

HOW TO HELP A FAMILY MEMBER IF HE OR SHE FALLS DOWN AND GETS HURT - 1st Step

- a. **Be calm and don't move the person because it might make the injury worse.**
- b. Scream loudly so that the person knows you are upset.
- c. Move the person to a couch so they will feel more comfortable.

HOW TO HELP A FAMILY MEMBER IF HE OR SHE FALLS DOWN AND GETS HURT - 2nd Step

- a. Stay next to the person and do not bother to call 911.
- b. **GET HELP! If there is someone in the house, yard, or nearby, send them to call 911 and get help. Call 911 yourself if no one else is there.**
- c. Put the person in a wheelbarrow and take them to the hospital.

HOW TO HELP A FAMILY MEMBER IF HE OR SHE FALLS DOWN AND GETS HURT- 3rd Step

- a. **Stay with the injured person. Use a blanket to keep him or her warm.**
- b. Leave the person alone and go watch TV while you wait for the ambulance to arrive.
- c. Go wait outside and leave the person by himself with a good book.

HOW TO HELP SOMEONE WHOSE CLOTHES CATCH ON FIRE - 1st Step

- a. Tell the person to jump around until the flames go out.
- b. **Usually the person will start to run -- stop him!**
- c. Sit there and do nothing.

HOW TO HELP SOMEONE WHOSE CLOTHES CATCH ON FIRE - 2nd Step

- a. **If you catch the person, force him to the ground. Roll the victim to smother the flames.**
- b. **Wrap them in a rug, towel, or sweater working from the neck down.**
- c. **If you can't stop them yell, "Stop! Stop! Stop!" and throw yourself on the ground and roll as an example. Cover your face so the victim will too.**

HOW TO HELP SOMEONE WHOSE CLOTHES CATCH ON FIRE - 3rd Step

- a. **As soon as you can, help the person get to a place where the burned parts of the body can be covered with clean dressing and treated by a doctor.**
- b. Tell them to go take a shower and relax.
- c. Try to treat the burn yourself. Why bother with a doctor?

HOW TO HELP YOURSELF IF YOUR CLOTHES CATCH ON FIRE - 1st Step

- a. **Stop where you are. DON'T RUN!**
- b. Find the nearest pool and jump in.
- c. Go to a friend's house to get help.

HOW TO HELP YOURSELF IF YOUR CLOTHES CATCH ON FIRE - 2nd Step

- a. Drop to the floor or ground and sit there and wait for help.
- b. **Drop to the floor or ground and roll and cover your face.**
- c. **If you are indoors, grab a rug, blanket, or coat and wrap yourself as you roll. Start at your neck.**

HOW TO HELP YOURSELF IF YOUR CLOTHES CATCH ON FIRE - Summary

- a. Stop, rock, and roll.
- b. **Stop, drop, and roll.**
- c. Run, swim, and play.

WHAT TO DO IF YOUR HOUSE CATCHES ON FIRE - 1st Step

- a. Hide under your bed and wait for help.
- b. Hide in the closet and shut the door.
- c. **Get everyone out of the house! Crawl along the floor to avoid breathing smoke.**

WHAT TO DO IF YOUR HOUSE CATCHES ON FIRE - 2nd Step

- a. Try to put the fire out yourself.
- b. **Don't try to put the fire out yourself.**
- c. Just sit there and watch the flames.

WHAT TO DO IF YOUR HOUSE CATCHES ON FIRE - 3rd Step

- a. **Call the fire department from a neighbor's house.**
- b. **When firefighters arrive, let them know everyone is out of the house.**
- c. **Remember: Never go back into a burning house for any reason.**

WHAT TO DO IF A BOAT OVERTURNS AND YOU ARE IN IT - 1st Step

- a. Dive down and look for treasure.
- b. **Don't panic. Grab the boat and stay with it.**
- c. Panic. Scream and splash around desperately.

WHAT TO DO IF A BOAT OVERTURNS AND YOU ARE IN IT - 2nd Step

- a. Try to swim to shore as quickly as possible, no matter how far from shore you are.
- b. **Help the other passengers to find a place where they can hold on. No one should try to swim ashore.**
- c. **Stay with the boat; it will support you. Wait for rescuers.**

WHAT TO DO IF A BOAT OVERTURNS AND YOU ARE IN IT - 3rd Step

- a. **If the boat can be turned right side up, get inside and sit as low as possible on the bottom.**
- b. Look for fish and try to catch them.
- c. Hope that Nemo will come and lead you to shore.

WHAT TO DO IF SOMEONE SLIPS OFF A BANK INTO WATER

- a. **Reach the person, if possible, with your hand or leg. Take off your sweater or shirt and toss one end to the person.**
- b. **Extend a stick, fishing pole, branch, or anything that is handy.**
- c. **Throw something to the person that will float, such as a cushion, inner tube, plank, or ring buoy, if available.**

WHAT TO DO IF SOMEONE FALLS THROUGH THE ICE - 1st Step

- a. Run across the ice to help and hope you don't fall in too.
- b. **Remember, if you get too close, you might break through too.**
- c. Walk really slowly toward the person.

WHAT TO DO IF SOMEONE FALLS THROUGH THE ICE - 2nd Step

- a. Find something to throw to the person.
- b. **Look around for a ladder, a long branch, or anything you can use to reach the person.**
- c. Run around like crazy and panic.

WHAT TO DO IF SOMEONE FALLS THROUGH THE ICE - 3rd Step

- a. **After you find a ladder, branch, etc., lie flat on safe ice and push the item toward the person until he can grab it. Then you can pull him out.**
- b. You climb on the ladder or branch until you can grab the person's hand.
- c. **When the person is out of the water, get him to someplace warm.**

WHAT TO DO IN CASE OF A SCHOOL BUS ACCIDENT - 1st Step

- a. Always goof around on the bus and don't bother looking for the exits, because who cares?
- b. Always know where emergency exits are whenever you get on a bus.**
- c. Just don't take the bus.

WHAT TO DO IN CASE OF A SCHOOL BUS ACCIDENT - 2nd Step

- a. In case of accident, stay calm, and follow directions from driver.**
- b. If driver is injured, stay calm.**
- c. Start screaming and crying and shoving.

WHAT TO DO IN CASE OF A SCHOOL BUS ACCIDENT - 3rd Step

- a. Stay in your seat and cry and whine.
- b. Get out of the bus through the emergency exits. Help others. Do not push.**
- c. Move to the side of the road, away from traffic.**

WHAT TO DO IN CASE OF A CAR ACCIDENT - 1st Step

- a. Jump out of the car and run around in the middle of the street.
- b. Be calm. Help the adults by doing what you are told.**
- c. Scream hysterically and don't listen to the adults.

WHAT TO DO IN CASE OF A CAR ACCIDENT - 2nd Step

- a. Tell the driver that the car can be left where it is until the police come.**
- b. Ask an adult to direct traffic around the car.**
- c. Try to push the car out of the road.

WHAT TO DO IN CASE OF A CAR ACCIDENT - 3rd Step

- a. Run out in the middle of the street and scream.
- b. Don't go out into the road yourself. Watch for other cars. All passengers should get out of the car on the side away from traffic.**
- c. Don't move anyone who might be badly injured.**