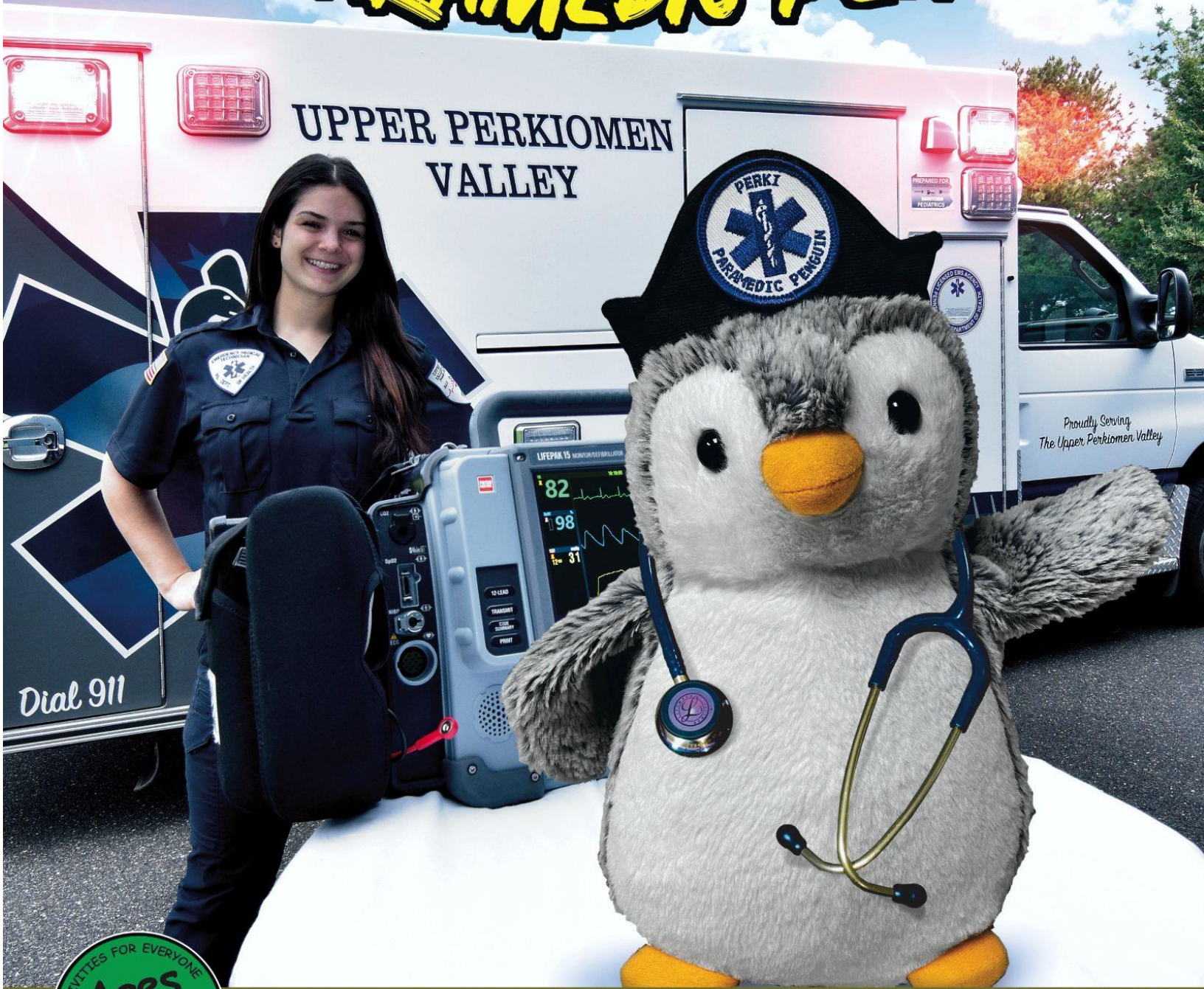


Perki THE PARAMEDIC PENGUIN



ACTIVITIES FOR EVERYONE
Ages
4+

Puzzles Mazes Safety Tips Word Games Matching MadLibs Coloring Crossword Wordoku ...And MORE!

An educational EMS activity book
 Brought to you by the Upper Perkiomen Valley Ambulance

About the Author

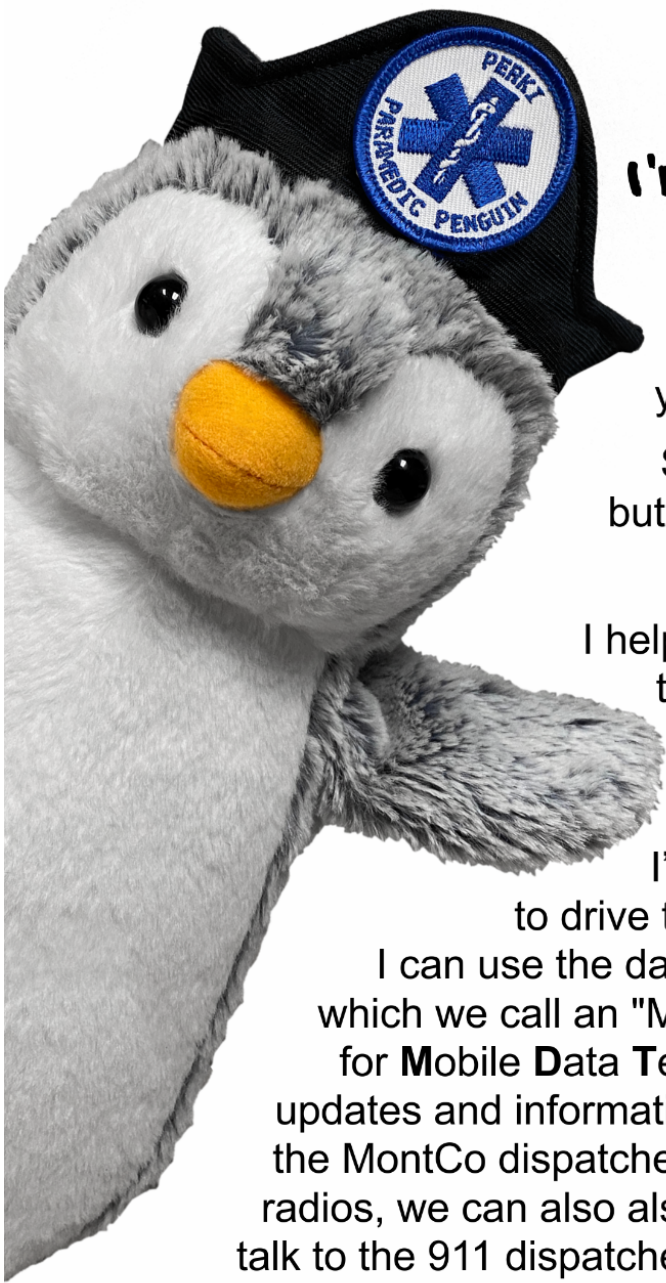


Perki was born in Western Antarctica, near the large island of Alexander. He grew up with his parents, Snowfluff and Fish-Fish, and played with thousands of penguin friends in the never-ending Antarctic winter. His favorite food is krill, especially when it is seasoned with peppered kelp, although that is very hard to find in Antarctica. Perki attended Penguin Medic School and learned all about helping others.



Perki always wanted to travel and see the human world. When research vessels sailed nearby, he would swim circles around them and wave at the humans who took photos of him. One day, a ship dropped anchor near him, and humans came ashore in little inflatable boats. Perki waddled up to one of them, and they became friends. The human worked at an ambulance station in Pennsburg, Pennsylvania, and offered Perki a job. Perki then sailed to America and now works at Upper Perkiomen Valley Ambulance as a Penguin Paramedic.





Hi there!

I'm Perki, the Paramedic Penguin!

Thank you for using my second book!

Some of the activities **will be challenging**, but if you ask an adult or do a little research, you'll solve the puzzle and learn something new!

So, what's my story? I grew up in Antarctica, but now live in your neighborhood and work for the Upper Perkiomen Valley Ambulance.

I help the nice people at the ambulance treat people who are sick or injured.

I'm **waaay** too short to drive the ambulance, but I can use the dashboard computer, which we call an "MDT." This is short for **M**obile **D**ata **T**erminal. It gives us updates and information on the call from the MontCo dispatchers. While we have radios, we can also use the MDTs to talk to the 911 dispatchers and other units.



Going to a Call!

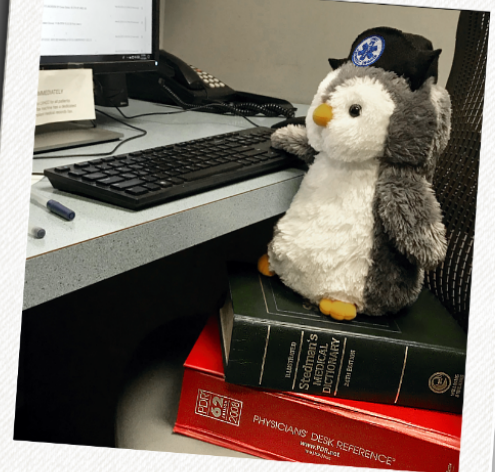
POLARFILM

When I'm not on an emergency call, I sweep the floor, do paperwork, and go chase spiders around until they leave the building.



Doing the Chores

POLARFILM



I need a Booster Seat... 🐼

POLARFILM



How To Call For Help

Do you know what to do if someone needs medical help? It's easy!

Grab a phone and dial **9 1 1**

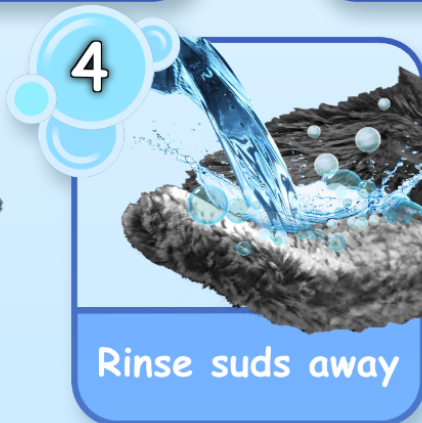
Then...

- Stay calm and speak clearly
- Know your location or be able to describe it
- Give your name and phone number
- Answer their questions
- Don't hang up until you are told to



Don't forget to keep yourself safe!

Washing hands *THE RIGHT WAY* prevents yourself or others from getting sick.



TRY THIS:
Hum "Row Row Your Boat" twice while scrubbing to make sure you wash long enough!





Shhhh!

Did you know the penguins from my little island in Antarctica created a secret language?

We write messages in the snow with our beaks and toes, and the Antarctic researchers haven't noticed it yet!

I'll write one of my favorite penguin proverbs for you. Use this transliteration chart to figure out the letters, then write your solution on the lines below!

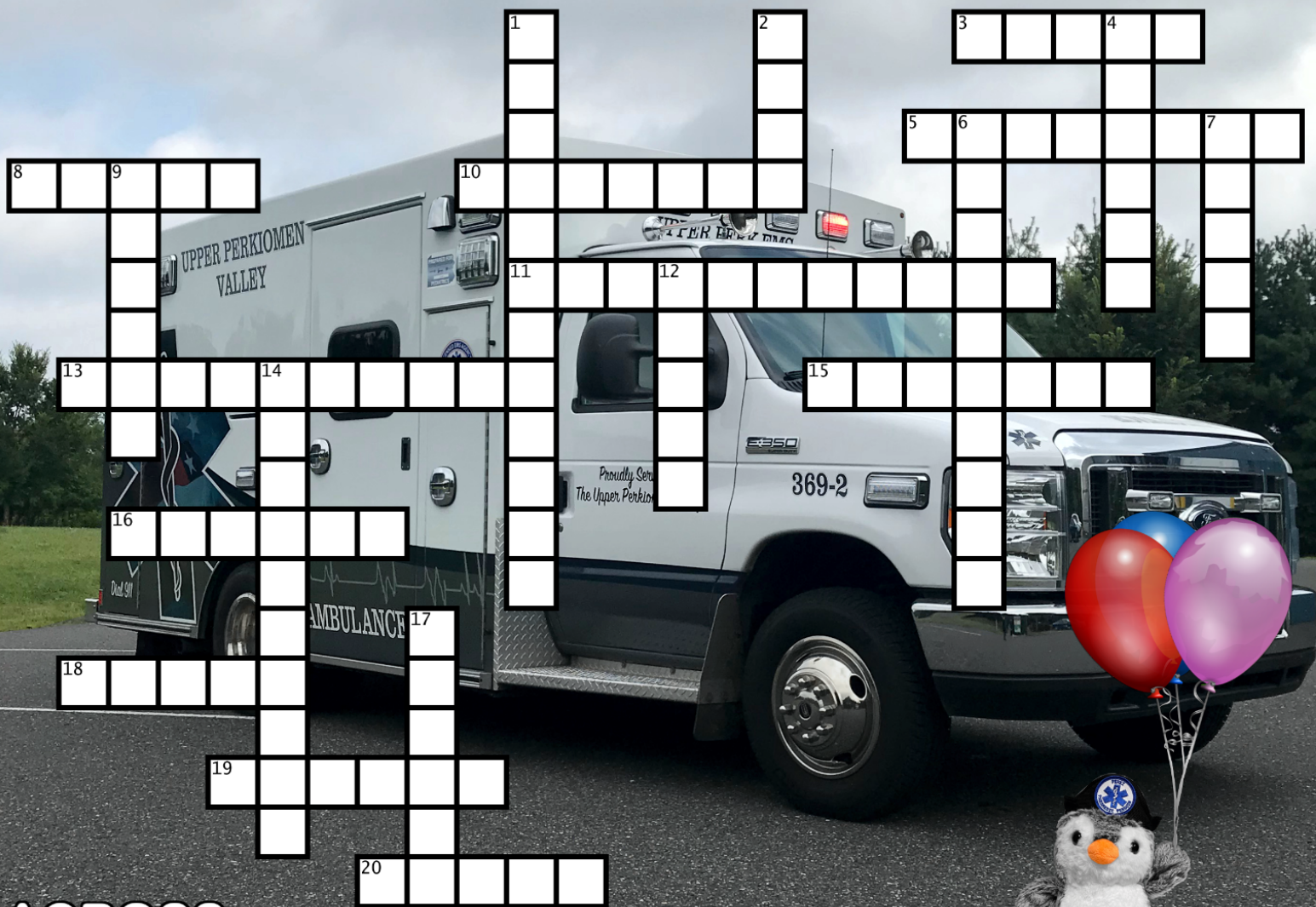
A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
⤵	⤵	⤵	⤵	⤵	⤵	⤵	⤵	⤵	⤵	⤵	⤵	⤵	⤵	⤵	⤵	⤵	⤵	⤵	⤵	⤵	⤵	⤵	⤵	⤵	⤵

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_____ , _____

_____ .

 Turn upside-down to see the answer:



ACROSS

3. Keeps feet (and paws) protected while working on the ambulance
5. A forced-entry hand tool used by firefighters and EMS to rescue people
8. A state of inadequate tissue perfusion
10. A flightless seabird that waddles clumsily on land
11. A very rapid pulse
13. A red protein responsible for transporting oxygen in the blood
15. A medication used to relieve mild pain but also given when someone has sudden chest pain
16. The type of body tissue that consists of long cells that contract to produce motion
18. Protects the hand from icky sticky stuff
19. The skeletal structure where the lower extremities attach to the body.
20. The longest and strongest bone in your body

DOWN

1. A condition where the blood pressure is higher than normal
2. Part of the circulation system that carries oxygen-depleted blood toward the heart
4. Prioritizing medical response or treatment according to the severity of the patient's condition
6. A medication that kills or decreases the growth of bacteria
7. Keeps the doctor away
9. A colorless, odorless gas that supports life
12. Pumps blood in your body
14. An instrument for measuring the concentration of glucose in the blood
17. The position of lying on one's back



Anagram Word Search

Help Perki find at least 12 single words (no phrases) that are at least 4 letters long from the following terms:

Or a PARAMEDIC
Penguin (par-uh-med-ik)
A person trained to give first aid and more advanced emergency healthcare in the absence of a physician

AMBULANCE
(am-byuh-luhns)
A specially equipped vehicle used for carrying the sick and injured to the hospital

CONSCIOUSNESS
(kon-shuhs-nis)
State of being conscious; as in fully alert, aware, oriented, and responsive to the environment

INFARCTION
(in-fahrk-shuhn)
A localized area of tissue that is dying because it has been deprived of its blood supply due to an obstruction

PULMONARY
(puhl-muh-ner-ee)
Pertaining to or affecting the lungs

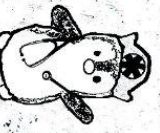
Turn upside-down to see suggested answers:

PARAMEDIC: Price, media, rapid, dream, epic, drama, cider, raced, cedar, drape, idea, cramp, dime, read, dire
AMBULANCE: clean, lance, cable, album, menu, meal, lame, cube, numb, bean, clue, acne, lame, lumen, calm
CONSCIOUSNESS: consensus, success, onions, scones, cousins, issue, once, cone, coins, sonic, eons, uses, icons, sction, noise
INFARCTION: Fiction, contain, infant, front, tonic, croft, ironic, flat, iron, rain, faint, fort, nitro, infraction, gortic
PULMONARY: Moral, molar, mural, mourn, play, pony, pund, mural, lumpy, loan, upon, plum, pour, rump, lump

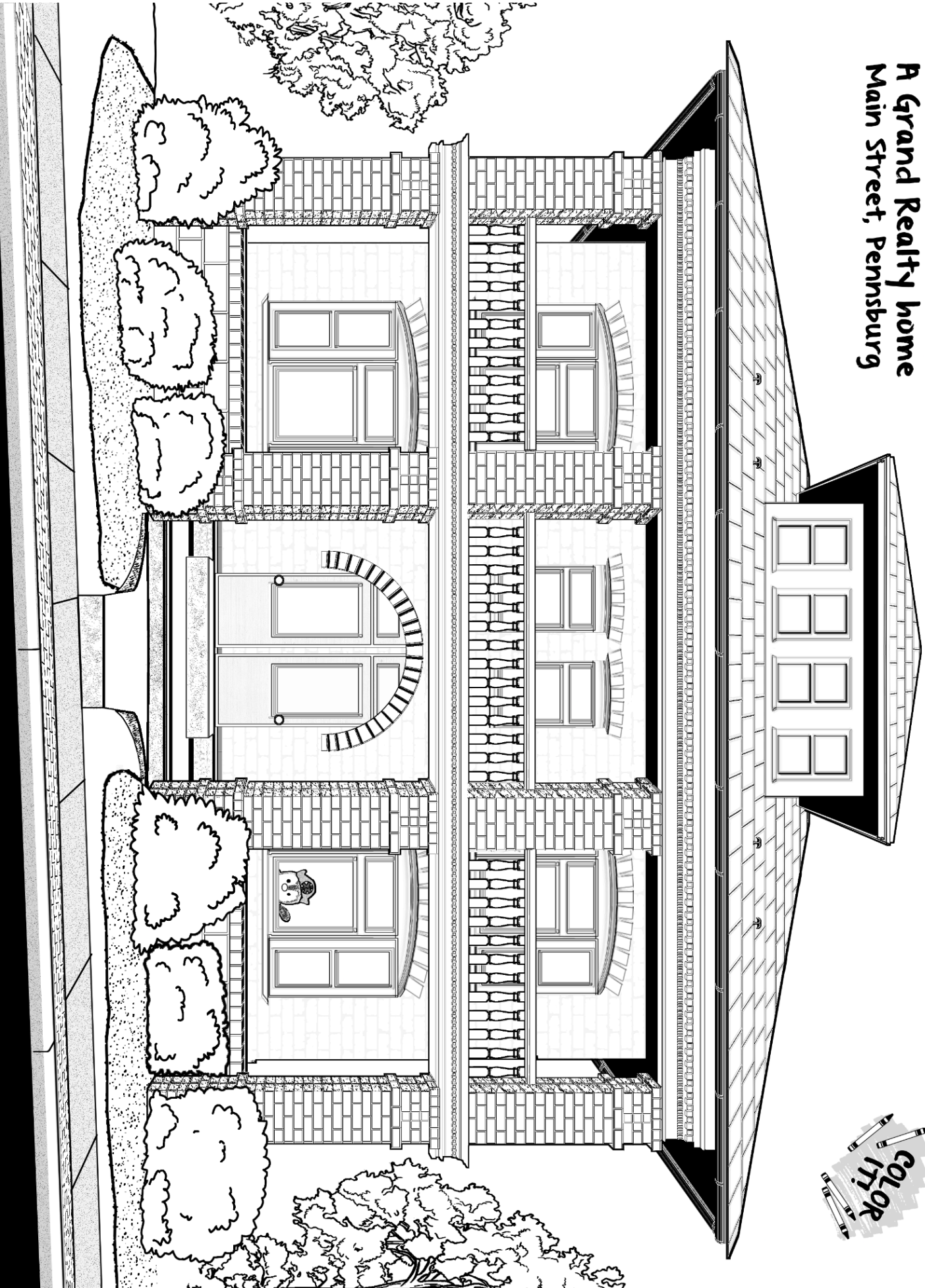
Upper Perkiomen Middle School Pennsburg, PA



BONUS TASK:
Draw your dream playground or
amusement park on the roof of the school!



A Grand Realty home
Main Street, Pensburg





Be creative
and help me
decorate
the new
ambulance!

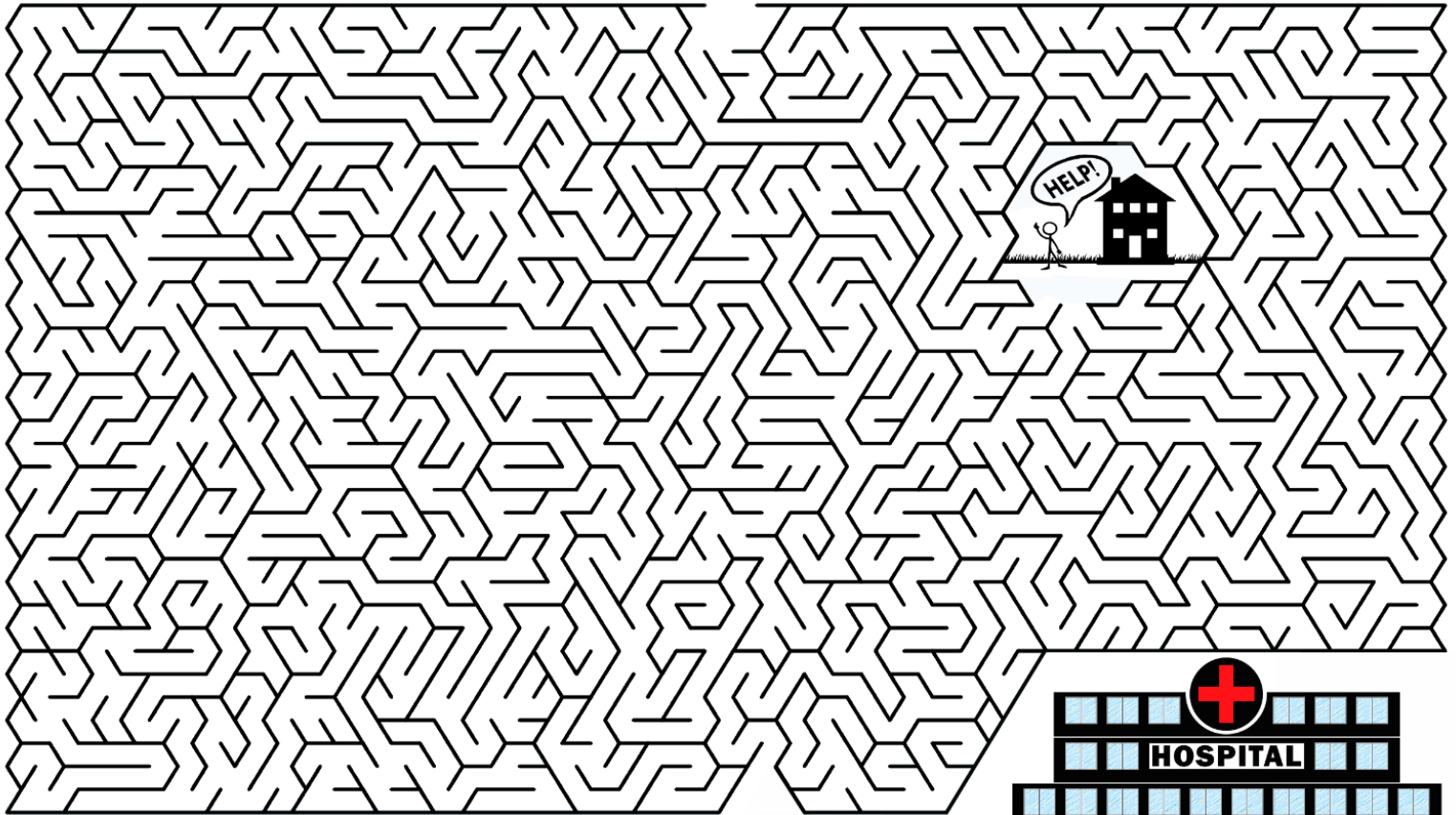


SOMEONE NEEDS AN AMBULANCE!

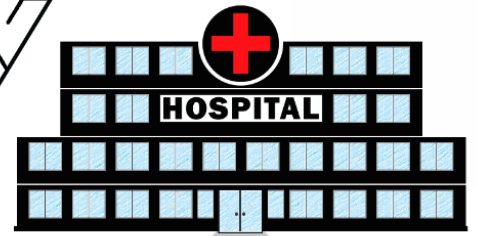
Help Perki find his way from the station to the emergency, and then to the hospital!



START



FINISH



Wordoku!

RULES: Just like sudoku, but with letters from a word instead of numbers. Fill every row, column and 3x3 region with each letter of the word exactly once.

T			A		M
E			C		I
			L		C E
	A		C		B
	T				L
	I		E		A
I	B		O		
A			I		M
	L		E		B

WORD: METABOLISM

(The process by which your body converts what you eat and drink into energy.)

C			H		A
N			S		E
			I		S N
	H		S		O
	C				I
	E		N		H
E	O		V		
H			E		A
	I		N		O

WORD: ANCHOVIES

(What Perki eats to metabolize into energy.)

Mad Libs!

Find a few friends and have one say what type of words they need, then they should fill in the blanks with those words.

Next, read the story with its new words! Don't laugh too hard!

NOUNS are persons, places, or things (Example: *penguin, rock, meatball*)

VERBS are actions (Example: *waddle, bounce, toss*)

ADJECTIVES describe or modify nouns (Example: *smelly, weird, blue*)

ADVERBS describe or modify verbs (Example: *tightly, swiftly, sloppily*)

Perki loves to eat _____ fish for dinner. One day, he was _____ down

ADJECTIVE

"-ing" VERB

Main Street in Pennsburg when his beak caught the scent of cooking fish! He climbed on top

of a _____ to get a better view, and saw a _____

ADJECTIVE

NOUN

ADJECTIVE

food truck turning onto 2nd Street. The side of the food truck read: "Captain Scuppers

_____ Fish Tacos." Just then, a _____ was passing by, so Perki

ADJECTIVE

TYPE OF ANIMAL

jumped on its back and cried "Follow that food truck!" The animal _____ as hard

VERB

as it could until they reached Seminary Street, where Perki saw the food truck rolling past

Kriebel Hall at the Perkiomen School. "I can't go that way," the animal said _____.

ADVERB

"I have to catch a bus to the _____ concert at the Green Lane Park Band Shell."

BAND OR ARTIST

Perki thanked the animal and hopped off. Perki waddled _____ after the food truck,

ADVERB

but it got further away. A student riding a _____ skateboard saw Perki, and she said,

ADJECTIVE

"Do you need a ride?" Perki nodded and pointed to the food truck. She picked up Perki and

placed him on top of her _____ backpack, and yelled "Ok, let's go!" They sped down

ADJECTIVE

Seminary Street, jumped over a _____ by 3rd Street and just barely dodged a

NOUN

_____ as they followed the food truck onto 4th Street. The truck parked at the

NOUN

corner of 4th Street and Cherry Street, and after thanking the student, Perki bought _____ fish

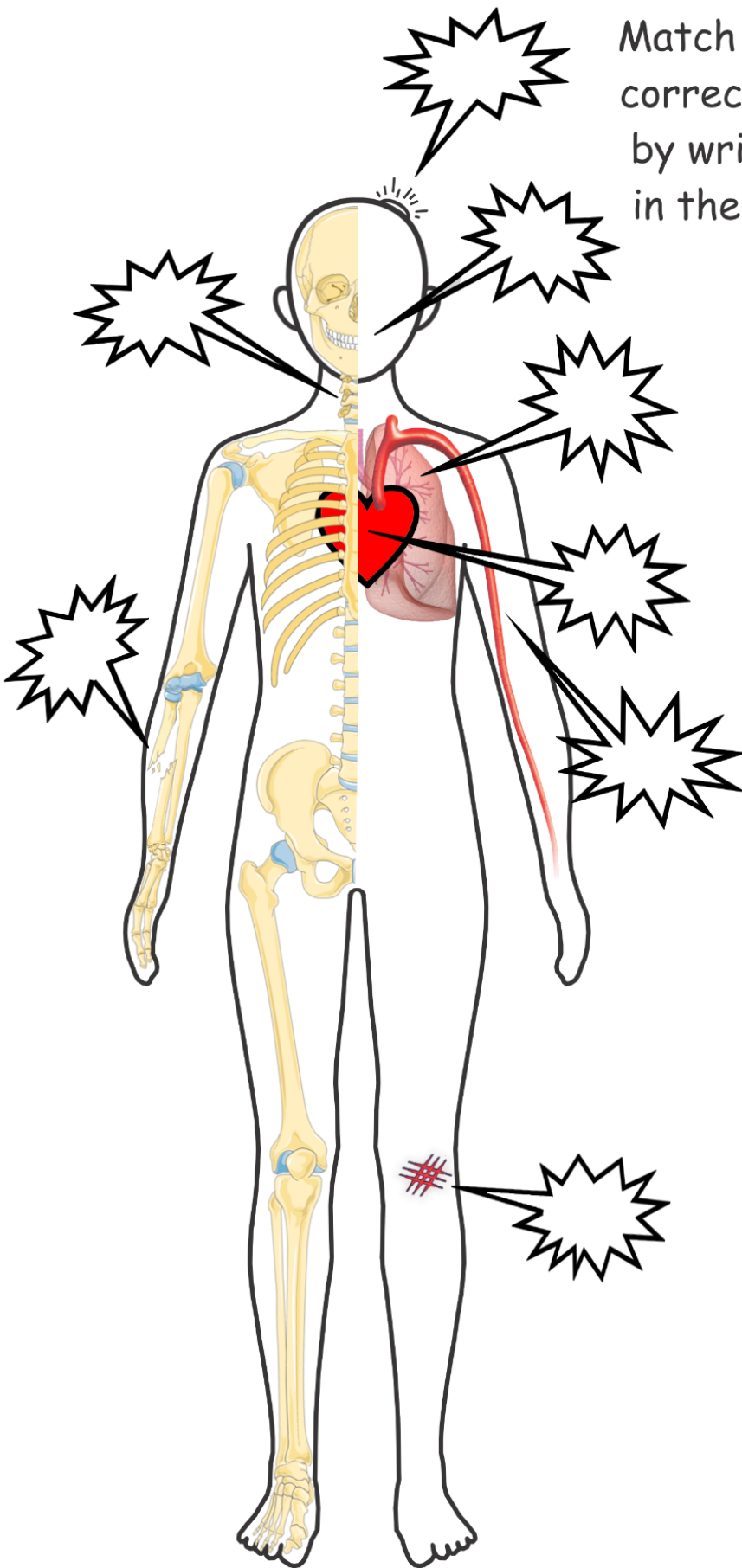
NUMBER

tacos for both himself and the student.



EQUIPMENT PRACTICE TIME!

Match the medical equipment to the correct location on the fake patient by writing the equipment's number in the appropriate "OUCH!" bubble.



EKG ELECTRODES



SPLINT



ICE PACK



OXYGEN & MASK



BANDAGES



CERVICAL COLLAR



BLOOD PRESSURE CUFF



STETHOSCOPE



TURN UPSIDE-DOWN FOR ANSWERS! →

(Clockwise from L to R): 2, 6, 3, 4, 8, 1, 7, 5



About Us

Upper Perkiomen Valley Ambulance Association (also known as Medic 369) is a 501(c)(3) not-for-profit organization which has been making emergency house calls since 1946. We provide Advanced Life Support coverage 24 hours a day, every day, with a fleet of three modern ambulances and a special service unit to a population of 18,000 distributed over 25 square miles in Montgomery and Lehigh Counties.

Annual memberships are available! Check our website for details.

Need to reach us?

Website: www.UpperPerkAmbulance.org

Address: 2199 East Buck Road
Pennsburg, PA 18073

Numbers: Phone: (215) 679-5989 **(NON-EMERGENCIES ONLY!)**
Fax: (215) 679-3295
Billing questions: Code 3 Billing at (610) 705-3979



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