

Safety Information – Emergency



Emergency phone numbers should always be in sight and up to date... Just In Case.

To find emergency numbers, open the first page of the telephone book or dial "0" (zero) for Operator. Your area may use the "911" system for emergencies. Print this page and write the numbers in the section provided below. Then cut this list out and tape it by your phone. Put it at a height your children can see. Show this list of numbers to your baby-sitter whenever you go out.

AMBULANCE:

POLICE:

FIRE:

OUR PHONE NUMBER:

OUR ADDRESS:

DOCTOR/CLINIC:

DAD'S WORK NUMBER:

MOM'S WORK NUMBER:

NEIGHBORS:

FRIENDS:

TIP: POST EMERGENCY NUMBERS NEXT TO YOUR PHONE

Make sure your children know whom to call in an emergency and what to say. Talk to them about different kinds of emergencies. Point out that fire fighters, ambulance drivers, and police can help them in an emergency. **TEACH** your children how to get help by using the phone. Practice with a toy phone.



- ⊕ **BE CALM.**
- ⊕ **WAIT** for the dial tone. **DIAL " 911,"** the rescue squad number, or " 0 " (zero) for Operator.
- ⊕ **TELL** the emergency person what is wrong. Speak clearly.
- ⊕ **GIVE** your name, address, and phone number.
- ⊕ **DON'T HANG UP** until the other person **HANGS UP!**

In case of an accident, would you panic? The first rule in an emergency is stay calm and keep the victim calm. But the thought of your child being hit by a car or choking or drowning right before your eyes is terrifying. Many parents believe that if faced with such emergencies, they would panic. The fact is most parents overcome panic and do react within seconds. Chances are that you, too, would gather your wits at the scene of an accident involving your child. And if you know what to do, you will act quickly and confidently, and correctly.

Take a first aid and CPR (Cardiopulmonary resuscitation) course. Learn these lifesaving techniques as soon as possible. Check with your local hospital, fire department, Red Cross chapter, or YMCA for classes. Enroll your children in a First Aid class. The American Red Cross offers "Basic Aid Training" for children ages 9 and up.