

ACTIVITY BOOK



NHS

West Midlands Ambulance Service

University NHS Foundation Trust



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Do you know?

My name is...

My telephone number is...

My address is...

**In case of an emergency,
and you need to ring 999,
you will need to
know your name, telephone
number and address.**



What's the number?

**Do you know
what number you
need to call in an
emergency?**



999

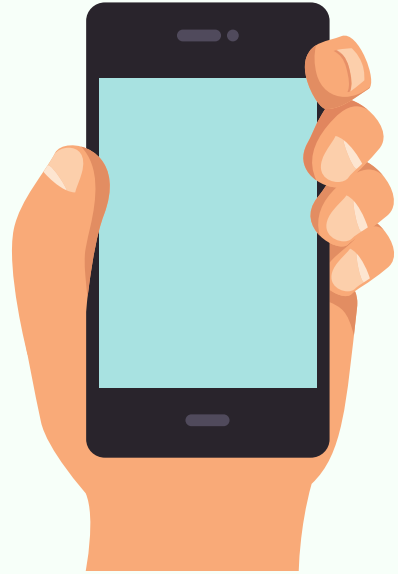
or



111

What's the number?

**Do you know
what number you
need to call in an
emergency?**



✓ 999

**In an emergency you should
call 999. 111 is the number for
non-emergency assistance.**

**Do they need
an ambulance?**



**Tom has fallen over and grazed
his arm and is crying.
Do you need to call 999?**



- YES
- NO

**Grandad is clutching his chest
because of pain and has difficulty
breathing and is struggling to
speak.**

**Do you need to call
999?**



- YES
- NO

**Do they need
an ambulance?**



**Grandma's face has dropped
on one side, she's struggling
to speak and can't raise her
arms.**



Do you need to call 999?

- YES**
 - NO**
-

**Robbie has a runny nose and
keeps sneezing and feels
poorly.**



Do you need to call 999?

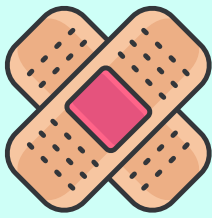
- YES**
- NO**

WHAT GOES IN THE MEDICINE CABINET?

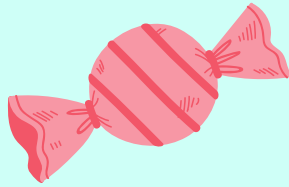
Draw a line to the correct place



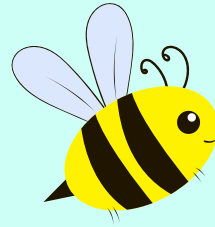
Paracetamol



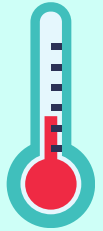
Plasters



Sweets



Allergy Relief



Thermometer



NO



YES

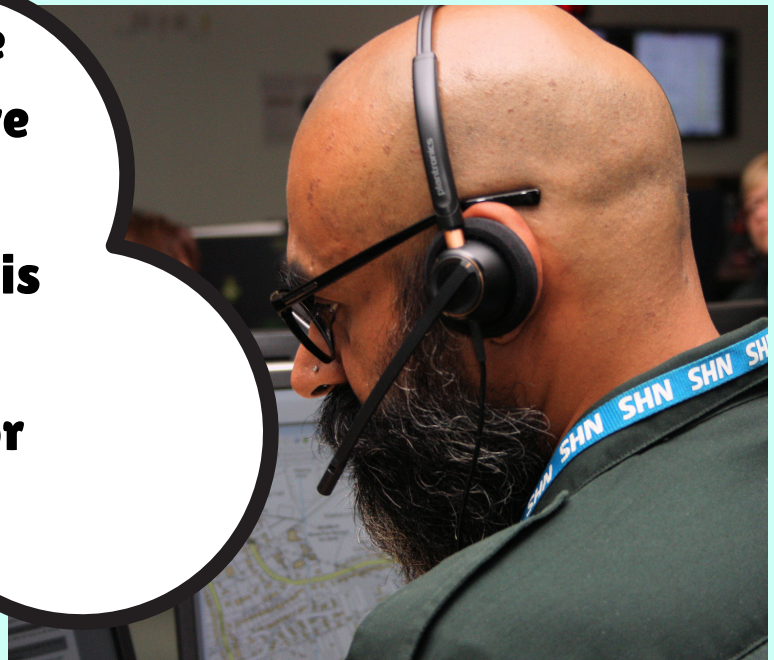
ADD AND SUBTRACT THE AMBULANCES

$$3 \text{ ambulance icons} + 5 \text{ ambulance icons} = \text{.....}$$

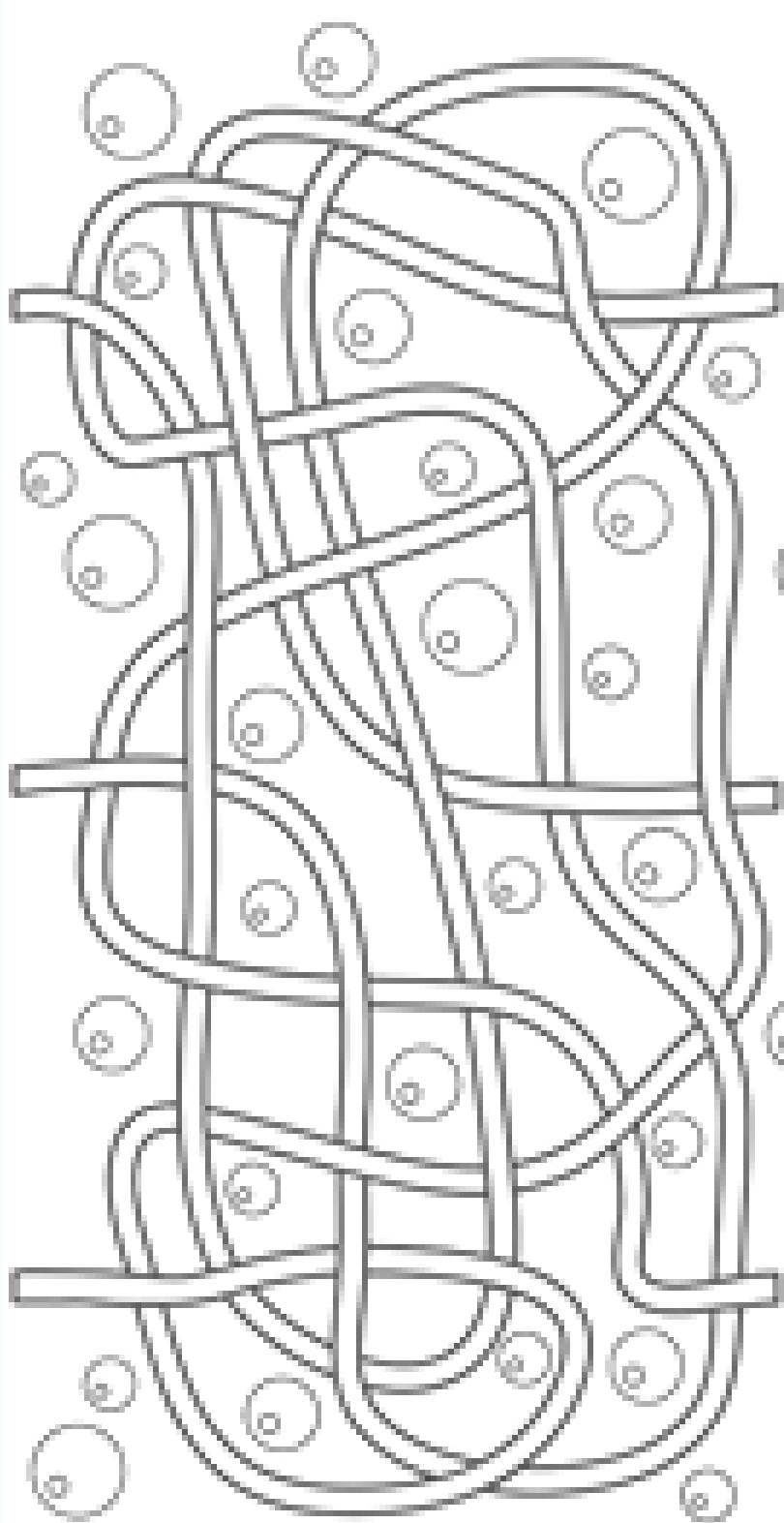
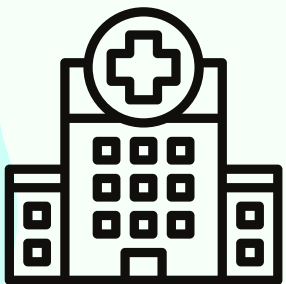
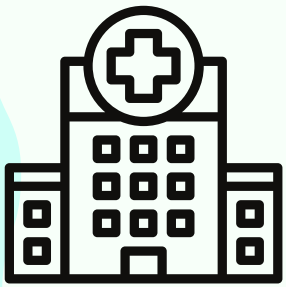
$$6 \text{ ambulance icons} - 5 \text{ ambulance icons} = \text{.....}$$

$$7 \text{ ambulance icons} + 2 \text{ ambulance icons} = \text{.....}$$

**Dispatchers work within the
Emergency Operations Centre
and their role is to send
resources to help patients. This
could be an ambulance,
community first responder or
more!**



FIND THE PATH TO HELP THE AMBULANCE GET TO HOSPITAL



AMBULANCE

WORD SEARCH

P	S	A	M	W	E	S	S	C	D
A	Q	Q	J	H	N	R	I	K	V
T	G	P	I	E	O	D	A	J	M
I	B	W	R	X	E	M	P	C	G
E	P	I	Z	M	I	E	T	I	C
N	S	Z	A	I	N	Y	M	Q	E
T	H	R	N	I	O	F	X	X	J
F	A	H	O	S	P	I	T	A	L
P	E	M	E	R	G	E	N	C	Y
E	C	N	A	L	U	B	M	A	Z

PARAMEDIC

EMERGENCY

SIRENS

AMBULANCE

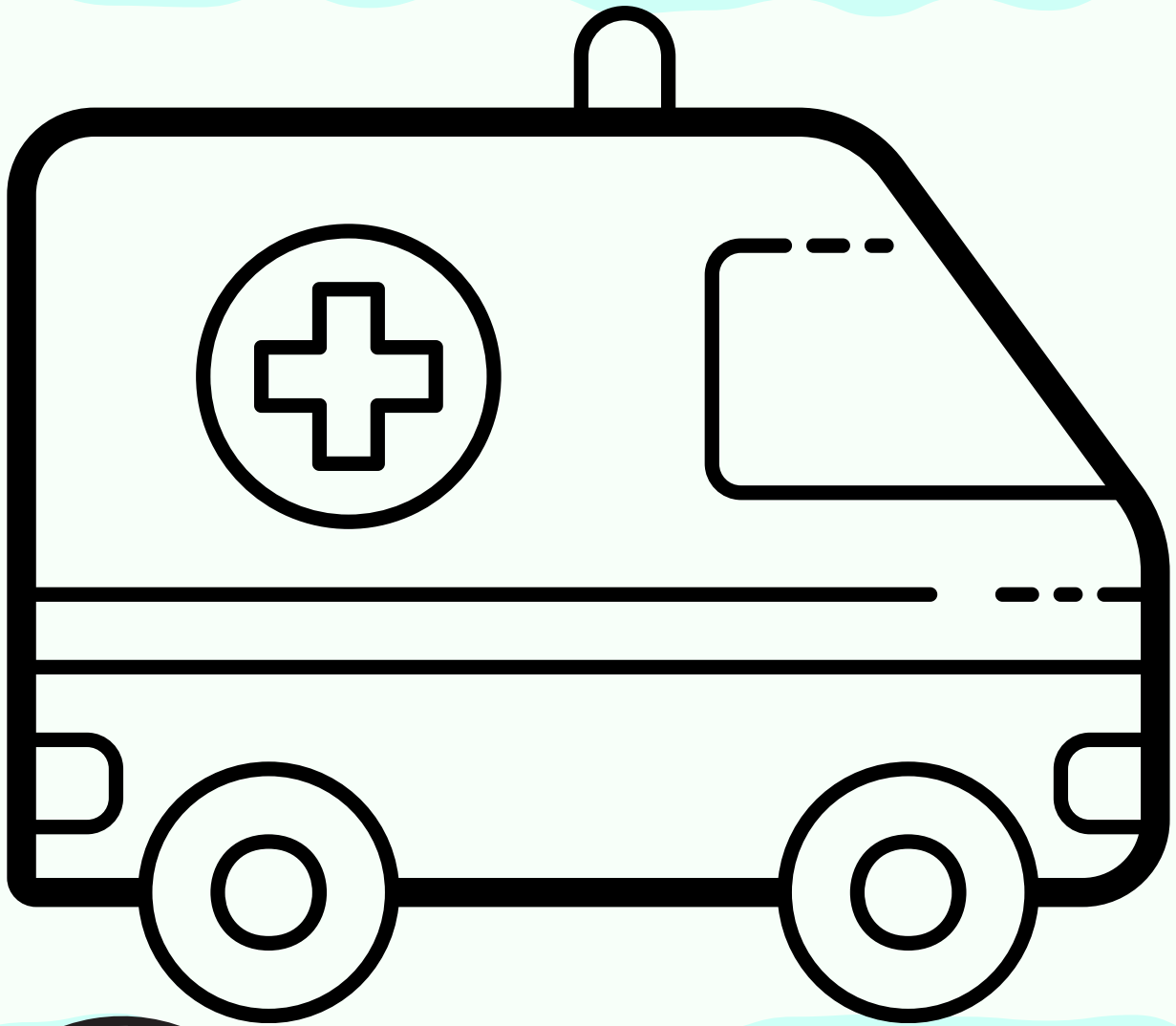
PATIENT

WMAS

CARE

HOSPITAL

COLOUR IN THE AMBULANCE



**Here's a
picture of one
of ours!**



Do they need an
ambulance?
ANSWERS



Tom doesn't need an ambulance. The best form of care for Tom would be self-care, like cleaning his graze and putting a plaster on.



Yes! Grandad does need an ambulance. Always call 999 if someone has chest pain and is struggling to breathe.

**Do they need an
ambulance?
ANSWERS**



Yes! Grandma does need an ambulance. These could be the signs of a stroke, which can be life threatening.



No, Robbie doesn't need an ambulance. Robbie is best to use self-care, like cold and flu medicine and rest.

Do they need an ambulance? ANSWERS



How many did you get right?

/4

.....

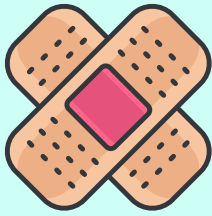
All of these people needed a different kind of care. Remember, ambulances are for emergencies and knowing how and when you need to call one is important!

WHAT GOES IN THE MEDICINE CABINET?

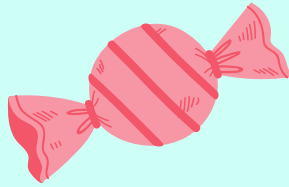
Draw a line to the correct place



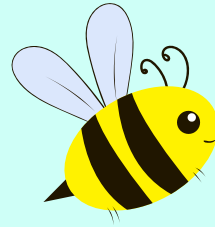
Paracetamol



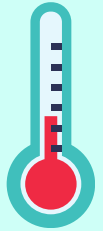
Plasters



Sweets



Allergy Relief



Thermometer



NO



YES

ADD AND SUBTRACT THE AMBULANCES

$$3 \text{ ambulance icons} + 5 \text{ ambulance icons} = 8 \text{ ambulance icons}$$

.....

$$6 \text{ ambulance icons} - 5 \text{ ambulance icons} = 1 \text{ ambulance icon}$$

.....

$$7 \text{ ambulance icons} + 2 \text{ ambulance icons} = 9 \text{ ambulance icons}$$

.....

Here's the answers! How many
did you get right?

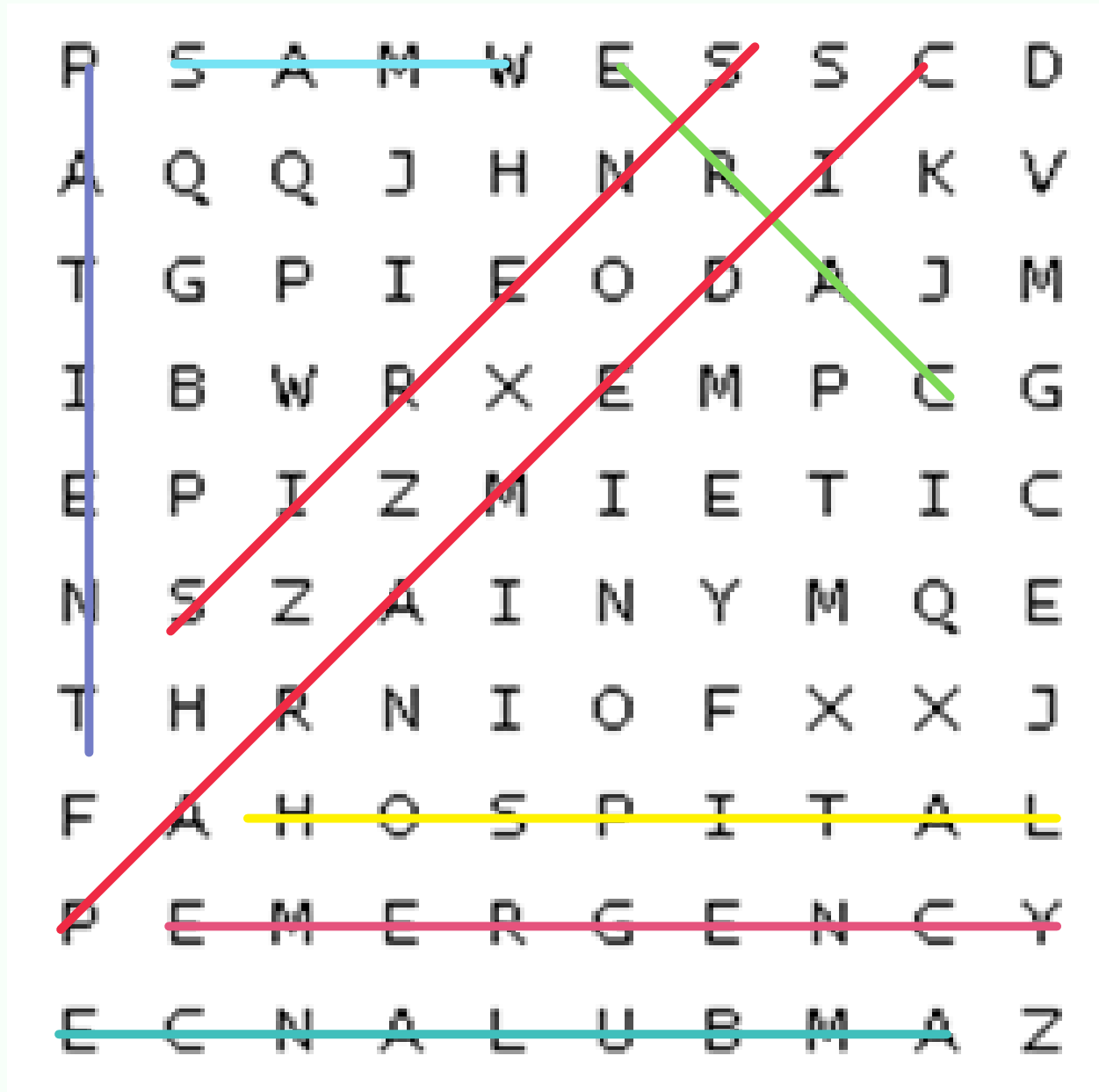
/3

.....



AMBULANCE

WORD SEARCH



PARAMEDIC

EMERGENCY

SIRENS

AMBULANCE

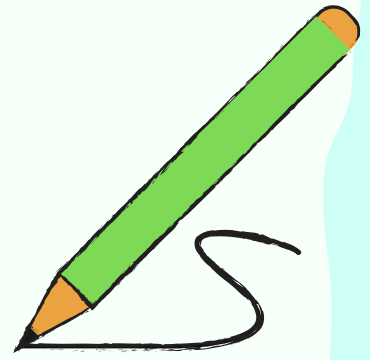
CARE

HOSPITAL

PATIENT

WMAS

**SHOW US WHAT
YOU'VE LEARNT...**



**Draw a poster
showing us all the
things you've learnt**

YOU DID IT!



**Cut out this badge
which proves
you're a little
lifesaver!**

LET US KNOW!

**We'd love to see your posters
and hear what you thought
about our activity book.**

**You can contact us on
pressoffice@wmas.nhs.uk or
find us on **Twitter, Facebook**
or **Instagram** on
@officialwmas**



WANT TO LEARN MORE?

**You can check out more of our
learning resources over on the
West Midlands Ambulance
Service website at
[wmas.nhs.uk/advice-
resources/campaigns/](https://wmas.nhs.uk/advice-resources/campaigns/) or on
@OfficialWMAS social media
pages**

