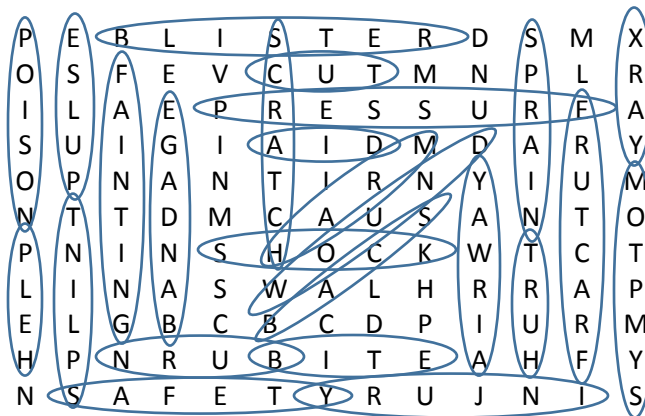


## First Responder

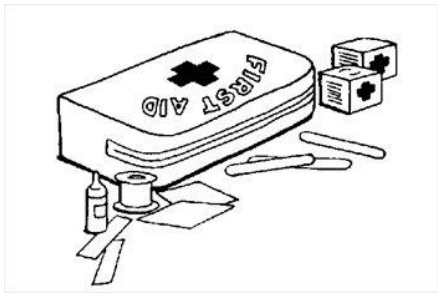
### Session 2

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 word search, pencil, crayons/markers</li> <li>✓ Set up the room with places for the scouts to do the word search immediately. After that the scouts should have places to “practice” CPR 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 CPR 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	Review First Aid from the last session
Activity	The Five Hurry Cases If time, choose a game
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>

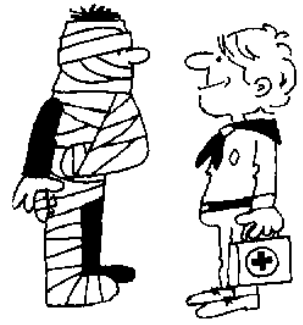
**Gathering:** Answer Key



# First Responder Word Search



P E B L I S T E R D S M X  
 O S F E V C U T M N P L R A  
 I L A E P R E S S U R E A Y  
 S U I G I A I D M D A R Y M  
 O P N A N T I R N Y I U M  
 N T T D M C A U S A N T O  
 P N I N S H O C K W T C T  
 L I N A S W A L H R R A P  
 E L G B C B C D P I U R M  
 H P N R U B I T E A H F Y  
 N S A F E T Y R U J N I S



Aid  
 Bandage  
 Blister  
 Pressure  
 Safety

Harm  
 Hurt  
 Burn  
 Tape  
 Fracture

Scratch  
 Splint  
 Pulse  
 Wound

Airway  
 Bite  
 Cut  
 Scab

Help  
 Injury  
 Symptom  
 Xray

Shock  
 Sprain  
 Poison  
 Fainting



## **Talk Time:** Review First Aid

Review the following with the scouts:

- What is first aid
- What do you do if you call 911
- 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

## **Activity 1:** The Five Hurry Cases

For the next five scenarios pick a scout to play the victim and ask the scouts what to do. Once you have the correct answer have the scout do the activity.

The five hurry cases are:

1. **Serious Bleeding.** When blood is spurting from a wound. It must be stopped quickly. To assist the victim, put on disposable, latex-free gloves and eye protection, then grab the wound with your gloved hand. Press hard. With your free hand, grab your neckerchief, handkerchief, or another cloth. Fold it into a pad, and press it on the wound. If you can, wrap the wound with gauze to hold the pad in place. If not, keep applying pressure with your hand. Do not remove the pad if it gets soaked with blood. Instead, put another pad and bandage over the first. Get help! Have someone call 911.
2. **Heart attack or sudden cardiac arrest.** If someone's heart has stopped, it must be restarted quickly. Heart attack is the #1 cause of death in the United States. Most heart attacks happen to adults, but sometimes even young people can experience them. The most common symptom of a heart attack is pain in the center of the chest, but people can have other symptoms as well, including:
  - Pain that radiates to the arms, back, neck or jaw
  - Sweating when the room is not hot
  - Feeling like throwing up
  - Feeling weak
  - Sudden, sharp chest pain outside the breastbone
  - Dizziness or lightheadedness

If you think a person is having a heart attack, call 911 for medical help at once! If the person becomes unresponsive, begin chest compressions immediately.

(Have the scouts partner up to "practice" taking each other's pulse and do chest compressions)

The steps of CPR for adults include a cycle of 30 chest compressions followed by rescue breaths. To do CPR do the following:

1. Place the heels of your hands on the center of the victim's chest, on top of the other. Lace your fingers together.

2. Position yourself over the victim with your shoulders over your hands and your arms straight.
  3. Give 30 compressions. Push hard and fast. Let the chest rise completely before pushing down again.
  4. Perform two rescue breaths by tilting the victims head back and pull their chin upwards. Pinch the victim's nose over the victims open mouth and blow two full breaths. If available, use a CPR Breathing Barrier.
  5. Keep doing CPR until the victim started breathing on their own or until a medical professional told you to stop.
- 3. Stopped Breathing.** If breathing has stopped, it must be restarted quickly. – have the scouts practice rescue breathing as done while doing CPR. Remind the scouts to call 911!
4. **Stroke.** If someone has a stroke they must get medical attention quickly! Stroke occurs when the blood supply is cut off to part of the brain. Brain damage and death can result in the victim doesn't get medical help. Stroke can cause:
- Numbness or weakness in the face, arm, or leg – especially on one side
  - Trouble walking, speaking, understanding, or seeing
  - Dizziness
  - Headache

A good way to remember the signs of stroke is with the acronym FAST:

**F**ace drooping

**A**rm weakness

**S**peech difficulty

**T**ime to call for help!

5. **Poisoning.** If someone has swallowed poison, it must be made harmless quickly. Poisoning can be caused by many things including:
- Eating certain wild mushrooms or berries
  - Swallowing household cleaning supplies, weed killer, insect poisons, or even things like nail polish remover
  - Taking too much medicine
  - Breathing in toxic fumes

If someone has swallowed or breathed in poison, call 911 or 800-222-1222, the national poison help line, immediately. Tell the operator what the poison is, if you know it, and follow the directions.

**Activity 2:** Choose a game

Learning CPR and First Aid can be very scary for children. If time allows, pick a fun active game to distract the scouts.

**Closing:** Take a moment to remind the scouts how serious First Aid and CPR is. They could save a life! However, it is more important to remember to call 911 and get help. Watch for emotional responses of the scouts. If a scout seems upset, make sure to check on them and contact their partnering adult.

At the next session the scouts will figure out a safety plan.