

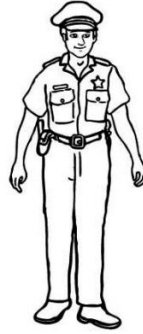
## First Responder

### Session 1

|                                  |  |
|----------------------------------|--|
| Preparation and Materials needed | <ul style="list-style-type: none"><li>✓ Materials needed for this session: First Aid Kit with lots of extra bandages, the First Responder color sheet, pencil, crayons/markers, and First Aid Scenario sheets</li><li>✓ Set up the room with places for the scouts to do the First Responder Color sheet immediately. After that the scouts should have places to “practice” First Aid on the floor with a partner.</li><li>✓ Have the Scout Oath and Law visible</li><li>✓ Have the attendance sheet out and ready</li><li>✓ Review the session to be prepared to lead the discussion. You are teaching First Aid during this session. Make sure you have reviewed the steps and be prepared to teach it.</li></ul> |
| Gathering                        | First Responder Coloring Sheet   |
| Opening                          | Pledge of Allegiance   |
| Talk Time                        | What is a first responder  |
| Activity                         | Pre first aid & Calling 911<br>Basic First Aid   |
| Closing                          | <ul style="list-style-type: none"><li>✓ Point out positive behaviors and activities shown during this session.</li><li>✓ Tell the scouts what next session will be.</li><li>✓ Have the scouts clean up the room</li></ul>  |
| After the meeting                | <ul style="list-style-type: none"><li>✓ Enter the advancements per rank.<ul style="list-style-type: none"><li>• Tiger – none</li><li>• Wolf – none</li><li>• Bear – none</li><li>• Webelos – First Responder 1-8</li><li>• Arrow of Light – none</li></ul></li><li>✓ Enter attendance</li><li>✓ Turn in any needed documents into the district/council</li><li>✓ Call, text, or e-mail 2 parents to share something positive about their scout. Make sure every scout has a positive comment before you return to these scouts.</li></ul>  |

# First Responders

First responders are people that have been trained to help people during an emergency. Color the first responders below.



## **Talk Time:** What is a first Responder

First responders are people who keep us safe. They include police, firefighter, EMS workers, and search and rescue professionals. Whenever an emergency happens or someone calls for help, they are the first people to respond.

Many first responders were once a scouter like you. Some enjoyed learning about first aid and wanted to provide emergency medical care for a living. Others became police officers or firefighters because they wanted to help other people just like the Scout Oath says.

In fact, first responders are helpful all the time, even when they aren't working. If an emergency happens in the woods, on an airplane, or in a restaurant, they quickly take action.

During this adventure, we are going to meet a first responder in person. Think about what you would like to ask them. Some questions might be about why they became a first responder, what they did in school to be a first responder, what is their favorite part of being a first responder, and what we should do if we ever need their help.

Speaking of needing their help, has anyone here ever needed a first responder or asked them for help.

\*allow the scouts to respond. Steer the conversation to positive interactions. Ask questions like how did you contact them and how did they help you or your family.

## **Activity 1:** Pre First Aid and calling 911

One thing that all first responders have in common is first aid. First aid is what you do to help someone before they can get to the hospital or ambulance. Usually, people only need first aid and will never go to the hospital. For this meeting we are going to focus on First Aid, next meeting we will learn about things like CPR.

Before you can do first aid, there are a couple things you have to do first.

1. **Check.** Make sure the scene is safe before approaching. You can't help anyone if you become a victim yourself.
2. **Calm down and think.** Assess the situation and decide what needs to be done. Staying calm may be hard to do, but it's important. The victim will feel better knowing you are in control, and you will be able to make better decisions than if you were panicked.
3. **Call.** If the victim seems badly hurt, send someone to call for medical help. If no one is there to do that, call for help, and offer to assist the victim.
4. **Care.** Explain that you know first aid, and get permission to treat the victim before doing anything else.

## **How to get help in an emergency.**

When sending someone to get help, point at a specific person and say something like, "James, go call 911 and ask for an ambulance."

If you are told to call 911 remember the three Ws: Who, What, and Where.

- **Who.** Give the name and the phone number you're calling from.
- **What.** Explain the situation. Is it a fire? A car accident? How many people are hurt? What are the injuries?
- **Where.** Give the exact location, using either the street address or the names of both streets at the nearest corner.

Never hang up until the operator tells you to. He or she may need more information. Don't worry; the operator can send help.

We are going to practice calling 911.

\* Have the scouts break into groups of 2 or 3 and make up a situation where they would call 911. After they have come up with their situation have them practice calling with you as the 911 operator.

Use the following as a basis of the practice.

**Program Leader** Hello, emergency service operator. Which service do you require? Fire, police or ambulance?

**Scout** Fire/police/ambulance

**Program Leader** I'll connect you now...

...

**Program Leader** Hello, what is your name?

**Scout**

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**Program Leader** What number are you calling from?

**Scout**

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**Program Leader** Where are you?

**Scout**

---

**Program Leader** What has happened?

**Scout**

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After each practice ask the scouts what went well, what can be done better? Remind the scouts to NEVER call 911 unless there is a real emergency.

### **Activity 2:** First Aid

Now that we have practiced calling 911, now we will talk about what we will do if we have to give first aid.

Break the scouts into groups. Give each group a situation needing first aid:

- Someone has a burn
- Someone has a nose bleed
- Someone is unresponsive
- Someone is choking
- Someone has a bad bleed
- Someone has a broken bone
- Someone has a sunburn
- Someone has a blister
- Someone has a tick bite
- Someone has frostbite

Work with each group to figure out what they would do in the situation. After each group has figured out what to do, have them present to the group how to handle the situation. Make sure everyone is paying attention and they know what to do.



**If someone has a burn...**

Keep the burn under cold water for at least ten minutes. Do not apply creams or ointments. Dress the wound with loose bandages. If the skin is charred, the victim should see a doctor immediately.



**If someone has a nosebleed...**

Help the person to lean their head forward and pinch the soft part of their nose for ten minutes. Put a cold cloth or ice pack on the area. Call for help if the bleeding doesn't stop after 15 minutes.



**If someone is unresponsive...**

Remember the three C's  
1. Check: Make sure the area is safe for you. Then check the victim to identify the problem. Is the victim breathing or moving? Look, listen and feel for breaths. Ask the victim, "Are you ok?"

2. Call: Call 911. Call out for help, or send someone for help.
3. Care: Care for the victim to the best of your ability while you wait for help to arrive. Some of the steps in treating hurry cases require special training to perform, but it's important to know what they are.



**If someone is choking...**

If they are coughing, just encourage them to keep coughing. If they stop coughing, hit them firmly in their back up to five times. If the object is not removed, give abdominal thrusts by wrapping your arms around their body from behind, hold around their waist with your hands in a fist right above their belly button, give them five quick thrusts or squeezes like you are picking them up. Keep doing this until the blockage comes out.



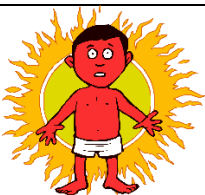
**If someone has a bad bleed...**

Stop the bleeding by applying direct pressure. Keep the wound as clean as possible to limit infection. Cover an open wound with sterile gauze pad or a clean cloth folded into a pad. If it bleeds through the fabric, keep it in place and add more. Call for or send someone for help.



**If someone has a broken bone...**

Tell the person to keep the injury still. Support the brake to stop it from moving using their hand, clothes or cushions. Call out for help. Or send someone to go get help or call 911.



**If someone has a sunburn...**

Sunburn is usually a first degree burn. Cool the area by using cold water. Keep the skin covered completely until the burn is healed.

To prevent sunburns, everyone should wear sunscreen with sun protection factor (SPF) of at least 30 reapplying it every two hours, even on cloudy days!



**If someone has a blister...**

Blisters are pockets of liquid. It is the skins way to protect itself from friction. To treat the blister cover it with a doughnut bandage. To make one, cut a hole in the middle of a bandage and put the hole around the blister and then bandage over all of it.



**If someone has frostbite...**

Frostbite happens when the skin gets cold enough to freeze. A sure sign of frostbite is grayish-white patches on the skin. The body part goes from painfully cold to numb.

To treat the area, warm it slowly by putting the body part next to warm bare skin or if possible running cool water slowly warming the water to warm the body part. NEVER RUB FROSTBITTEN FLESH! Get the victim to a doctor as soon as possible.



**If someone has a tick...**

If a tick has attached itself into someone, get an adult to help remove the tick. The adult will grasp the tick with a tweezer close to the skin and gently pull until it comes loose. It's important not to squeeze, twist, or jerk the tick, which could leave its mouth parts in the skin. Wash the wound with soap and water, and apply antibiotic ointment. If after the tick is removed and the victim develops a rash or feels ill they should see a doctor.