



Mitêh (Heart) Starter -Lifesaver Training

www.heartstartertraining.ca 780-646-3166

Emergency Number: **9-1-1**

Alberta Poison Control Number: **1-800-332-1414**

Alberta Mental Health Crisis Line: **1-877-303-2642**

KIDS help line: **1-800-668-6868**

My Information

Name:
Adress:
Phone Number(s) Cell Phone: Home Phone:
Allergies:
Nearest Hospital:

Emergency Contact Information

Contact name: (Parent, Neighbour)
Phone Number(s) Cell phone: Home phone: Work Phone:




Contact name:
Phone Number (s) Cell phone: Home phone:



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What do I do??

<p>If someone is choking</p> 	<ul style="list-style-type: none">-Hit the person firmly on the back 5 times-Encourage them to cough-Call for help-Start Abdominal thrusts	<p>Remember:</p> <p>Call for help</p> <p>Hit their back</p>
<p>If Someone is UNRESPONSIVE</p> 	<ul style="list-style-type: none">-Check for breathing and pulse-look listen feel for breaths-call 9-1-1 get an adult-Start compressions	<p>Remember:</p> <p>Call for help</p> <p>30 compressions</p> <p>Then 2 breaths</p> <p>Arms Straight</p> <p>Push Hard</p>
<p>If someone has a broken bone</p> 	<ul style="list-style-type: none">-Tell person to keep injury still-support it with hand, clothes, cushions-make a splint using branches, broom handle, anything that will support it	<p>Remember:</p> <p>Call for help</p> <p>Support the injury</p> <p>Do NOT apply pressure</p>



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First Aid Worksheet

Burns and Scalds

Fill in the missing words with the words at the bottom of the sheet.

1. Put the burn or scald under **C**_____ water at **O**_____.

2. Keep it there for at least __ minutes

3. Remove anything **t**_____ before it **s**_____.

4. Do not put **C**_____ or **B**_____ on the burn or scald.

5. Do not **r**_____ any clothes.

6. Do not **p**__ any **b**_____.

7. Cover with **c**_____ non-**f**_____ cloth.

8. **G**__ **h**__ from an **A**_____ right away.

WORDS: Tight, Cream, Once, Fluffy, Swells, 10, Cold, Butter, Remove, Blisters, Clean, Help, Adult, Pop, Get.



“Caution” Words

Word Scramble Game

unscramble the words below to review the “Caution” words found on product labels.

Words: **Danger Beware Toxic Hazardous Harmful Flammable Warning
Caution Poison Fatal**

1. wreBea

2. iutonCa

3. gnreDa

4. aaltF

5. lmaHurf

6. zuraHsado

7. nosPio

8. oxTci

9. gWirnan

10. mFlaaleb
