

ONESIE DAY 6 SEPT



We are the ones. 111

Did you know that we have the only ambulance service in the country that is free. Cool eh!

Ambulance
Bandages
Calltakers
Carrychair
Collar



CPR
Defibrillator
DRSABC
Emergency

Heartbeat
Lifepak
Medication
Onesie
Paramedic
Patient

Sirens
Splint
Stretcher
Suction Unit
Uniquely Free
Wellington



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

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I mōhio ranei koe kei a tātau anake te ratonga waka tūroro koreutu o te motu. Tau kē, nē rā!

Waka Tūroro
Ngā Tākaikai
Ngā Kaiwhakautu
Waea
Tūru Harihari



Kara
CPR
Pūrere Whakaoho
Manawa

DRSABC
Mate Ohotata
Tā Manawa
Pēke Ora
Rongoā
Kahutahi
Kaimahi
Ohotata
Tūroro

Ngā Tangi
Whakatūpato
Whakamārō
Kauamo
Wāhanga Ngongo
Koreutu Motuhake
Te Upoko o te Ika



N	A	G	K	U	R	I	K	A	I	M	A	H	I	O	H	O	T	A	T	A
N	G	Ā	T	A	N	G	I	W	H	A	K	A	T	Ū	P	A	T	O	I	K
G	I	W	A	E	A	T	W	Ā	T	E	M	C	Ū	A	Ē	U	M	Ō	T	G
Ā	R	H	R	T	K	U	H	R	K	D	R	P	R	T	K	O	W	R	A	O
T	A	O	E	W	A	K	A	T	Ū	R	O	R	O	A	E	B	K	O	W	G
Ā	H	P	R	M	R	A	K	I	O	S	E	H	R	T	O	G	R	N	P	N
K	I	K	O	S	A	H	A	A	T	A	G	Ā	O	O	R	A	E	G	R	O
A	R	A	R	K	K	U	M	H	O	B	R	W	U	H	A	P	T	O	K	G
I	A	M	E	A	M	T	Ā	E	M	C	K	P	H	O	T	K	G	Ā	B	N
K	H	T	W	G	U	A	R	G	A	A	B	E	M	E	A	M	N	U	Ū	A
A	U	U	H	T	O	H	Ō	W	U	Ū	G	I	T	T	W	Ō	H	E	O	G
I	R	Ū	A	H	T	I	M	T	A	O	U	A	W	A	N	A	M	Ā	T	N
P	Ū	R	E	R	E	W	H	A	K	A	O	H	O	M	A	N	A	W	A	A
M	T	E	U	P	O	K	O	O	T	E	I	K	A	I	R	W	Ā	G	A	H
K	O	R	E	U	T	U	M	O	T	U	H	A	K	E	G	O	H	E	I	Ā
T	O	A	E	A	W	U	T	U	A	K	A	H	W	I	A	K	Ā	G	N	W

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Did you know that we have the only ambulance service in the country that is free. Cool eh!

Bandages – We use bandages to patch people up when they are injured.

Call Takers – Highly trained people who get you the help you need when you call 111.

Carry Chair – Help us move patients to the ambulance when it isn't safe or easy for them to walk.

Collar – Paramedics use a collar to protect your spine in case it is hurt.

CPR – Stands for 'Cardiopulmonary resuscitation'; it's what you can do when someone's heart stops beating.

Defibrillator – This piece of equipment can help someone who's having a heart attack.

DRSABC – This is our way of remembering what to do in an emergency; check for **danger**, see whether the patient **responds** to you, **send** for help, check the patient has a clear **airway**, check the patient is **breathing**, check their **circulation** (cuts and injuries). This helps us to help patients.

Emergency – If you need help urgently, if someone is injured or very unwell, it is an emergency and you should call 111.

Lifepak – Helps to monitor patients so paramedics can work out what's wrong. It also has a defibrillator! We have one on every ambulance.

Medication – Paramedics use medication to treat patients, and help them with any pain they are feeling.

Onesie – We wear onesies on Onesie Day every September to celebrate our uniquely free ambulance service!

Paramedic – Paramedics respond to 111 calls in our ambulances, treat patients, and work out what the patient needs next. Sometimes patients can stay at home, sometimes they need to be taken to hospital. Our paramedics are highly trained and know just what to do.

Patient – If you are injured or very unwell and someone calls 111, you become one of our patients. This means it is our job to look after you and get you the help you need. We are here for you.

Sirens – We have sirens on our ambulance to help us get to patients quickly; vehicles on the road hear the sirens and know to clear the way for the ambulance as soon as possible.

Splint – We might use splints to keep things still when patients are injured, like if you break a leg or an arm playing sports.

Stretcher – Our stretchers help us transport a patient to hospital.

Suction Unit – We might use this if someone is unwell and vomiting.

Uniquely Free – Wellington Free Ambulance is unique, because we are the only free ambulance service in New Zealand!

Wellington Free Ambulance – We are the only emergency ambulance service for Greater Wellington and Wairarapa. We are the only ones in the country who are free, and we are the ones here for you!

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I mōhio ranei koe kei a tātau anake te ratonga waka tūroro koreutu o te motu. Tau kē, nē rā!

Tākaikai – ka whakamahi mātau i te tākaikai ki te whakapāpuni i te tangata ina ka whara.

Ngā Kaiwhakautu Waea – he tāngata ēnei ka tuku atu i te āwhina ki a koe ina ka waea koe ki te 111.

Tūru Harihari – hei āwhina i a mātau ki te harihari i ngā tūroro ki te waka tūroro mehemea kāore e haumarū, kāore e taea te hiko.

Kara – ka whakamahi ngā kaimahi ohotata i te kara hei tiaki i tō tuakoko kei kino kē te whara.

CPR – ko te tikanga o tēnei ko te ‘whakaora manawa’; he mahi tēnei me mahi ina kua mutu te tā o te manawa o te tangata.

Pūrere Whakaoho Manawa – he pūrere tēnei hei āwhina i te tangata kua tū te manawa.

DRSABC – he kupu tēnei hei āwhina i a mātau kia mahara he aha ngā mahi i te mate ohotata; me tiroiro ki ngā whakamōrearea, me whakamātau mehemea ka aro mai te tūroro ki a koe, karangatia te āwhina, me whakamātau kei te wātea te korokoro whakangā, me whakamātau kei te ngāngā te tūroro, me whakamātau kei te rere te toto o te tūroro (ngā motu me ngā whara). Ka āwhina tēnei i a mātau ki te āwhina i te tūroro.

Mate Ohotata – mehemea kei te hiahia wawe koe ki te āwhina, mehemea kua whara, kua māuiui rānei te tangata, he mate ohotata tēnei, ā, me waea koe ki 111.

Pēke Ora – hei āwhina i te kaimahi ohotata kia tiroiro i te tūroro kia kite he aha te mate. He pūrere whakaoho manawa hoki kei roto! Kei ia waka tūroro tētahi o ēnei.

Rongoā – ka whakamahi ngā kaimahi ohotata i te rongoā hei āwhina i ngā tūroro, hei whakamāmā hoki i te mamae.

Kahutahi – ka whakamau mātau i te kahutahi i te Rā mō ngā Kahutahi i ia Mahuru hei whakanui i tō tātau ratonga waka tūroro koreutu!

Kaimahi Ohotata – ka aro ngā kaimahi ohotata ki ngā waea 111 i ō mātau waka tūroro, ka āwhina i ngā tūroro, ka whakaaro he aha te hiahia o ngā tūroro. Hei ētahi wā ka noho ngā tūroro ki te kāinga, hei ētahi anō wā ka haria ki te hohipera. Kua āta whakangungua ā mātau kaimahi ohotata, ā, kei te mōhio hoki me pēhea.

Tūroro – mehemea kei te whara koe, kei te tino māuiui rānei, ā, ka waea tētahi ki 111, ka noho koe hei tūroro mā mātau. Ka riro mā mātau koe e tiaki kia āwhinatia koe ki te āwhina e tika ana.

Ngā Tangi Whakatūpato – he tangi whakatūpato kei ngā waka tūroro hei āwhina i a mātau kia tere te tae atu ki te tūroro; ka rongo ngā waka i te tangi whakatūpato, ka mōhio me whakawātea i te huarahi mō te waka tūroro.

Whakamārō – ka whakamahi pea mātau i te whakamārō kia kore tētahi mea e neke ina e whara ana te tūroro, arā mehemea kua whati te iwi waewae, ringaringa rānei i a koe e tākaro ana.

Kauamo – ka whakamahi mātau i te kauamo ki te hari i te tūroro ki te hohipera.

Wāhanga Ngongo – ka whakamahi mātau i tēnei mehemea kei te māuiui te tangata, kei te ruaki.

Koreutu Motuhake – he whakahaere motuhake te Waka Tūroro Koreutu o Te Upoko o te Ika nō te mea ko mātau anake te ratonga waka tūroro koreutu ki Aotearoa!

Te Waka Tūroro Koreutu o Te Upoko o te Ika – ko mātau anake te ratonga waka tūroro mō Te Upoko o te Ika whānui tae atu ki Wairarapa. Ko mātau anake te ratonga koreutu o te motu, kei konei mātau hei āwhina i a koe.

Aratohu Kaiako