



Created for ages 4-14



# Kai, Doctors and Nurses!

At the moment we need our doctors and nurses more than ever! Trained medical staff keep us safe when we're sick, need an operation, or if we're just not feeling very well.

Although it can take years and years to professionally train to become a Doctor or Nurse, we should all know a few tips and tricks to help keep us healthy and safe in our own homes.

KidZania's Alder Hey Children's Hospital is recruiting new medical staff, and you are now part of the team! It's vital that we practice first aid procedures at home to ensure we stay cool and calm if an emergency arises.

## Pro Tip 1!

To avoid incidents like this occurring in the future, check your homes for any potential hazards! Move boxes out of the way or doorways, tape down any loose wires from the computer and make sure rugs stay flush with the carpet or floorboards to avoid anyone falling over as they walk over it!



## Pro Tip 2!

If you have a small bruise forming on the skin from a previous trip, try putting some ice on it (or a bag of frozen peas will do!) This will reduce any swelling and help your body heal faster.



## Trip Hazards

If you or someone you know trips over whilst at home, the first thing to do is to check for any visible injuries like cuts and scrapes. With all injuries you should always inform an adult immediately to help you. If they've grazed their knees then cooling off with some cold water, to clean the graze and letting the leg rest will really help with a speedy recovery!

## Most First Aid kits include:



Plasters



Safety Pin



Medical Scissors



Cleaning Wipes



Plastic Gloves



Bandages



As employees of the Alder Hey Children's Hospital, it's important that you're well equipped with the correct tools in case of any accidents so why not make your own quick First Aid kit? It's always handy to have some medical supplies organised in your house just in case of any future emergencies!

Ask an adult to help you put it all together and store the items safely in a box. You can decorate the box in any way you'd like, make it recognisable but be sure to place the words 'FIRST AID' in big letters across the top – that way everyone will know exactly what it is! Place your First Aid kit in an accessible location and alert everybody in the house to its whereabouts.



Show everyone how it's done by posting pictures of your home-made First Aid kit online and tagging us at @KidZaniaLondon.

Be sure to check out the hashtag #KidZaniaAtHome for other's top tips for keeping safe whilst inside!