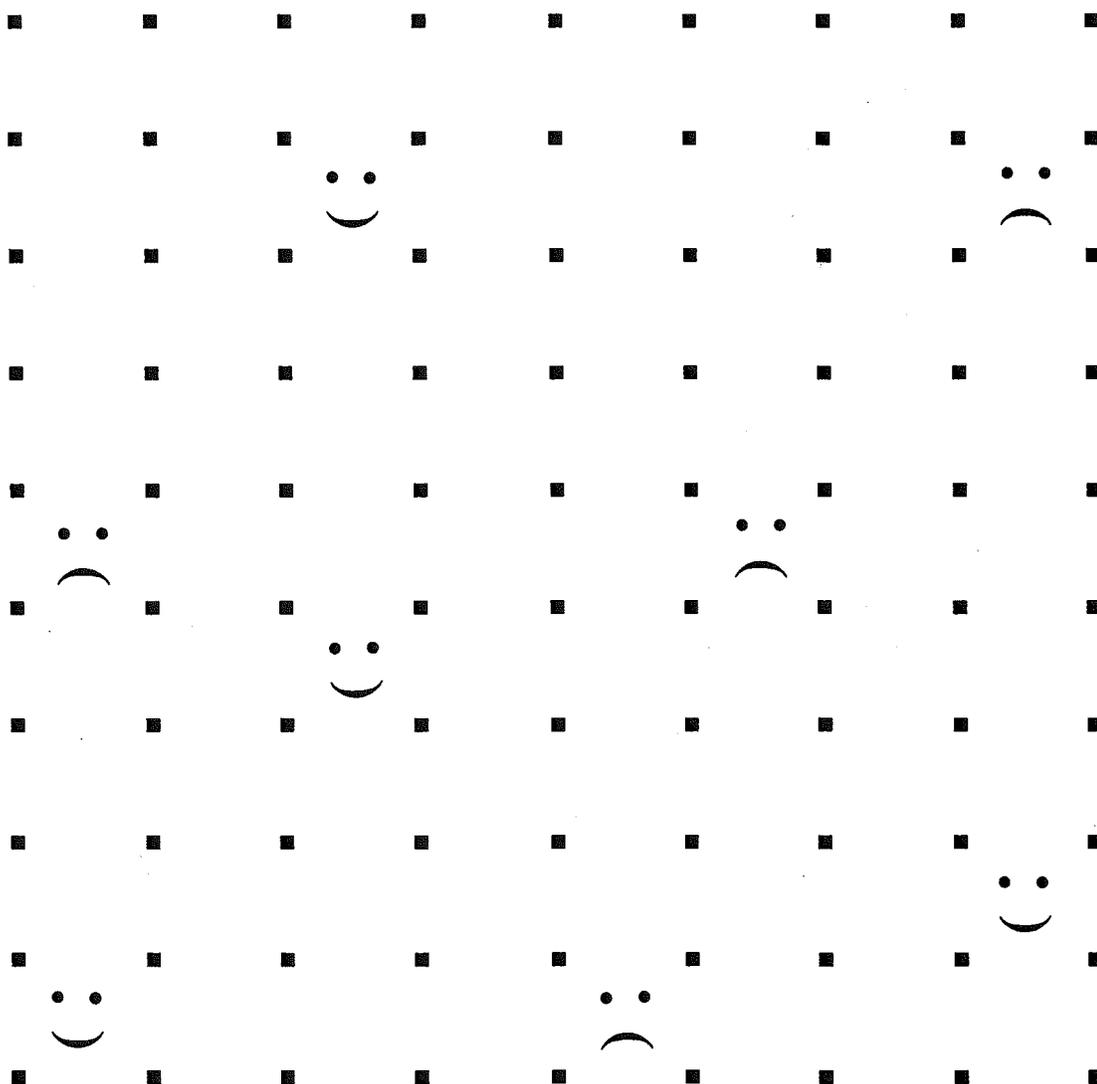


- AMBULANCE
- EMS
- EMT
- EMERGENCY
- HEARTBEAT
- HELP
- MEDI TEDI
- MEDICAL
- PARAMEDIC
- PATIENT
- RESCUE
- SIREN



# The Squares Game

Take turns connecting the dots on the grid below. If you enclose a square, then put your initial in the square, and give yourself a point. If you enclose a happy square, then you get three points, but if you enclose a sad square, you lose three points. The player with the most points when the grid is filled in, wins!



## LETTER TO PARENTS AND GUARDIANS

Be Cool...Be Safe was designed to help youngsters understand what they can do to prevent injuries and what they should do in case of an emergency.

Here are some ways you can help your child understand the message in this book:

- Be available to guide your child through each page.
- Teach your child to play safely. Protective gear such as a bicycle helmet, knee pads, and elbow pads can significantly reduce serious injury.
- Be sure your child is protected from the hot sun by wearing sunscreen and drinking plenty of water.
- Discuss the importance of wearing a seatbelt in any moving vehicle.
- Safety proof your home! This includes practicing fire safety and developing a fire escape plan with your family.
- Teach your child what to do in case of an emergency. Make sure they know how to call 911 and what to say to the dispatcher.
- Tell your child that emergency personnel are there to help.
- Remember that you are your child's first teacher and a powerful role model. By incorporating safety habits into your own life, you are providing the best safety insurance possible for all the members of your family!



Nebraska Department of Health & Human Services / Public Health / EMS Program

A gift to you from...

*Nebraska Emergency Medical Services Program for Children*