

European First Aid



for 5 to 7 years old
developed by Johanniter International

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Imprint

Published by Johanniter International ASBL ▪ Enterprises of the Orders of St John ▪ Rue Joseph II, 166, 1000 Brussels
Phone +32 2 282 1045 ▪ join.office@johanniter.org ▪ www.johanniter.org ▪ Registered in Belgium (ASBL)

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Alex saves the day!

Hi, I'm Alex. I'm 5.



I live with my brother, Sam, who is 7.

Sam is always telling me what to do!

Sam thinks I'm silly because I'm only
little and he is nearly a grown up.

He isn't really.



But actually, I'm not silly.
I just like having lots of adventures!



We have a cat, Tiger,
and a dog, Rusty,
who is always running away.

We run a workshop where we mend
cars. Daddy says we are not allowed
in there on our own. I often sneak in
when he is not looking.



Then I can sit in one of the
cars and win lots of races.



Today is really exciting. We are
going to the seaside by train.

I got up really early to help get ready.

Mummy has made some coffee and
gone to wake up Sam.
I am going to make some sandwiches.



If I stand on a chair, I can
reach a knife.



I need a knife to make my sandwich
and some butter, cheese and jam.

This chair is a bit wobbly. If I stand
on tiptoe, I can reach everything I
need in the cupboard!

**Why shouldn't Alex stand
on a chair to reach a knife?**



"Alex!"

"Get down from there!"



Sam always arrives when you don't want him to!

"Alex, go and get Daddy. He's in the workshop. Mummy and I are going shopping for our picnic."

"And Alex – be careful!"

Sam is such a fusspot –

I'm always careful.



This is the car workshop.
Can you find ten things that might be dangerous?

Can you find Alex's Daddy?



I was just about to play racing drivers,

when I heard Daddy shouting:

"Arghhhh! Help!"

As I stepped into the workshop,

Daddy asked, "Is that you, Alex?"



"Alex, the car has fallen onto me.

I've hurt my arm. Can you call

Mummy to come and help?"

"Mummy's gone out.

Can I help, Daddy?"

I can be a hero!

"Can you call for an ambulance?"



I rush into the house to
grab the telephone –

Superhero Alex to the rescue!



**Alex needs to call for help.
Which number should she
dial?**

Alex calls for help and
waits for an answer!



What do you think the person on the end of the phone will ask Alex?

You can write your ideas in the box.

The man on the phone says,
"Hello, Emergency Services.
How can I help you?"





He asked me,
"Which service do you require...?"



...The Police?...



...Fire Service?...



...or Ambulance?

"Ambulance please," I said.





Very soon after, a lady said,
"Ambulance Service, can you tell
me your address?"

I told her, "My name is Alex and I am 5."
And I told her my address. Mummy made me
learn my address in case I ever got lost.

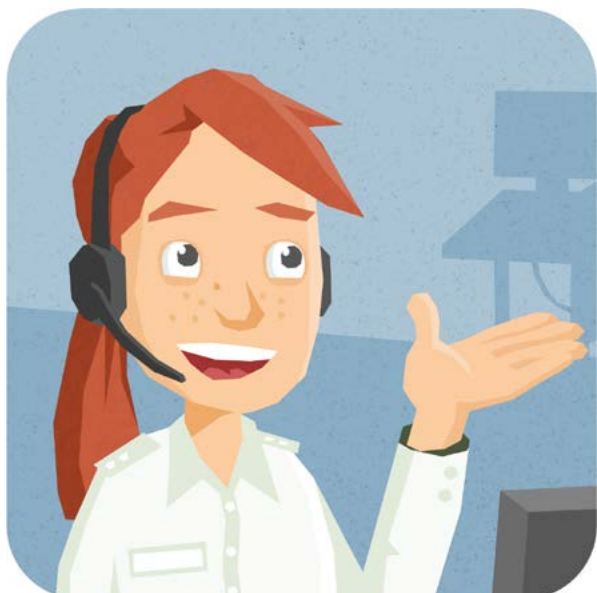
**Make sure you know your address.
You can ask for it to be written down
and put somewhere safe if you want.**



"Thank you, Alex. Can you tell me
what has happened?"

This was so frightening, I was struggling
to speak, but I just wanted to tell her
what had happened to Daddy!





"Well done, Alex!" she said.

"We will send an ambulance to you.

Go and stay with Daddy."

The lady told me I was a hero and
had done really, really well!

**Sometimes the operator will tell you what to do to help.
What kinds of things would help to look after Alex's daddy?
You can write or draw your ideas in the box.**

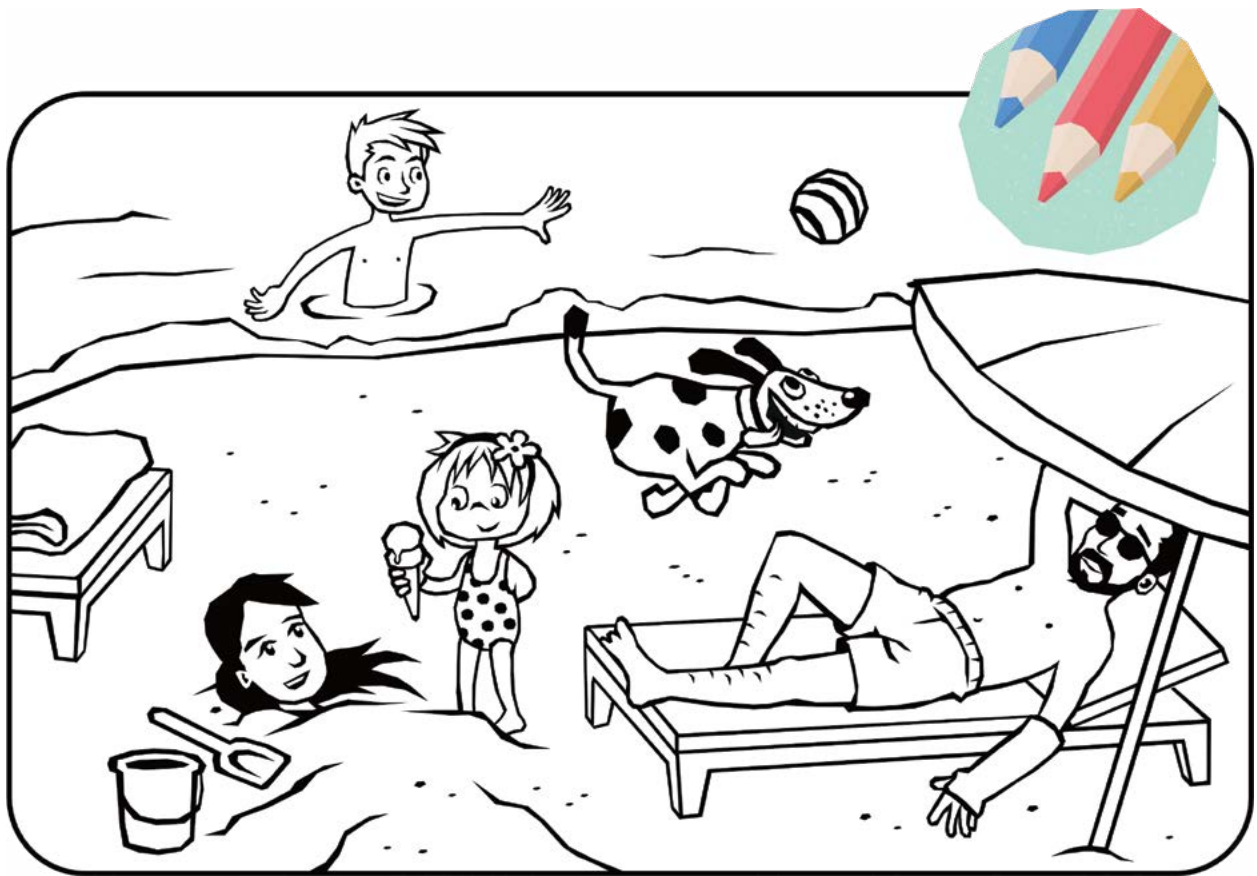
When the ambulance arrived,
two ambulance people helped
Daddy out from under the car.
They put a sling on his arm.



They put us in the back of the
ambulance. They took us to hospital.
I've never been in an ambulance
before.

Mummy and Sam came to the
hospital later. We took Daddy home
with a plaster cast on his arm, which
we all wrote on.





We never got to go to the seaside that day, but we did go the day after. I didn't mind waiting, because riding in an ambulance was much more exciting than pretending to be a pirate, and I was just glad that Daddy was okay.



As a special treat for being a hero, I was allowed to have a pizza and stay up late!

About JOIN

Johanniter International (JOIN) is the partnership of the four protestant Orders of St John and their national charities. Our member organisations, based in Europe and the Middle East, work in close cooperation and are supported by more than 100,000 volunteers. They serve humanity with medical services and first aid, social care, international aid, disaster relief and youth work. The services of JOIN member organisations are open to everyone. Core to our values is our Christian heritage which underlines our work.

The JOIN central office in Brussels advocates the interest of the St John charities towards European and international bodies and facilitates international projects and working groups.

For further information please contact our Brussels office at join.office@johanniter.org or www.johanniter.org.

