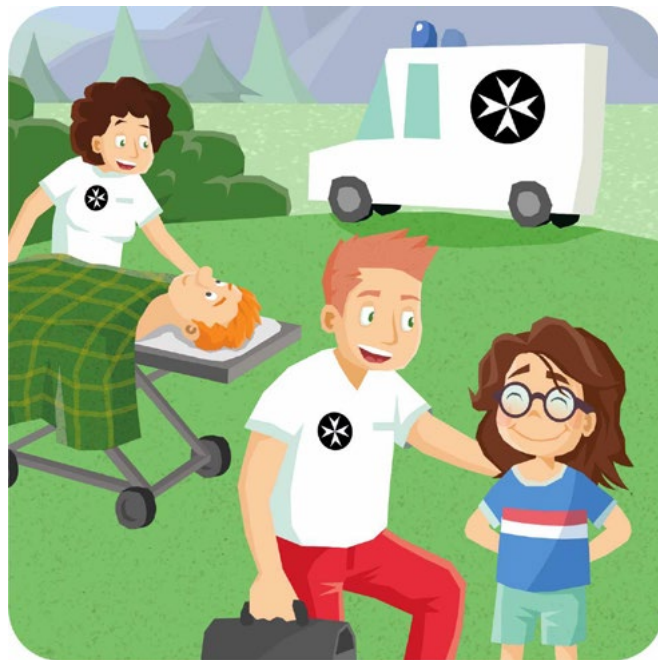


European First Aid



for 5 to 7 years old
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Robyn's Seasons: **Hot** and **Cold**

Summer

Hi, My name is Robyn and

I am 7 years old.

I am Alex and Sam's cousin.

I bet you have met them before!

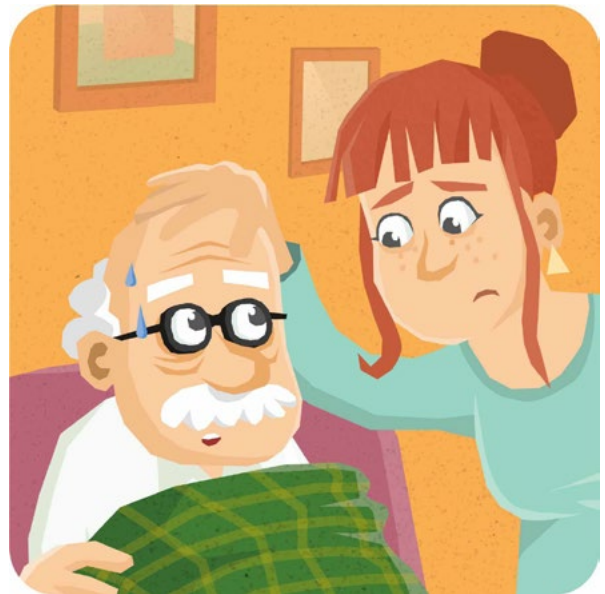


My Mum and I are visiting my grandpa. He lives in an old cottage far away in the countryside.

It is a really hot, sunny day.
Grandpa has been sitting indoors
more and more lately.



Mum was worried about him as he was feeling quite hot and thirsty.



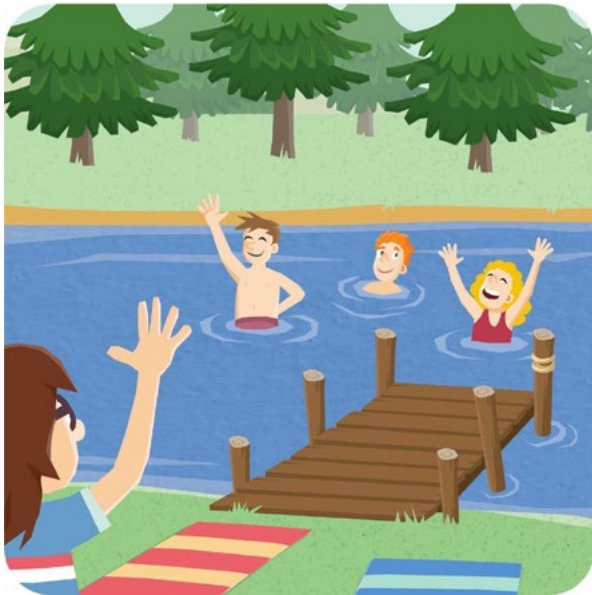
“Robyn, I think we need to help Grandpa cool down a bit” Mum said.

“Can you help me?”



Look at this picture and see what you could do to help Grandpa cool down!

Grandpa was feeling better
so Mum said that I could go
to play outside.
She put some sun-cream on me.
“Don’t forget to stay in the
shade too” said Mum.



I met my friends by the river.
The water looked lovely – perfect for
cooling off in this hot weather!

Some of the older boys were
jumping into the water
from high up on the side.
It looked like a lot of fun!



Look at this picture.

Can you spot eight potential dangers here?



I was worried that my friends might get hurt.

I explained the dangers I had spotted by the river.

The boys climbed down from the top of the ledge. Phew!

One of the boys swam out
too far into the river.

He looks like he is struggling and is
shouting out for help.

How would you get help?



The woman fishing nearby runs over to us when she hears our call for help. She throws the ring into the water ...



... and lifts the boy who looks exhausted and is not answering.

The boy isn't breathing, but I remembered what to do and tell the woman. She gives the boy some rescue breathes and he starts to recover.



He was shivering, so I kept the boy warm with Grandpa's blanket.
An ambulance comes and one of the paramedics tells me how good
I have been. "Well done Robyn!"



Winter

Today I am really excited
as it has snowed lots and lots.
We are going out for the day to go
sledding on the hills!



My Gran is also coming with us.
Dad went to pick her up in his car.
He has also packed lots of useful
things to take with us.

Look at this picture. What can you spot that may be useful for this trip?



We reach the hill and I can't wait
to start sledging!
First, Dad explains I need to wrap
up warm with extra clothes.
I felt very cosy!



We have lots of fun – walking up and
sliding down, again and again.

I love to go really fast!

I got a little bit tired
so we rested for a while and
I had some delicious
hot chocolate and a snack!



After that we started
to build a snowman!



We were having such fun!

...but then – Oh no!..

...Gran slips on the ice and falls over
onto her side.

Dad quickly goes to help Gran,
taking care not to slip as well.
Firstly Dad checked that she is still
responding. She is talking to us.
She says her leg is hurting.
Next, Dad checked that
nothing was bleeding.



Dad says he thinks that Gran has hurt the top of her leg. We try to help her to get up, but she can't move at all because it hurts too much. Poor Gran!



It started to snow again.

We looked around but there wasn't any place to shelter nearby.

"We'd better get Gran some help" said Dad. "But we can't help her up from the ground" he explained.

How would you get help?



Dad calls for an ambulance.
The person on the phone asks Dad
where we are.
They tell him the ambulance will
reach us in about half an hour.
“Try to keep her warm”, they say.



The snow was starting to fall more
heavily.
Gran was looking a bit cold and
shivery now.
Her teeth were chattering!

Dad went to the car and brought
back all the warm things he could. We
put a blanket under Gran’s head and
shoulders to protect her from the cold
ground. I was feeling cold too, so I had
some more hot chocolate but because
Gran was poorly she could only have a
few sips of water.



Dad and I kept talking to Gran to check she was alright. She did start to feel better now she was a bit warmer.

We were very pleased when the ambulance arrived!



Our fun day of sledging hadn't quite turned out as we expected!

Gran was taken to hospital and had an operation to fix a broken hip bone. She was soon up and walking again!

We went to visit her at the hospital to bring her home - everyone was very nice and cheery there.



About JOIN

Johanniter International (JOIN) is the partnership of the 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.

