

ACTIVITY BOOK





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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

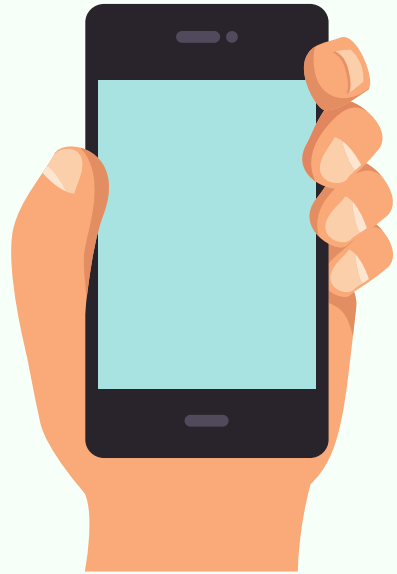
or



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?

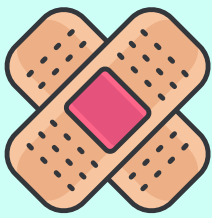
- YES**
- NO**

WHAT GOES IN THE MEDICINE CABINET?

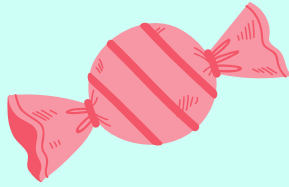
Draw a line to the correct place



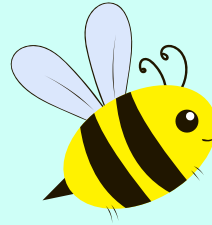
Paracetamol



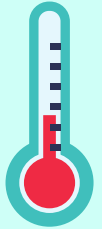
Plasters



Sweets



Allergy Relief



Thermometer



NO



YES

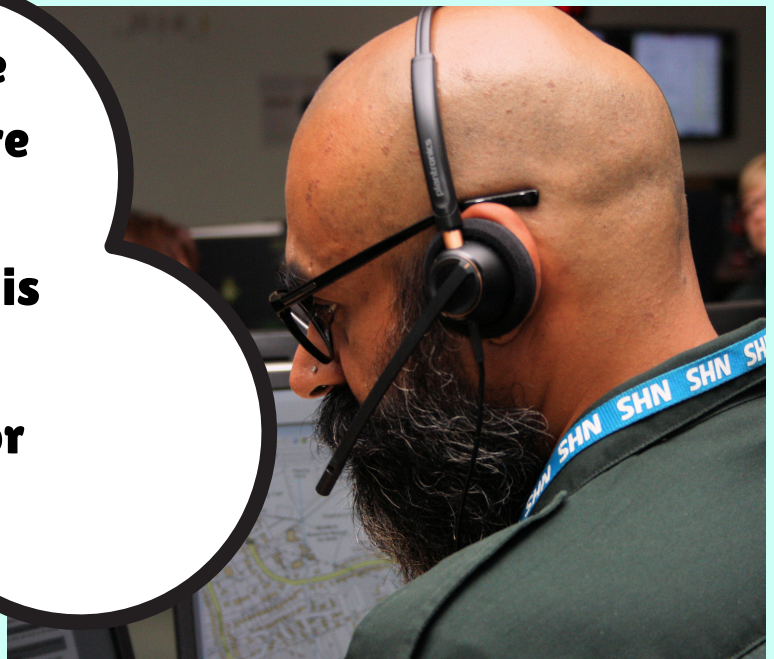
ADD AND SUBTRACT THE AMBULANCES

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

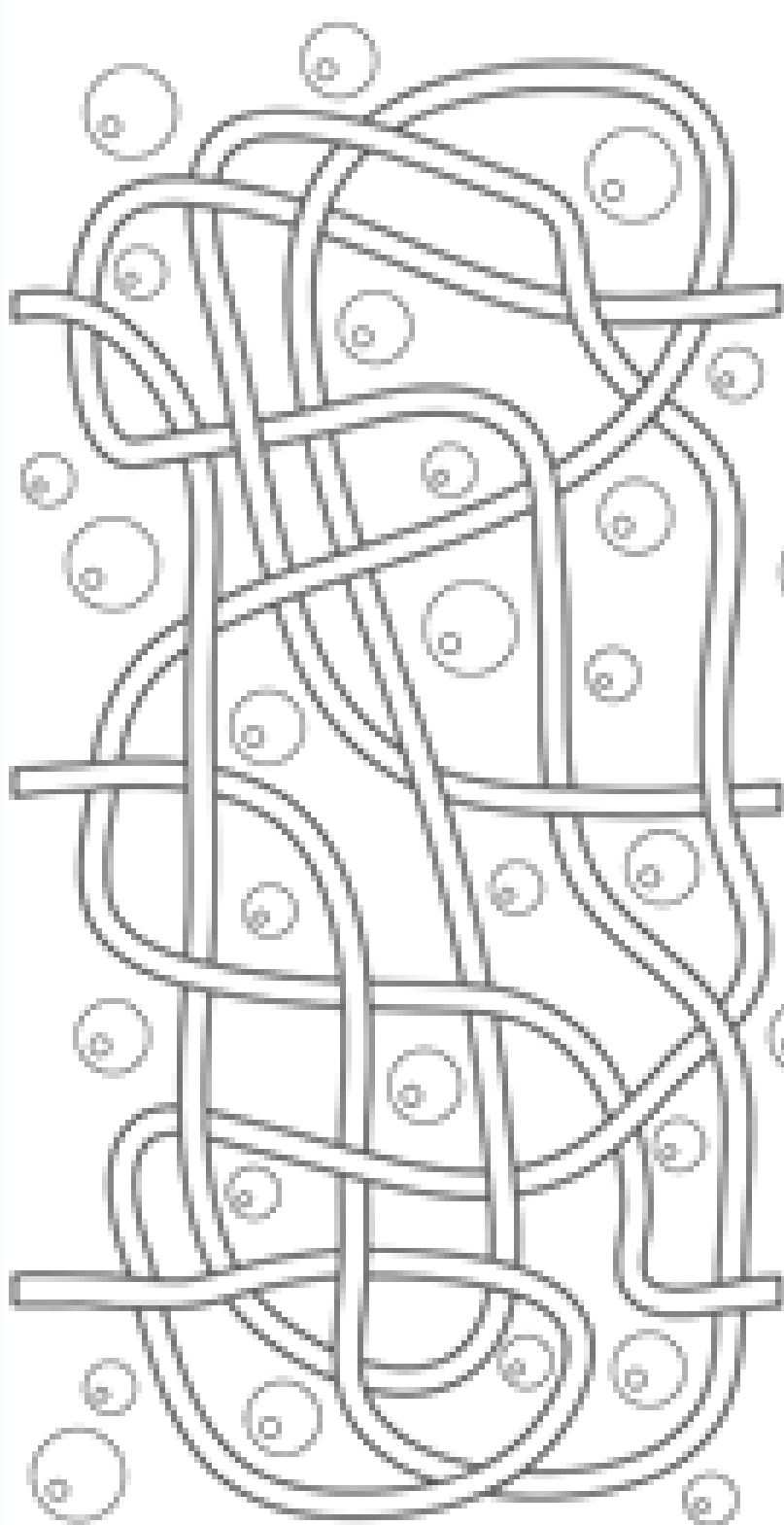
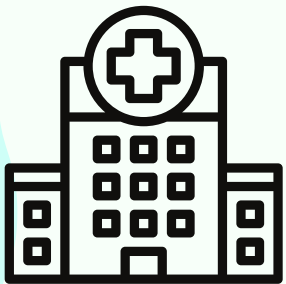
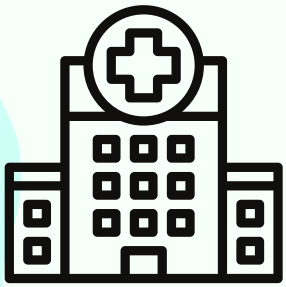
$$6 \text{ ambulance icons} - 5 \text{ ambulance icons} = \text{.....}$$

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

**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

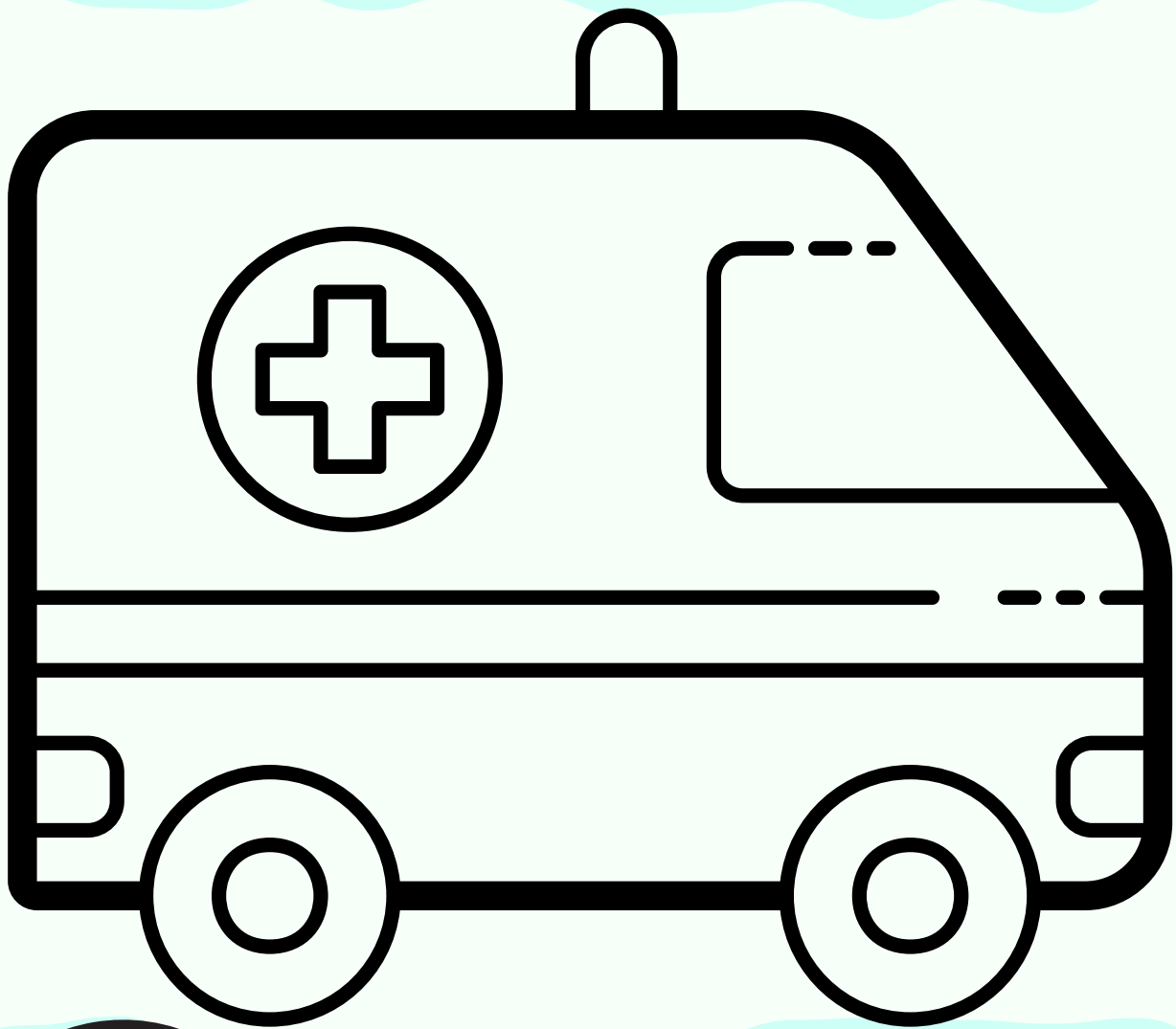
PATIENT

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

.....

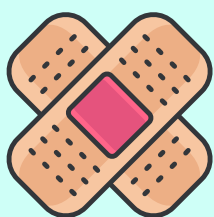
All of these people needed a different kind of care. Remember, ambulances are for emergencies and knowing how and when you need to call one is important!

WHAT GOES IN THE MEDICINE CABINET?

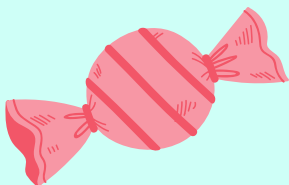
Draw a line to the correct place



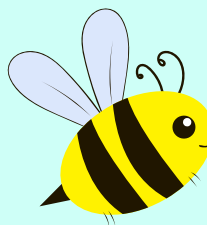
Paracetamol



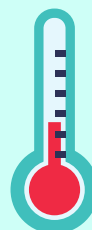
Plasters



Sweets



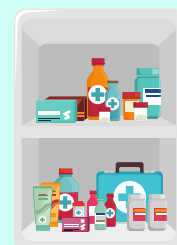
Allergy Relief



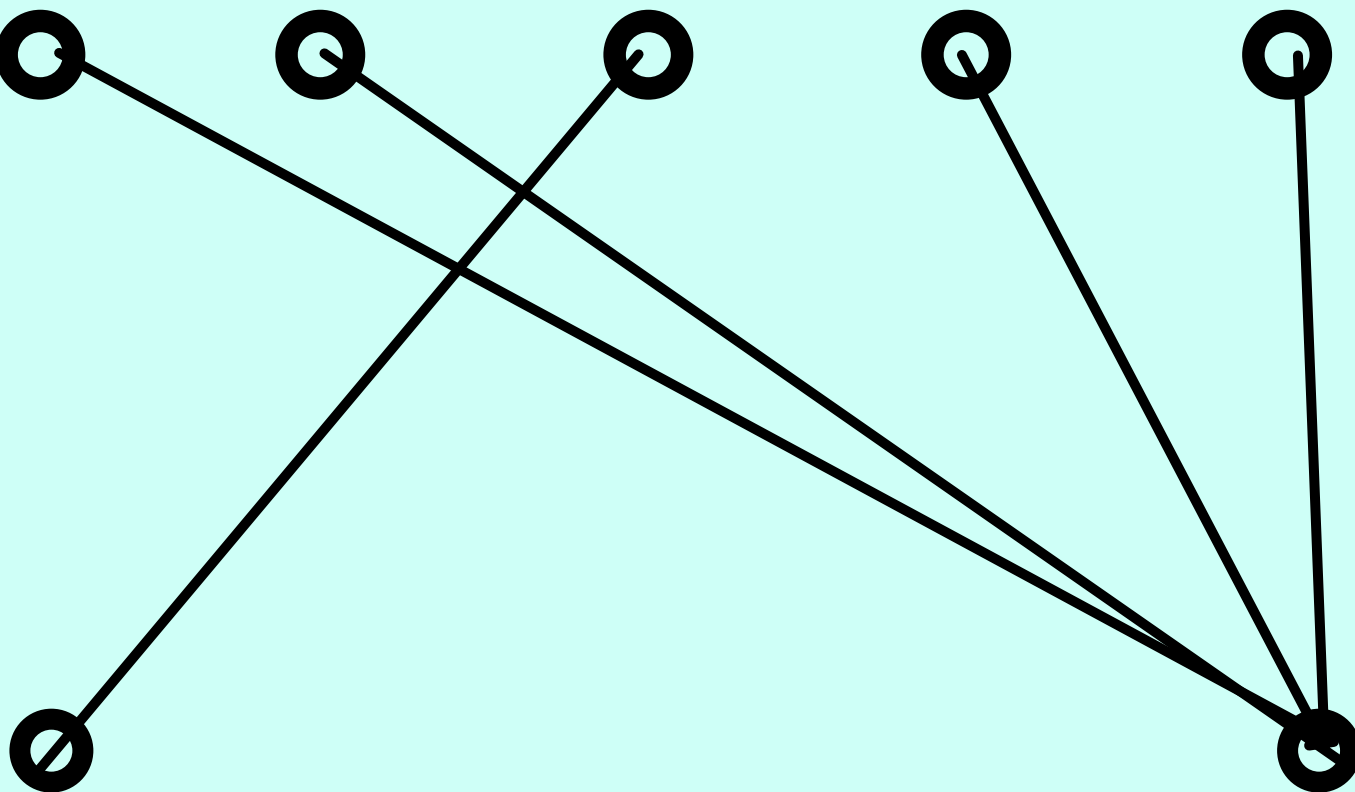
Thermometer



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?

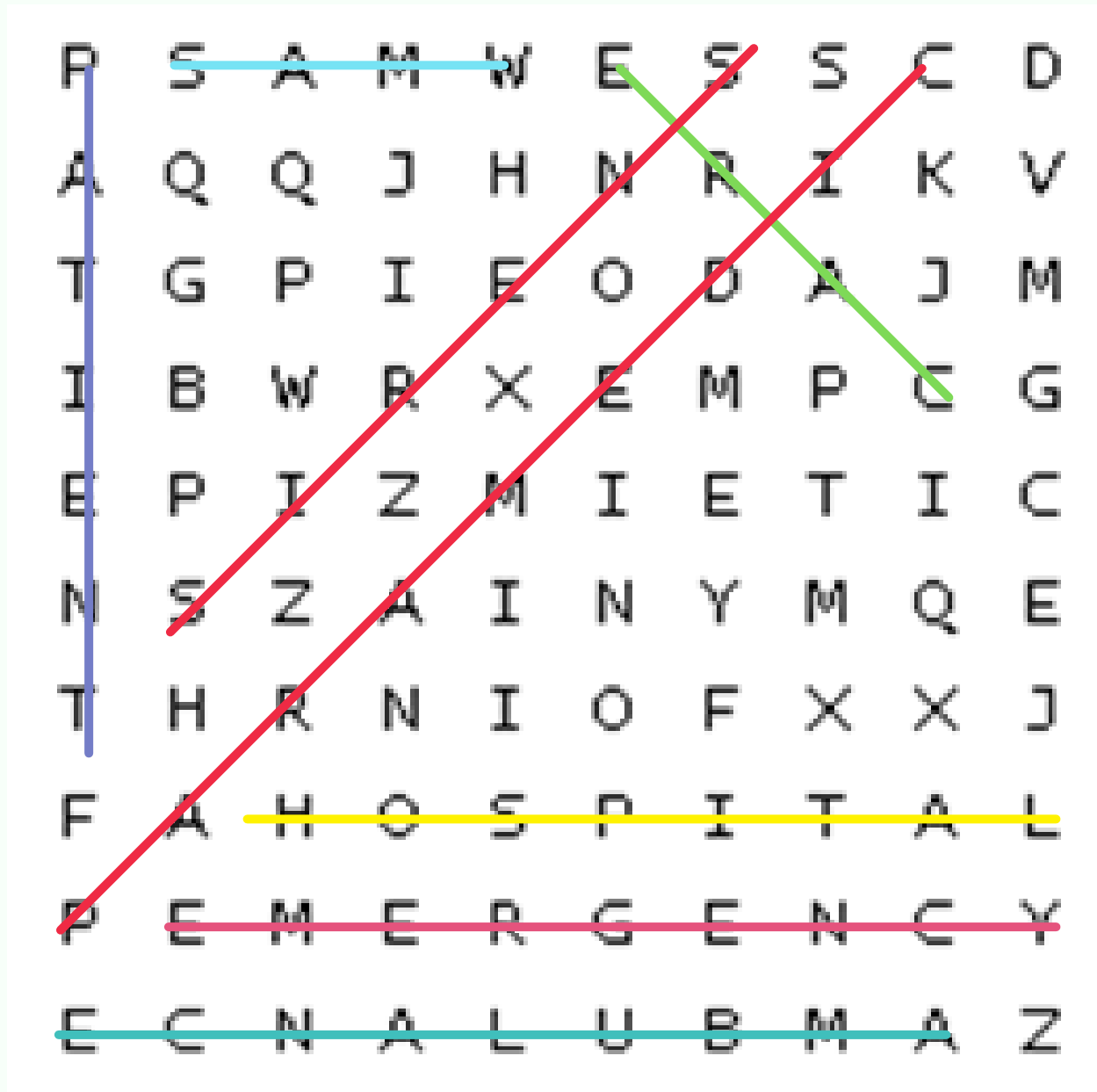
/3

.....



AMBULANCE

WORD SEARCH



PARAMEDIC

EMERGENCY

SIRENS

AMBULANCE

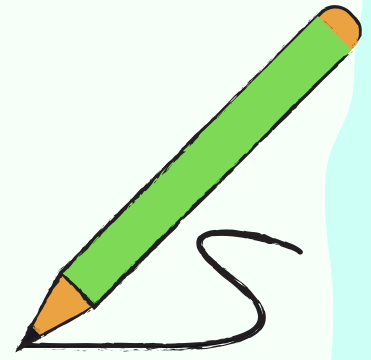
CARE

HOSPITAL

PATIENT

WMA

**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 Facebook,
Instagram, Threads and X on
[@officialwmas](#)**



WANT TO LEARN MORE?

**You can check out more of our
learning resources over on the
West Midlands Ambulance
Service website at**

**<https://www.wmas.nhs.uk/> or
on **@OfficialWMAS** social
media pages**

