

This book is dedicated to ambulance staff, emergency call operators, first responders, frontline healthcare workers, first aiders and all the kids, young people and adults who step up in emergency situations to 'help save a life'.

Thank you.

D.R.

To all the countless heroes who help save a life on a day-to-day basis and to all the children who will read this book and learn that they, too, can learn how to be a hero. You are all amazing.

A.A.



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The instructions in the book are to be used in an emergency situation only.

If there is an adult or doctor around you, speak to them first before treating anyone.



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Little
EXPERTS

DR
RONX

HOW TO SAVE
A LIFE

ILLUSTRATED BY
ASHTON ATTZS

RED
SHED



INTRODUCTION

Hello, Dr Ronx here! I am an emergency medicine doctor and work in a busy city hospital. I look after people with a range of problems, from infected insect bites, sprained ankles and rashes to serious injuries and illnesses.

Knowing what to do or how to get help, makes me feel confident. Did you know that a lot of the time, you (yes, you!), can do things that can prevent situations from getting more serious? So, I'm going to share my knowledge to get YOU feeling confident and ready for nearly any situation.

I am lucky to work with a team of amazing doctors, nurses, healthcare assistants and other hospital staff. We must be prepared for anything, so we are stocked with everything from medicines and crutches, to portable X-rays and blood testing machines . . . WE ARE READY for any emergency.

I'm naturally an energetic, excitable person, but my medical training has taught me to be calm and resourceful in emergencies, so I can help people in an organised way. Outside of work, my friends say

that they feel safe with me, as they know that I will know what to do if something unexpected happens.

You might say, "But Dr Ronx, you are a doctor! How can I be useful? I'm a kid!" Don't worry, there are things that everyone, including YOU, can do to help.

Doctor training has given me special skills, for example, I can put dislocated bones back into position and use complex life-saving machines. But outside of work, these skills don't really matter. Would you be surprised if I told you that keeping yourself safe and making sure help is on the way, are two of the most important things you could do to help save a life?

We hope accidents will never happen and that someone will help us in an emergency, but what if YOU need to help someone, like a friend or a relative? Don't worry, I am going to take you through different types of accidents and emergencies, so you know what to do. By the end of this book you will be a little expert in how to save a life. Believe me when I say "YOU'VE GOT THIS!"

Big love,

Dr Ronx

(they/them)



KIDS SAVING LIVES

When I was young, I remember being told that I was too little to be able to do things, which I found really annoying. But YOU are not too young to save a life!

There are so many important different things that can be done in an emergency – from listening carefully to instructions and calling 999 to even performing an action in some cases, such as slapping someone’s back when they are choking. Check out these real-life stories of some inspiring young people . . .



YOU HERO

CERTIFICATE OF RECOGNITION

.....

When a stranger collapsed, an eight-year-old checked they were breathing, then put them in the recovery position (see page 27) whilst waiting for an ambulance to arrive.



A nine-year-old saved a member of their family from choking by hitting their back. Find out more about choking on page 25.

WELL DONE



A six-year-old saved a life after calling 999 asking for help when a family member had an asthma attack. I tell you all about dialling 999 on page 11 and asthma attacks on page 24.

GOOD JOB

When the home of a six-year-old was on fire, the child knew exactly what to do after listening to fire safety talks at school. They crawled on the floor to escape the smoke, ran to the neighbours for help and alerted firefighters. I share other fire safety tips on page 16.

HOORAY

YAY

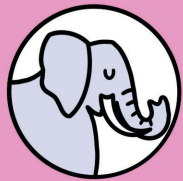
During a parent’s allergic reaction to a bee sting, a nine-year-old saved their life by keeping calm and calling emergency services. We’ll look at allergic reactions on pages 20-21.

CPR (see page 27) was performed by an 11-year-old on a school friend who had nearly drowned. This got the friend breathing again.

Want to learn some skills? Let’s go!

WHAT TO DO IN ANY EMERGENCY

An emergency is usually unexpected and serious. It can happen anywhere and at any time, but here are MY top tips to help you with whatever situation you may find yourself in.



1. STAY CALM

Even I get sweaty and feel my heart beating fast, but to help stay calm, I count 'One elephant, two elephants . . .' (up to ten) out loud slowly. This gives my body and mind time to reset.



2. KEEP SAFE

Have you heard the saying 'think before you act'? Thinking first before we do anything in an emergency situation can help us keep ourselves safe and be available to help. Think of ways to keep safe in different emergencies, such as when a fire alarm rings or a friend feels unwell.

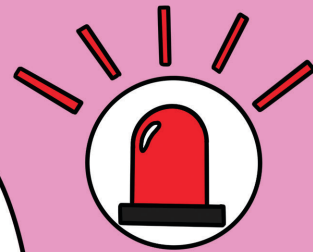
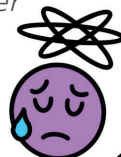


3. GET HELP

This can mean shouting for help, getting an adult or calling 999. You've probably never called 999, so you may feel nervous, but one way to reduce nervousness is to be prepared. Let me talk you through it . . .



When we are calmer, it is easier to think clearly and plan what to do next. This is useful in emergencies or whenever you feel cross, sad or frightened.



999 EMERGENCY



Only call 999 in a real accident or emergency. Practise by doing a pretend call with an adult.

CALLING 999

- The call operator will ask if you want the police, fire, ambulance service or coastguard (if you aren't sure, they can help).

- It will ring again and another operator will ask, "What is your emergency?" Tell them what has happened and where you are, so they can send help. Give as much detail as possible.

Modern technology means that the emergency services can often locate us, but it is also a good idea to know your full name, date of birth, address, names of a parent or caregiver, and one important phone number. Try learning these details from memory, but for now, keep them somewhere safe, like on the fridge.

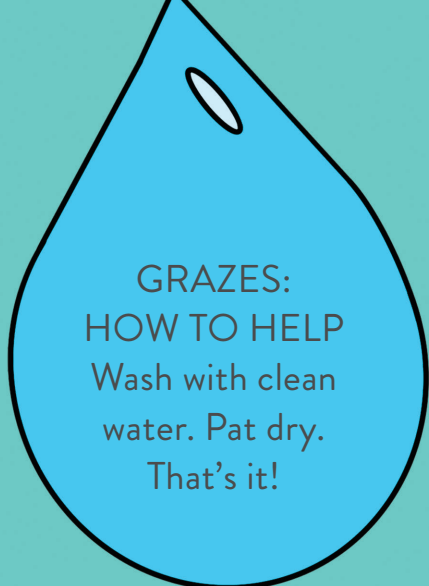


The oldest emergency number in the world is 999. It was first dialled in London in 1937. Other emergency numbers include 911 in the US and 112 in Europe.

BASIC FIRST AID

Before we get into how to save lives, let me show you some useful ways to deal with some common mishaps. Are you ready? I bet you are!

I graze myself all the time. A graze, or the fancy medical term 'abrasion', happens when the skin collides with something (like the pavement) and scrapes the top layer of skin off. Usually there is very little bleeding, but the skin feels sore and looks raw!



Head injuries

Bumps to the head are common, I see lots when I'm at work. I bet you know a great way to help protect your head when doing activities like biking – yes, wearing a helmet!

HEAD INJURIES: HOW TO HELP
Help the person sit or lie down and put a cold compress on the bump until an adult comes. Keep them warm. Don't give food or drink. If it is a big bump, they have a headache that doesn't get better, the person is confused, sleepy or vomits, a doctor is needed.



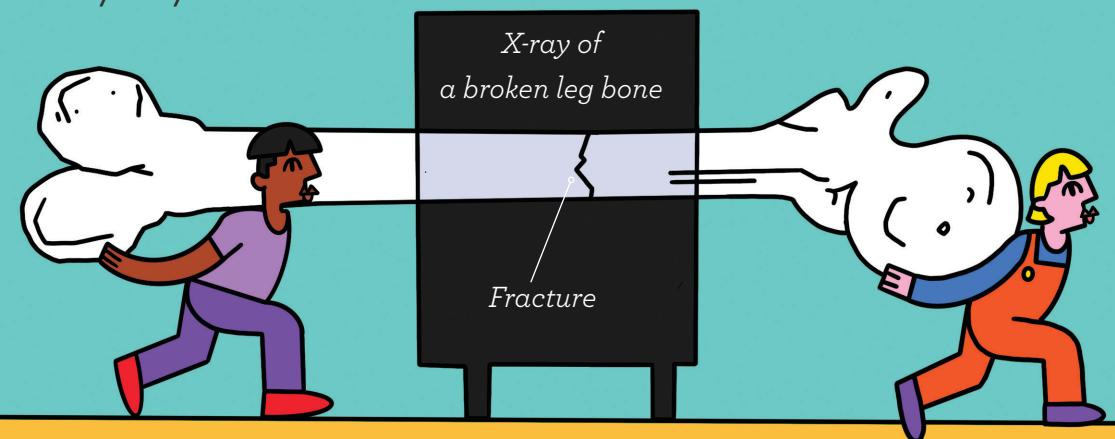
Nosebleeds



Broken bones

Have you ever broken a bone? I have – in my foot AND my leg! Bones are tough, but can break if they collide with something else. The medical name is 'fracture'. It can be tricky to know if a bone is broken, so a trip to hospital for an X-ray may be needed.

Did you know that children's bones heal faster than an adult's bones?



NOSEBLEEDS: HOW TO HELP
Pinch the nose at the soft bit, just above the nostrils for about 15 minutes (breathe through the mouth!), whilst sitting down with the head tilted forward and leaning over (otherwise blood goes down your throat – eew!).

BROKEN BONES: HOW TO HELP
While waiting for help, keep the injured area supported and still. You could use a sling or a cushion – whatever is nearby.

