

FIRST AID SKILLS – DAY 2

Planning Information	
Subject (Presenter):	First Aid Skills – Day 2
Objectives:	<ul style="list-style-type: none">• Wounds• Burns• Animal-related injuries
Materials:	<ul style="list-style-type: none">• Fish-hook, plastic “finger” (page turner), wire cutter• Moleskin• Ace bandages• Bandages / cravats• Constriction bandage <p>Handouts:</p> <ul style="list-style-type: none">• First Aid Merit Badge Booklet pages related to skills
Preparation:	

Summary:	The first aid we covered today was not life-threatening but needs to be addressed to prevent illness and discomfort.
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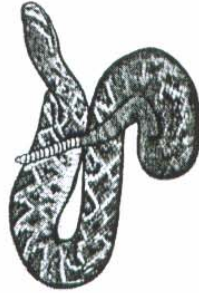
Presentation		
Learning Objectives: At the end of this presentation, each participant should be able to:	1. Know how to prevent, spot and treat first aid situations involving wounds, burns, and situations involving animal-related injuries (ticks, snakes)	
Discovery:	Ask group if they every had a nosebleed, blister, or tick bite and what they did about it	
Teaching-Learning:	<div style="text-align: center;"> Requirement # Reference Page(s) Title of Section T12b 304 – 313 </div> <p> Fainting Cuts and Scratches Puncture Wounds – Demo fish hook Nosebleed – Demo Burns and Scalds Sunburn Blisters On The Foot and Hand – Demo Sprained Ankle – Demo Head Injuries – Demo Bites or Stings of Insects, Ticks, Chiggers, Spiders Jellyfish Stings Animal Bites Snakebites – Demo </p> <div style="text-align: center;"> T11 318 </div> <p>Skin Poisoning From Plants</p>	
Application:	Each demo & participant application is listed in the Teaching-Learning section.	
Evaluation:	Self-assessment quizzes (do as many as you can and do the rest next week): <ul style="list-style-type: none"> • External bleeding and wounds • Infection and Tetnus • Blisters • Heat burns • Fainting • Insect Stings • Spider bites and scorpion stings 	<ul style="list-style-type: none"> • Tick removal • Anaphylactic shock • Animal Bites • Snakebite • Nosebleeds • Poison ivy, oak and sumac • Eye Injury • Head Injury

Poisonous Snakes

Diamondback Rattlesnake (*Crotalus adamanteus*)

found: From central coast region of North Carolina, along lower coastal plain through Florida, and westward to eastern Louisiana.

size: Up to 8 feet.



Timber Rattlesnake (*Crotalus horridus*)

also called: Banded rattlesnake, mountain rattler, black rattler.

found: In uplands and mountains from southern Maine to northern Florida, and westward to central Texas.

size: Up to 6 feet. Average 4 feet.



Massasauga (*Sistrurus catenatus*)

also called: Pigmy rattlesnake.

found: Western New York and northwestern Pennsylvania westward to northeastern Kansas on the south, and southeastern Minnesota on the north. A sub-species extends into Texas, Arizona and Colorado.

size: Up to 3 feet.



Pacific Rattlesnake (*Crotalus viridis oreganus*)

found: British Columbia to southern California and Lower California; east to Idaho, Nevada, and Arizona.

size: Up to 5 feet.



Water Moccasin (*Agkistrodon piscivorus*)

also called: Cottonmouth and water pilot.

found: From southeastern Virginia, along coastal plains through Florida, and westward to central Texas; Mississippi Valley up to southern Illinois.

size: Up to 5 feet.



Copperhead (*Agkistrodon mokeson*)

also called: Highland moccasin, rattlesnake pilot, coppersnake, and chunkhead.

found: Massachusetts to northern Florida, westward to Mississippi River in Illinois, and across to Texas. Found in hilly, rocky country and in lowlands; in walls, hedges, slab sawdust piles, haystacks, barns; even in villages and towns.

size: Up to 53 inches. Average 3 feet.



Coral Snake (*Micrurus fulvius*)

also called: Harlequin and bead snake.

found: Along the coastal plains from central North Carolina, through Florida, westward to Texas, and up the Mississippi Valley to Indiana.

size: Up to 39 inches.



Poisonous Plants



Common Poison Ivy (*Rhus radicans*)

Grows as a small plant, a vine, and a shrub.

Grows everywhere in the United States except in California and parts of adjacent states. Eastern oak-leaf poison ivy is one of its varieties.

Leaves always consist of three glossy leaflets.

Also known as three-leaf ivy, poison creeper, climbing sumac, poison oak, markweed, picry, and mercury.

Western Poison Oak (*Rhus diversiloba*)

Grows in shrub and, sometimes, vine form.

Grows in California and parts of adjacent states.

Sometimes called poison ivy, or yeraa.

Leaves always consist of three leaflets.



Poison Sumac (*Rhus vernix*)

Grows as a woody shrub or small tree, five to twenty-five feet tall.

Grows in most of the eastern third of the United States.

Also known as swamp sumac, poison elder, poison ash, poison dogwood, and thunderwood.

NOTE: These plants belong to the same genus: *Rhus*. Since they contain the same poisonous substance, treatment for poisoning caused by them is the same for all.

External Bleeding and Wounds

Mark each statement true (T) or false (F).

1. ____ Loss of blood occurs only in open wounds.
2. ____ A bruise on the thigh is an example of an external wound.
3. ____ Closed wounds occur when blood vessels beneath the skin have been broken.
4. ____ Bleeding from veins is usually fast and in spurts.
5. ____ Losing more than a quart of blood for an adult is life-threatening.
6. ____ Completely severed arteries bleed more freely than partially cut arteries.
7. ____ Arterial bleeding is usually more serious than venous bleeding.

Check (X) the appropriate action(s).

Which of the following actions should be taken to control bleeding when blood is flowing freely from a wound?

1. ____ Press tightly on the wound.
2. ____ If arm's elevated to control bleeding, stop direct pressure.
3. ____ Use a femoral pressure point alone if direct pressure fails to stop the bleeding.

Mark each statement true (T) or false (F).

1. ____ When washing a wound with soap and water, wash toward the wound.
 2. ____ Hydrogen peroxide kills bacteria (germs) in a wound.
 3. ____ If using rubbing alcohol, apply it on the skin around the wound, not in the wound.
 4. ____ A butterfly bandage can be used to bring small cut skin edges together.
 5. ____ If a dressing must be removed and part of the scab sticks to it, soak the dressing in warm water for easier removal.
 6. ____ Cuts to eyelids and lips should be stitched by a physician.
 7. ____ Stitches can be placed by a physician hours after the injury occurred.
-

Choose the best answer regarding dressing

1. ____ The material used to hold sterile material over a wound:
 - A. Must be sterile
 - B. Must be adhesive
 - C. Is a dressing
 - D. Is a bandage

2. ____ Any material applied directly to a wound in an effort to control bleeding and prevent further contamination:
 - A. Is a bandage
 - B. Is a dressing
 - C. Should not be sterile
 - D. Should be loosely secured to help in checking the wound

3. ____ Use of a sterile dressing on an open wound will:
 - A. Reduce further contamination
 - B. Kill any bacteria present in the wound
 - C. Only be necessary if the wound is bleeding profusely
 - D. Prevent shock

4. ____ After a dressing has been applied to a wound, if bleeding continues, the first aider should:
 - A. Remove the blood-soaked dressing and replace it with a clean, sterile dressing
 - B. Leave the original dressing in place and place a new dressing over the blood-soaked ones

Infection and Tetnus

Prevent infection by:

1. ____ Immediately washing a wound with soap and water
2. ____ Getting a tetanus booster shot every year
3. ____ Applying rubbing or ethyl alcohol directly on the wound
4. ____ Using mercurochrome or merthiolate instead of soap and water
5. ____ Using any one of several recommended skin-wound protectants

Choose the best answer regarding type of wounds.

1. ____ A smooth cut made by a sharp object, such as a razor blade, is called:
A. An incision
B. A laceration
C. An avulsion
D. An abrasion
 2. ____ Skinned elbows and knees are examples of:
A. Hematomas
B. Avulsions
C. Lacerations
D. Abrasions
 3. ____ Which type of wound has a jagged cut where the tissues are snagged and torn, forming a rough edge around the wound?
A. Incision
B. Laceration
C. Contusion
D. Hematoma
 4. ____ The most common form of closed wound is:
A. Abrasion
B. Contusion
C. Laceration
D. Incision
 5. ____ Which type of wound is caused by sharp, pointed objects such as nails, splinters, or knives?
A. Abrasion
B. Avulsion
C. Puncture
D. Contusion
 6. ____ Which of the following is most susceptible to tetanus?
A. Laceration
B. Amputation
C. Incision
D. Puncture
 7. ____ Which of the following describes bleeding from a vein?
A. Bright red, flowing steadily
B. Bright red, spurting
C. Dark maroon, flowing steadily
D. Dark maroon, spurting
-

Animal Bites

Mark each statement true (T) or false (F).

1. _____ Most dog bites should be treated by a physician.
2. _____ In most cases, wash the wound with soap and water before attempting to stop bleeding.
3. _____ Washing the wound should take only one or two minutes.
4. _____ Control bleeding with direct pressure.
5. _____ Human and cat bites are not as dangerous as dog bites.
6. _____ Kill the biting animal so the brain can be inspected for rabies.
7. _____ Pet animals are the leading rabies carriers.
8. _____ Both warm- and cold-blooded animals carry rabies.

Head Injury

Check (X) the signs and symptoms of a skull fracture.

1. _____ Pain at the injury site
2. _____ Deformed skull
3. _____ Fluid leaking from ears or nose
4. _____ Discoloration around eye(s) (black eyes)
5. _____ Pupil of one eye larger than pupil of the other eye

Mark each sign yes (Y) or no (N).

After a head injury, which signs indicate a need for medical attention?

1. _____ Headache lasting more than a day or increased severity
2. _____ Vomiting beginning hours after the initial injury
3. _____ One pupil appearing larger than the other
4. _____ Convulsions or seizures
5. _____ "Seeing double"

Eye Injury

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

Which represents proper first aid for an embedded object in the eye?

1. _____ Using a damp, sterile or clean cloth to remove an object lying on an eyeball's surface
2. _____ Using a toothpick, match stick, etc., to remove a foreign object
3. _____ For an embedded object, using a paper cup or similar item over the eye but not touching the object
4. _____ Allowing the victim to see by leaving the uninjured eye uncovered

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

If a tree limb scrapes against an eye and cuts the eyeball, first aid, besides seeking medical help for the victim, includes:

1. _____ Applying a dressing tightly over the injured eye
2. _____ Holding the eyelids of the injured eye open
3. _____ Applying direct pressure to the cut eyeball in order to control the bleeding
4. _____ Loosely applying dressings over both eyes
5. _____ Tightly applying a dressing over both eyes

Mark each statement true (T) or false (F).

1. _____ Hitting the eye may cause a black eye.
 2. _____ An ophthalmologist should see blurry vision victims.
 3. _____ For an eyeball knocked out of socket, gently and carefully replace the eye-ball in the socket and cover with a dressing.
 4. _____ After a blow to the eye apply a cold compress immediately for about 15 minutes to reduce pain and swelling.
-

Choose the best answer

1. _____ Corrosive acid has spilled into a coworker's eyes, resulting in severe pain. What should you do first?
 - A. Cover both eyes with dressings and immediately obtain medical aid.
 - B. Hold eyes open and flood them with water for 15 minutes.
 - C. Allow tears to flush out the chemicals.
 - D. Pour water into eyes for about 5 minutes.
 2. _____ Following your initial actions, which one should you do?
 - A. Place wet dressings over both eyes.
 - B. Leave both eyes uncovered and seek medical attention.
 - C. Allow the victim to rest for at least 30 minutes.
 - D. Apply dressings over both eyes and seek medical attention.
 3. _____ A welder suffers ultraviolet light eye burns. Which first aid procedure does not apply?
 - A. Apply cold, wet dressings.
 - B. Have the victim rest with eyes closed.
 - C. Do not cover the eyes.
 - D. Seek medical attention.
-

Nosebleeds

Choose the best techniques for controlling most nosebleeds

1. _____
 - A. Position victim in a sitting position
 - B. Position victim lying down.
2. _____
 - A. Keep the head tilted or slightly backward.
 - B. Keep the head tilted slightly forward.
3. _____
 - A. Pinch both nostrils for 5 minutes.
 - B. Pinch only one nostril for 60 seconds.
4. _____
 - A. Always seek medical attention.
 - B. Seek medical attention for those taking blood thinners, large doses of aspirin, or those with high blood pressure.

Blisters

Choose the best answer:

1. _____ After a blister forms, what should be tried first?
 - A. Drain the blister by making a small hole at the blister's edge.
 - B. Use scissors to remove the blister's top.
 - C. Cover with gauze or tape cut into the shape of a doughnut.

2. _____ When can a blister be broken?
 - A. When very painful
 - B. At least three days after its appearance
 - C. Never by a first aider

3. _____ Which is the proper procedure for breaking a blister?
 - A. Cut the entire roof of the blister off.
 - B. Drain the fluid by making a small hole at the blister's edge.
 - C. Use a red-hot paper clip to puncture the skin.
 - D. Pinch or squeeze the blister off.
 - E. Soak the blister off in hot water.
 - F. None of these, since blisters should never be broken

Spider Bites and Scorpion Stings

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

Which of the following first aid procedures are appropriate for spider bites and scorpion stings?

1. _____ Apply a cold or ice pack over the bite site.
2. _____ Seek medical attention immediately.
3. _____ Apply a constriction band 2-4 inches above the bite.
4. _____ Apply calamine lotion to relieve pain.
5. _____ Capture the spider or have a definite identification.
6. _____ Wash area with soap and water or rubbing alcohol.

Snakebite

Choose the best answer.

Which should you do for a venomous snakebite?

1. _____
A. Cool the bite site with ice.
B. Avoid using cold on the bite site.
2. _____
A. Avoid cutting through any snakebite wound.
B. Cut through the bite wound if you are several hours from a medical facility.
3. _____
A. First aiders can give antivenin.
B. Only qualified medical personnel should give antivenin.
4. _____
A. Apply a tourniquet.
B. Apply suction with the Extractor
5. _____
A. If possible, identify the snake and its size.
B. Information about the snake isn't usually needed.

Poison Ivy, Oak, and Sumac

Check the appropriate action(s).

Which of the following may be useful in alleviating itching caused by poison ivy, oak, or sumac?

1. _____ Apply rubbing alcohol to the rash and all affected areas.
2. _____ Apply calamine lotion to the affected areas.
3. _____ Take an antihistamine.
4. _____ Apply hot water (not hot enough to burn) even though it will produce intense itching initially.
5. _____ Get a physician's prescription for a corticosteroid.
6. _____ Wash the affected areas with water immediately after contact with the plant.

Insect Stings

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

Which are appropriate first aid measures for insect stings?

1. _____ Remove a stinger with tweezers or fingers
2. _____ Wash the stung area with soap and water.
3. _____ Place a warm pack over the stung area
4. _____ Immediately seek medical attention for the victim with prior reactions.
5. _____ For allergic reactions, use epinephrine from an emergency insect sting kit.

Joyce Kilmer District

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Tick Removal

Check (X) the best answers.

Choose the methods that are most likely to be successful in removing an embedded tick.

1. _____ Apply a substance (e.g., oil or grease) to smother the tick, causing it to disengage its head
 2. _____ Apply fingernail polish and allow it to harden. Peel the polish off and the tick will come with it
 3. _____ Apply heat by holding a heated needle or a blown-out, glowing match head to the tick.
 4. _____ Pull the embedded tick out with tweezers.
 5. _____ Pry a tick out with a needle.
 6. _____ Put some gasoline or rubbing alcohol on a cotton ball and tape it loosely over the tick for 15 minutes.
 7. _____ Apply an ice cube over the tick.
-

Heat Burns

Choose the best answer.

1. _____ What should you do first to ease the pain from a burn?
 - A. Hold the injured part in a sink filled with warm water.
 - B. Cover the burned area with a clean dressing.
 - C. Cover the burn with petroleum jelly or any over-the-counter burn ointment.
 - D. Place the injured part in a sink filled with running cold water.
 2. _____ How could you lessen pain while seeking medical assistance for a burned victim?
 - A. Soak burned area in warm water.
 - B. Cover small burned areas with cool wet cloths.
 - C. Pinch the areas.
 - D. Immerse in cold saltwater.
 3. _____ The type of burn characterized by reddening, blisters and deep, intense pain is called a:
 - A. First-degree burn
 - B. Second-degree burn
 - C. Third-degree burn
 4. _____ Which type of burn is characterized by little or no pain and skin that is usually charred black or has areas that are dry and white?
 - A. First-degree burn
 - B. Second-degree burn
 - C. Third-degree burn
 5. _____ Using the "Rule of Nines," what percentage of an adult's body is involved if one entire arm and the front of one leg are burned?
 - A. 9%
 - B. 18%
 - C. 27%
 - D. 36%
 6. _____ Which body areas are especially sensitive to being burned?
 - A. Face
 - B. Hands
 - C. Feet
 - D. All of the above
 7. _____ A victim's hand size represents what percentage of the body?
 - A. 1%
 - B. 5%
 - C. 10%
-

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

When giving first aid for a burn, you should

1. _____ Apply petroleum jelly on the burn
 2. _____ Pull off a piece of clothing that is stuck to a burn.
 3. _____ Apply a clean dressing and secure it in place.
 4. _____ Blow on a burned area to cool it.
 5. _____ Use your fingers to remove pieces of burned skin.
 6. _____ Open blisters before applying a dressing.
 7. _____ Apply cool water to the burn.
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Anaphylactic Shock

Check the causes of anaphylactic (allergic reaction) shock in sensitive people:

1. _____ Sting by honeybee
2. _____ Eating nuts
3. _____ Taking penicillin

Check the signs and symptoms of anaphylactic shock:

1. _____ Blueness around lips and mouth
2. _____ Coughing and/or wheezing
3. _____ Breathing difficulty
4. _____ Severe itching or hives
5. _____ Nausea and vomiting
6. _____ Bleeding from the nose
7. _____ Extreme thirst

Mark each statement true (T) or false (F) regarding anaphylactic shock:

1. _____ Though the victim appears in distress, these reactions are not life-threatening
 2. _____ The only really effective treatment for severe allergic reaction is an immediate injection of epinephrine.
 3. _____ Antihistamines are effective alone.
 4. _____ Epinephrine is only available through a physician's prescription.
 5. _____ Some cases require CPR.
 6. _____ Several doses of epinephrine may be needed.
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Fainting

Mark each statement true (T) or false (F).

1. ____ Lack of oxygen to the brain causes fainting.
2. ____ Recovery within 5 minutes usually occurs after a fainting episode.
3. ____ A person may report feeling dizzy or seeing spots just before fainting.
4. ____ When a person's face becomes red and dry, fainting may occur.

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

What should you do for a person turning pale and saying he feels dizzy?

1. ____ Prevent him from falling.
2. ____ Place a cold towel on his forehead.
3. ____ Loosen clothing around the person's neck.
4. ____ Place him in a semi-sitting position.

Choose the best answer.

What should you do for a person who suddenly collapses and falls to the floor?

1. ____
A. Pour water on his face.
B. Wipe his face with a cool, wet cloth.
 2. ____
A. Loosen clothing around victim's neck.
B. Do not bother about loosening clothing.
 3. ____
A. Elevate feet and legs.
B. Place victim in a semi-sitting position.
 4. ____
A. Use smelling salts or ammonia inhalants.
B. Do not use smelling salts or ammonia inhalants.
 5. ____
A. Seek medical help if victim does not recover within 5 minutes.
B. Seek medical help for all fainting episodes.
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