

Level 1 Bingo Board and Activity Instructions

12/27/2024

Visit Mutual Aid Partner +	Bring another person to an EMS ConnectME activity +	Participate in a community event with your agency +	Interview a member of the EMS system +	Practice an EMS skill with your Mentor +
Practice a radio call +	Practice an EMS job interview +	Attend a Maine EMS Board or Committee Meeting +	Debrief a stressful event with a trusted adult +	Wear EMS ConnectME t-shirt during EMS week +
Visit a Community Health Partner +	Talk to agency's Medical Director +	Attend your agency's regular training +	Participate in a community event with your agency +	Interview a member of the EMS System +
Participate in a community event with your agency +	Share about EMS in school +	Attend a town council or public meeting in which EMS is discussed +	Discuss mental health with a member of your service +	Visit a local dispatch center +
Read about current events in EMS and share new learning +	Take an EMS-related course (outside of school) +	Visit Mutual Aid Partner +	Read an EMS research article and present new learning +	Obtain another EMS-related certification +

EMS ConnectME Bingo

As you spend time at your agency, you will work with your EMS Mentor to earn at least one Bingo by completing any row, column, or diagonal. Each activity you complete counts for ONE tile. You will submit evidence of each activity to the LMS. Click on each box to learn more about what is expected for that task.

Required - Complete 1 Bingo and submit evidence to the LMS.

Optional - Complete 2 Bingos to earn a Maine EMS Challenge Coin.

Optional - Complete 15 or more tiles to earn an EMS ConnectME Program sweatshirt.



Visit Mutual Aid Partner

In EMS, we work together with our neighbors to make sure we have enough resources to respond to every emergency. This is called “mutual aid,” because we help each other when we need to. With your service, visit one of your mutual aid partners to get ready to work with them someday. Ask the clinicians there about a time they responded to your community. While you’re there, find three things that are the same as your home base service. Find three things that are different.

Bring another person to an EMS ConnectME activity

The EMS ConnectME Program is a great opportunity, but many people might not have heard about it. Talk about your experiences as an EMS Learner with your friends and family, and you might find that they are interested in joining you. Check with your mentor, and see if you can bring another person along to an open house, CPR training, field trip, or other EMS Learner activity. Maybe they’ll sign up to join the program because you inspired them!

Participate in a community event with your agency

EMS services often participate in community events to raise awareness and help support their communities. These are great opportunities to meet your neighbors and show them the importance of EMS. Some events include local parades, setting up holiday decorations, blood pressure or vaccine clinics, and CPR classes for the community. Help your agency with one of these events to unlock this tile. Wear your EMS ConnectME t-shirt, and you might find others ask you questions about your experience. They might even want to sign up.

Interview a member of the EMS system

Getting to know your local EMS partners is an important way to prepare for future emergencies. Talk with someone who is involved in the EMS system – this can be a local service chief, a member of your Emergency Management Agency, an emergency room nurse, a dispatcher, or any other person who works within the EMS system.

Ask them about their work, how they support the EMS system and your community, and what training they needed to get where they are.

Practice an EMS skill with your mentor

Pick an EMS skill and learn how to do it successfully with your mentor. This can be using a splint on a simulated injury, putting a mannequin on a backboard, checking a blood pressure, and many more.

Remember that you are not allowed to use these skills on real patients until you have obtained the appropriate EMS license.

Practice a radio call

In EMS, we use portable radios to communicate our location and other scene details to dispatch. This is a very important piece of keeping everyone safe and accountable on scene. We also use radios to call in patient information to the hospital, so they can get ready for us when we arrive. Learn and practice radio etiquette for your service.

Practice an EMS job interview

Whether you decide to work in EMS or another career, you will need to know how to interview successfully. Sit down with your mentor and practice a job interview. Be ready to talk about your previous experiences, your strengths and weaknesses, and your goals for the future.

Attend a Maine EMS Board or Committee meeting

In Maine, decisions about how things work in the EMS system are made by the Maine EMS Board and different Committees. If you go on to work in EMS, you will be impacted by decisions made by these groups, whether you realize it or not. Attend a Board or Committee meeting to see how the EMS system is built and managed at the state level. Most meetings are virtual, and meeting information can be found on the calendar at the link below.

<https://www.maine.gov/ems/>

Debrief a stressful event with a trusted adult

When it comes to mental health and resiliency, one of the best tools we have to take care of ourselves is conversation. Practice debriefing with your mentor or another trusted adult after a stressful event. Talk about what happened, what went well, what didn't go so well, and what you would like to do differently next time.

Wear EMS ConnectME t-shirt during EMS Week

Every year, the fourth week of May is recognized nationwide as EMS Week. This is the one time each year when EMS Learners are allowed to wear their ConnectME t-shirts to school even when they are not on duty. This is to help raise awareness of EMS, and the EMS ConnectME Program. Wear your t-shirt, and you might find others asking you questions about your experience. They might even want to sign up.

Visit a community health partner

In EMS, you become very familiar with your local community health partners. Talk with someone who is involved in the healthcare system in your community – this can be a CNA at a long-term care

facility, a home health nurse, a public health worker, or any other person who works to keep members of your community healthy. Ask them about their work, how they support the health needs of your community, and what training they needed to get where they are.

Talk to your agency's Medical Director

Every EMS agency in Maine has a Medical Director, a doctor who oversees medical care and supports training in the agency. Talk to your service's Medical Director. Ask them about the work they do with your service, and what training they needed to get where they are.

Attend your agency's regular training

EMS agencies constantly offer training opportunities so that their members can maintain competency in treatments, protocols, and teamwork. Participate in one of these trainings to meet more members of your service, learn new skills, and be part of the EMS team.

Share about EMS in school

Arrange with your Instructor, homeroom teacher, or another teacher to take 10 minutes of class time to share your experience as an EMS Learner with your classmates. Talk about the activities you've done, the conversations you've had, and the careers you have available to you in EMS.

Attend a town council or public meeting in which EMS is discussed

Local, regional, state, and federal entities make decisions about how EMS in your community is going to work. It can be very valuable to see this process in action, especially if you plan to work in EMS someday. Check with your mentor to find out if anything EMS-related will be discussed at one of these meetings. Attend and listen to how the discussion goes. Think about how the topics discussed could impact you and your service.

Discuss mental health with a member of your service

EMS can be a stressful job. Talk with your mentor or another member of your service about how they take care of their mental health. Ask them what they do to relax, and how they cope with stress. Remember not to ask them personal questions about potentially traumatic experiences. Be respectful and do your best to learn from their techniques. Find three strategies that you think will work for you.

Visit a local dispatch center

Dispatchers coordinate resources to address emergencies, provide assistance to EMS crews, and serve as the connection between the public and EMS. Every EMS agency relies on communications with a dispatch center. Visit your local dispatch center and learn about the work they do every day to help keep you and the public safe. Ask them about their work, how they support the EMS system in your community, and what training they needed to get where they are.

Read about current events in EMS and share new learning

Find a current events article about something going on in the world of EMS. You can look in your local news, EMS1.com, EMSWorld.com, or any other publication covering an EMS-related story. Read the article, write up a summary, and present your findings to your mentor.

Take an EMS-related course (outside of school)

In addition to your service's regular trainings, you can also find additional EMS education opportunities online and in person. Find a 1-hour training on emergency management, human anatomy and physiology, mental health, or another important EMS topic. Take the class, and upload your certificate of completion to the LMS.

Read an EMS research article and share new learning

EMS is often at the cutting-edge of modern medicine. New research is coming out all the time about our care practices, transportation and equipment, and sustainability. Find a recent research article that studies something EMS-related. You can find these in the Journal of Emergency Medical Services (JEMS), the American Heart Association (AHA) website, or in another peer-reviewed publication related to EMS. Read the article, write up a summary, and present your findings to your mentor. Upload your summary to this LMS.

Obtain another EMS-related certification

There are many certifications that relate to emergency medical services. Complete a First-Aid, Stop-the-Bleed, Wilderness First-Aid, Lifeguarding, or another certification, and upload it to the LMS.