

FIRST AID SKILLS – DAY 5

Planning Information																													
Subject (Presenter):	First Aid Skills – Day 5																												
Objectives:	<ul style="list-style-type: none"> • Heat emergencies • Cold emergencies 																												
Materials:	Handouts: <ul style="list-style-type: none"> • First Aid Merit Badge Booklet pages related to skills • Stages of Hypothermia 																												
Presentation																													
Learning Objectives:	1. Know how to prevent, spot and treat first aid situations for heat and cold emergencies.																												
Discovery:	Ask if anyone has ever known anyone with frostbite, hypothermia, heat exhaustion or heat stroke and how they were treated																												
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Application:	Practice any first aid situation for which the participants are not confident																												
Evaluation:	Self-assessment quizzes: <ul style="list-style-type: none"> • Frostbite • Hypothermia • Heat-related injuries 																												
Summary:	As Scouts we do a lot of activities in the heat and in the cold – it is important that we be prepared to prevent, spot and treat any injuries.																												

Hypothermia

The symptoms of hypothermia generally move through several clearly defined stages whose speed and order may vary slightly from person to person:

1st Stage:

- Internal body temperature drops from 98.6° to 97°/96°
- Victim begins uncontrollable shivering
- Victim often can't perform simple tasks such as closing a zipper or striking a match

2nd Stage:

- Internal body temperature drops to 92°/91°
- Victim begins violent shivering
- Victim starts to lose coordination, having difficulty speaking and their pace slows

3rd Stage:

- Internal body temperature drops to 87°/86°
- Victim stops shivering
- Victim's muscles become stiff and rigid
- Victim's coordination is severely impaired
- Victim shows obvious signs of irrational thinking though they remain in contact with the outside world

4th Stage:

- Internal body temperature drops to 82°/81°
- Victim's muscles are very rigid
- Victim's pulse and respiration slow and a zombie-like stupor may follow

5th Stage:

- Internal body temperature drops below 80°
- Victim loses consciousness
- Victim may cough up foamy white fluid from the lungs, a sign of terminal pulmonary edema
- Victim's heartbeat and respiration stops – Death

Hypothermia

Check (X) the appropriate action(s).

Which of the following actions are proper first aid for hypothermia?

1. _____ Give hot coffee or chocolate to rewarm a victim.
2. _____ Treat the victim gently.
3. _____ Replace wet clothing with dry clothing.
4. _____ Get the victim out of the cold environment

For mild hypothermia

5. _____ Rewarm the arms and legs first since they were first and are accessible.
6. _____ Add heat to the head, neck, chest, and groin first.
7. _____ Use a tub of hot water, but leave the victim's arms and legs out.
8. _____ Use rescuer's body heat against the victim's body while both are in a sleeping bag.

For profound hypothermia:

9. _____ Check breathing and pulse for at least one full minute.
10. _____ Quickly rewarm the victim even if outside of a medical facility.

Frostbite

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

Which of the following actions are proper first aid for frostbite?

1. _____ Rewarm a frostbitten part by exposing it to a fire or open flame.
2. _____ Rewarm a frostbitten part by using warm water (102-106°F).
3. _____ Placing frostbitten hands in another person's armpits is as effective as using warm water.
4. _____ Rub the frostbitten part to restore circulation.
5. _____ Rub the frostbitten area with snow.
6. _____ A victim with frozen lower extremities should be carried, if possible, to the nearest medical facility.
7. _____ If a victim with a severely frostbitten foot cannot be carried to medical aid, keep the part frozen and assist him in walking.
8. _____ Break any blisters that have formed.

Heat-Related Injuries

Choose the best answer.

On a hot day a man complains of pain in his legs and arms. Which of the following should you do?

1. _____
A. Give him a lot of cold water.
B. Make a saltwater drink by adding a teaspoon of salt to 1 glass of water.
2. _____
A. Massage the cramping muscle.
B. Rest the cramping muscle.

Mark each sign HE (heat exhaustion) or HS (heat stroke)

1. _____ skin: hot, dry or wet
2. _____ skin: cool, clammy
3. _____ sweating excessively
4. _____ sweating absent
5. _____ unconscious

Choose the best techniques.

A woman has hot, dry, red skin. Which two of the following cooling techniques could you use to quickly reduce her body temperature?

1. _____ Apply cold towels to her back.
 2. _____ Place her feet and hands in buckets cold water.
 3. _____ Wrap the victim in wet towels or sheets and fan her.
 4. _____ Apply cold, wet towels to the neck, armpits, head, and groin.
 5. _____ Apply cold, wet towels around her wrists and ankles.
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