

**FIRST AID SKILLS – DAY 1**

Planning Information	
<b>Subject (Presenter):</b>	First Aid Skills – Day 1
<b>Objectives:</b>	<ul style="list-style-type: none"><li>• First Aid Kits</li><li>• Accident Scenes</li><li>• Victim Assessment</li><li>• Hurry Cases (Stopped breathing, choking, severe bleeding, internal poisoning, shock)</li></ul>
<b>Materials:</b>	<ul style="list-style-type: none"><li>• First Aid kit properly stocked</li><li>• Barrier (Troop-supplied)</li><li>• Blankets</li><li>• Bandanas or cravats</li></ul> <p>Handouts:</p> <ul style="list-style-type: none"><li>• First Aid Rank Requirements</li><li>• First Aid Merit Badge Requirements</li><li>• First Aid Merit Badge Booklet pages related to skills</li><li>• Victim Assessment chart</li></ul>
<b>Preparation:</b>	

Presentation	
<b>Learning Objectives:</b> At the end of this presentation, each participant should be able to:	1. Know what supplies should be in a personal and patrol first aid kit 2. Know what to do upon arrival to an accident 3. Know how to assess a victim's injuries 4. Know how to spot and treat the hurry cases (Stopped breathing, choking, severe bleeding, internal poisoning, shock)
<b>Discovery:</b>	Simulate stopped breathing and see if participants know what to do [call for help, first aid treatment]
<b>Teaching-Learning:</b>	<div style="text-align: right;">Requirement #<sup>1</sup></div> <div style="text-align: right;">Reference Pages<sup>2</sup></div> <div style="text-align: right;">Title of Section<sup>3</sup></div> <div style="text-align: right;">S6b</div> <div style="text-align: right;">288 -- 290</div> What Is First Aid? What Should First Aid Do? Personal First Aid Kit Patrol/Troop First Aid Kit – <b>Bring in &amp; Show Kit</b> <div style="text-align: right;">S6a</div> <div style="text-align: right;">291 – 292</div> Accident Scenes Approach Carefully Get Help – <b>Demo</b> <div style="text-align: right;">T12a, S6a</div> <div style="text-align: right;">293 – 303</div> Hurry Cases (assessment) Stopped Breathing – <b>Demo</b> Heimlich Maneuver – <b>Demo</b> No Heartbeat Heart Attack ( <b>CPR Demo is Day 3</b> ) Severe Bleeding – <b>Demo</b>

<sup>1</sup> Requirements: N-New Scout, T-Tenderfoot, S-Second Class, F-First Class

<sup>2</sup> Page references are in the *Scout Handbook* if not otherwise noted.

<sup>3</sup> **Notes:**

- All indicated demonstrations should include instructor demonstration and participant practice
- For all first aid situations, discuss
  - How to Spot it
  - How to Treat it
  - How to Prevent it

	Cravat Bandage Internal Poisoning Shock – <b>Demo</b>
<b>Application:</b>	Each demo & participant application is listed in the Teaching-Learning section.
<b>Evaluation:</b>	Self-assessment quizzes: <ul style="list-style-type: none"><li>• Victim assessment</li><li>• Adult choking</li><li>• Child and Infant choking</li><li>• Shock</li><li>• Swallowed Poison</li></ul>
<b>Summary:</b>	First aid situations which will result in loss of life are called hurry cases because they must be treated first and in a hurry.

**RANK REQUIREMENTS****Tenderfoot**

11. Identify local poisonous plants; tell how to treat for exposure to them.
12.
  - a. Demonstrate the Heimlich maneuver and tell when it is used.
  - b. Show first aid for the following:
    - Simple cuts and scratches
    - Blisters on the hand and foot
    - Minor burns or scalds (first degree)
    - Bites and stings of insects and ticks
    - Poisonous snakebite
    - Nosebleed
    - Frostbite and Sunburn

**Second Class**

6.
  - a. Show what to do for "hurry" cases of stopped breathing, serious bleeding, and internal poisoning.
  - b. Prepare a personal first aid kit to take with you on a hike.
  - c. Demonstrate first aid for the following:
    - Object in the eye
    - Bite of a suspected rabid animal
    - Puncture wounds from a splinter, nail, and fishhook
    - Serious burns (second degree)
    - Heat exhaustion
    - Shock
    - Heatstroke, dehydration, hypothermia, and hyperventilation

**First Class**

8.
  - b. Demonstrate bandages for a sprained ankle, and for injuries on the head, the upper arm, and the collarbone.
  - c. Show how to transport by yourself, and with one other person, a person:
    - from a smoke-filled room
    - with a sprained ankle, for at least 25 yards.
  - d. Tell the five most common signs of a heart attack. Explain the steps (procedures) in cardiopulmonary resuscitation (CPR).



**First Aid Merit Badge**

- 1) Satisfy your counselor that you have current knowledge of all first aid requirements for Tenderfoot, Second Class, and First Class ranks.
- 2) Do the following:
  - a) Explain how you would obtain emergency medical assistance from your home, on a wilderness camping trip, and during an activity on open water.
  - b) Prepare a first aid kit for your home. Display and discuss its contents with your counselor.
- 3) Do the following:
  - a) Explain what action you should take for someone who shows signs of a heart attack.
  - b) Identify the conditions that must exist before performing CPR on a person.
  - c) Demonstrate proper technique in performing CPR using a training device approved by your counselor.
  - d) Show the steps that need to be taken for someone suffering from a severe laceration on the leg and on the wrist. Tell the dangers in the use of a tourniquet and the conditions under which its use is justified.
  - e) Explain when a bee sting could be life threatening and what action should be taken for prevention for first aid.
  - f) Explain the symptoms of heat stroke and what action needs to be taken for first aid and for prevention.
- 4) Do the following:
  - a) Describe the signs of a broken bone. Show first aid procedures for handling fractures, including open (compound) fractures of the forearm, wrist, upper leg, and lower leg using improvised materials.
  - b) Describe the symptoms and possible complications and demonstrate proper procedures for treating suspected injuries to the back, neck, and head. Explain what measures can be taken to reduce the possibility of further complicating these injuries.
- 5) Describe the symptoms, proper first aid procedures, and possible prevention measures for the following conditions:
  - a) Hypothermia
  - b) Convulsions
  - c) Frostbite
  - d) Bruises, strains, sprains
  - e) Burns
  - f) Abdominal pain
  - g) Broken, chipped, or loosened tooth
  - h) Knocked out tooth
  - i) Muscle cramps
- 6) Do the following:
  - a) If a sick or injured person must be moved, tell how you would determine the best method.
  - b) With helpers under your supervision, improvise a stretcher and move a presumably unconscious person.
- 7) Teach another Scout a first aid skill selected by your counselor.

## Victim Assessment

OBSERVATION	EXAMPLES
<b>Pulse</b>	
Rapid, strong	fright, apprehension, heat stroke
Rapid, weak	shock, bleeding, diabetic coma, heat exhaustion
Slow, strong	stroke, skull fracture
None	cardiac arrest, death
<b>Respirations</b>	
Shallow	shock, bleeding, heat exhaustion, insulin shock
Deep, gasping, labored	airway obstruction, chest injury, diabetic coma, heart disease
None	respiratory arrest due to any number of illnesses/injuries
Bright, frothy blood coughed up	lung damage possible due to fractured ribs or penetrating objects
<b>Skin temperature</b>	
Cool, moist	shock, bleeding, heat exhaustion
Cool, dry	exposure to cold
Hot, dry	heatstroke, high fever
<b>Face color</b>	
Red	high blood pressure, heat stroke, diabetic coma
Pale/white/ashen	shock, bleeding, heat exhaustion, insulin shock
Blue	heart failure, airway obstruction, some poisonings
	<i>Note:</i> Blue results from poor oxygenation of circulating blood. For people with dark skin pigmentation, blue may be noted around the fingernails, palms of hands and mouth.
<b>Pupils of eyes</b>	
Dilated	shock, bleeding, heat stroke, cardiac arrest
Constricted	opiate addiction
Unequal	head injury, stroke
<b>State of consciousness</b>	
Confusion	most any illness/injury, fright, apprehension, alcohol, drugs
Coma	stroke, head injury, severe poisoning, diabetic coma
<b>Inability to move upon command</b>	(an indicator of paralysis)
One side of the body	stroke, head injury
Arms and legs	damage to spinal cord in neck
Legs	damage to spinal cord below neck
<b>Reaction to physical stimulation</b>	(an indicator of paralysis)
No sensation in arms and/or legs	damage to spinal cord as indicated above
Numbness in arms and/or legs	damage to spinal cord as indicated above
	<i>Note:</i> No sensation or indication of pain when there is an obvious injury can also be due to hysteria, violent shock, or excessive alcohol or drug use.

## **Victim Assessment**

Mark each statement with true (T) or false (F):

1. \_\_\_\_ If you find severe bleeding during a victim evaluation, continue your examination and come back to the bleeding later.
2. \_\_\_\_ Use your thumb to feel for a victim's pulse.
3. \_\_\_\_ A pulse can be felt at either the wrist's radial pointer or the neck's carotid point.
4. \_\_\_\_ Feel for both carotid points at the same time.
5. \_\_\_\_ Normal adult pulse rate is 60-80 beats per minute.
6. \_\_\_\_ Normal adult respiration rate is between 12 and 20 breaths per minute.
7. \_\_\_\_ Very small (pinpointed) eye pupils can mean a state of shock.
8. \_\_\_\_ Unequal eye pupils may result from a head injury or stroke.
9. \_\_\_\_ All normal, healthy people (regardless of skin color) have a pink inner eyelid surface.
10. \_\_\_\_ The capillary refill technique can indicate the quality of blood circulation in an arm or leg.

## **Adult Choking**

Choose the best answer:

1. \_\_\_\_ An adult victim is coughing forcefully. Should you give back blows and thrusts?  
A. Yes  
B. No
2. \_\_\_\_ A person is coughing weakly and making wheezing noises. You should:  
A. Give abdominal thrusts.  
B. Let the person alone and watch closely.
3. \_\_\_\_ A victim who seems to be choking can speak. Should you give abdominal thrusts?  
A. Yes  
B. No
4. \_\_\_\_ A conscious person is coughing forcefully, trying to dislodge an object. Then the person stops coughing and cannot speak. You should:  
A. Give abdominal thrusts.  
B. Let the person alone and watch closely.
5. \_\_\_\_ When you give abdominal thrusts to conscious victim, what part of your fist do you place against the victim?  
A. The palm side  
B. The little finger side  
C. The thumb side
6. \_\_\_\_ Give abdominal thrusts quickly:  
A. Inward and upward  
B. Straight back
7. \_\_\_\_ Where do you place your fist to give abdominal thrusts?  
A. Over the breastbone  
B. Slightly above the navel  
C. Below the navel
8. \_\_\_\_ To give abdominal thrusts to a victim who is lying down, place the heel of one hand:  
A. Slightly above the navel  
B. On the edge of the breastbone  
C. Below the navel
9. \_\_\_\_ For a victim who is obese or in advanced pregnancy, it is better to give  
A. Abdominal thrusts  
B. Chest thrusts



### **Child and Infant Choking**

Chose the best answer:

1. \_\_\_\_\_ You believe a baby has an object caught in its airway; it cannot cough or cry. What do you do first?
  - A. Let it alone and watch closely.
  - B. Give abdominal thrusts.
  - C. Give chest thrusts.
  - D. Give back blows.
  
2. \_\_\_\_\_ Use your finger to remove an object from an unconscious baby or child's mouth:
  - A. Whenever back blows and chest thrusts fail
  - B. Only if you see the object

## **Shock**

**Mark each statement true (T) or false (F):**

1. \_\_\_\_ Shock results when parts of the body do not receive enough blood.
2. \_\_\_\_ Shock is a concern only in life-threatening injuries.
3. \_\_\_\_ People's lives can be threatened by shock.

**Complete the following statement:**

When a person experiences shock, usually the

1. \_\_\_\_  
A. skin is pale/bluish.  
B. skin is red.
2. \_\_\_\_  
A. skin is dry.  
B. skin is moist.
3. \_\_\_\_  
A. skin is hot.  
B. skin is cool.
4. \_\_\_\_  
A. pupils are widely dilated.  
B. pupils are constricted.
5. \_\_\_\_  
A. victim feels hungry.  
B. victim feels nauseated.
6. \_\_\_\_  
A. breathing and pulse are rapid  
B. breathing and pulse are slow.

## **Swallowed Poison**

### **Check the appropriate question(s).**

You suspect a 3-year-old boy has swallowed aspirin from an opened bottle. What information should you immediately attempt to find out?

1. \_\_\_\_ Did he eat any aspirin?
2. \_\_\_\_ How many tablets, if any, did he eat?
3. \_\_\_\_ If he ate any aspirin, how long has it been?

### **Mark each action yes (Y) or no (N).**

If an elderly man reports he swallowed a substance that you know is poisonous, you should ...

1. \_\_\_\_ Ask him how much he took, and when.
2. \_\_\_\_ Give him a glass of milk to drink.
3. \_\_\_\_ Telephone the poison control center and tell them what you know about the poisoning.
4. \_\_\_\_ Empty the victim's stomach before attempting to contact a medical authority.

### **Mark the following statements true (T) or false (F).**

1. \_\_\_\_ Always induce vomiting with syrup of ipecac in a conscious person who has swallowed a poison.
2. \_\_\_\_ Give syrup of ipecac for poisoning only after receiving medical advice or when told to do so by a poison control center.
3. \_\_\_\_ Syrup of ipecac alone causes vomiting.
4. \_\_\_\_ Gagging or drinking warm salt water are as effective and safe as syrup of ipecac for inducing vomiting.

**Check the relevant action(s):**

A victim begins showing signs of shock. Which of the following would you do?

1. \_\_\_\_\_ Attempt to warm the victim.
2. \_\_\_\_\_ Give fluids to the victim.
3. \_\_\_\_\_ Handle the victim gently.
4. \_\_\_\_\_ Help a conscious victim walk around to aid blood flow to the heart.
5. \_\_\_\_\_ Place a conscious victim on his back and elevate the feet and legs, if injuries will not be aggravated.
6. \_\_\_\_\_ Elevate head of victim with head injury.

**Match the position with condition/injury:**

Write A, B, C, or D to show the best position for a conscious victim with each condition or injury below.

*Best Position*

- A. On victim's side
- B. Victim flat on back with legs elevated 8-12 inches
- C. Semi-sitting and supported
- D. Semi-sitting and inclined to the injured side

*Condition or Injury*

1. \_\_\_\_\_ Crushed chest injury
2. \_\_\_\_\_ Vomiting
3. \_\_\_\_\_ Unconscious
4. \_\_\_\_\_ Heart attack
5. \_\_\_\_\_ Head injury
6. \_\_\_\_\_ Stroke
7. \_\_\_\_\_ Amputated fingers