

FIRST AID

Overview

Number of Meetings: 2

Advancements:

Lion	<p><i>Animal Kingdom</i></p> <ol style="list-style-type: none"> 1. Learn the role of someone who provides a service to your community. 2. Demonstrate you know what to do in an emergency.
Tiger	None
Wolf	None
Bear	None
WELEBOS	<p><i>Webelos Adventure: First Responder</i></p> <ol style="list-style-type: none"> 1. Explain what first aid is. Tell what you should do after an accident. 2. Show what to do for the hurry cases of first aid: <ol style="list-style-type: none"> a. Serious bleeding b. Heart attack or sudden cardiac arrest c. Stopped breathing d. Stroke e. Poisoning 3. Show how to help a choking victim. 4. Show how to treat for shock. 5. Demonstrate that you know how to treat the following: <ol style="list-style-type: none"> a. Cuts and scratches b. Burns and scalds c. Sunburn d. Blisters on the hand and foot e. Tick bites f. Bites and stings of other insects g. Venomous snakebite h. Nosebleed i. Frostbite 6. Put together a simple home first-aid kit. Explain what you included and how to use each item correctly.
Arrow of Light	None
Webelos/Arrow of Light Elective Adventure	None

Supplies Needed:

- ✓ American Flag
- ✓ Pencils
- ✓ First Aid Baseball Supplies (Cards, bases, paper and pencil.
- ✓ Crayons or Markers
- ✓ First Aid Kit supplies (Sealable sandwich bags, Six adhesive bandages, Two 3x3 inch sterile gauze pads, One small roll of adhesive tape, One 3x6 inch piece of moleskin, Hand sanitizer, Three packets of antibiotic ointment, Pencil and paper).

Developed at Crossroads of America Council - After School District - Lead by Josette Crawford

Committee members:

Melissa Cox, Alyssa King, Laura Mayancela, Sean McDonald, Breaira O'Shea, Ariel Relf, Janna Turner, Kyle Winton

FIRST AID

Copies (1 per scout unless specified differently):

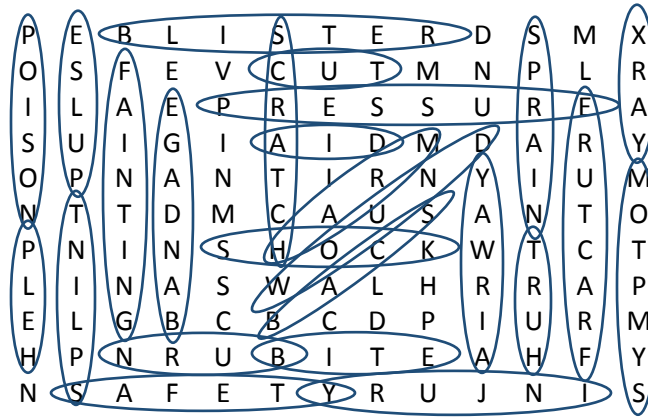
Session 1	<ul style="list-style-type: none"> ✓ First Responder word search/coloring sheet ✓ First Aid coloring sheet
Session 2	<ul style="list-style-type: none"> ✓ First Aid Scenario sheets ✓ First Aid Baseball ✓ The Five Hurry Cases

Session 1

Preparation and Materials needed	<ul style="list-style-type: none"> ✓ Materials needed for this session: " Build A First Aid Kit" relay cards, First Responder word search/color sheet, First Aid coloring page, pencil, crayons/markers. ✓ Set up the room with places for the scouts to do the First Responder Color sheet immediately. Set up "Build a First Aid Kit" relay in an open area. ✓ Have the Scout Oath and Law visible ✓ Have the attendance sheet out and ready ✓ 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.
Gathering	<p>First Aid Coloring Sheet (Lions, Tigers, and Wolves) First Responder Word Search/Coloring Sheet (Bears, Webelos, AOL)</p>
Opening	Pledge of Allegiance
Talk Time	What is a first aid: when and how to properly use it. What is an EMT and what do they do?
Activity	<p>First Aid Scenario activity Build a First Aid Kit relay</p>
Closing	<ul style="list-style-type: none"> ✓ Point out positive behaviors and activities shown during this session. ✓ Tell the scouts what next session will be. ✓ Have the scouts clean up the room
After the meeting	<ul style="list-style-type: none"> ✓ Enter the advancements per rank. <ul style="list-style-type: none"> • Lion – none • Tiger – none • Wolf – none • Bear – none • Webelos – First Responder 1-5 • Arrow of Light – none ✓ Enter attendance ✓ Turn in any needed documents into the district/council ✓ 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.

FIRST AID

Gathering: Answer Key



Talk Time: What Is First Aid; What Is an EMT

Ask: What do you think FIRST AID really means? (Knowing what you need to do FIRST in order to AID someone in cases of injury or medical emergencies.)

EMT stands for Emergency Medical Technician.

EMT's are responsible for responding to 911 calls and rushing to where someone is injured and performing lifesaving first aid procedures. Some of the procedures they perform include patient assessment, burn management, CPR (cardiopulmonary resuscitation), rescuing patients from dangerous situations, and providing lifesaving medication.

Activity 1: 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 learn basic First Aid.

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.

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:

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.

Activity 2: Build a First Aid Kit relay

- Divide the scouts into groups of 7-10 scouts (try to balance the ranks between each team).
- Put one set of relay cards for each team at one end of the game area.
- One at a time, have a scout run to the pile of cards and randomly pick one.
- The Scout will place the card in the box if it belongs in a basic first aid kit, if not it will be put to the side.
- After all of the cards have been selected, the scouts can then remove/add items from the kit.
- Continue until every team has all of the correct cards are in the first aid kit.

Closing

- ✓ Point out positive behaviors and activities shown during this session.
- ✓ Tell the scouts what next session will be.
- ✓ Have the scouts clean up the room

Session 2

Preparation and Materials needed	<ul style="list-style-type: none"> ✓ Materials needed for this session: Sealable sandwich bag, six adhesive bandages(per scout), two 3-by-3 inch sterile gauze pads(per scout), one small roll of adhesive tape, one 3-by-6 inch piece of moleskin, bottle of hand sanitizer, three individual packages of antibiotic ointment, pencil(per scout), paper(per scout), First Aid Baseball supplies. ✓ Set up the room with places for the scouts to assemble their own first aid kits as the Gathering Activity. Area ready to play First Aid Baseball. ✓ Have the Scout Oath and Law visible ✓ Have the attendance sheet out and ready ✓ 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.
Gathering	Assembling personal first aid kits
Opening	Pledge of Allegiance
Talk Time	Review First Aid from the last session

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Activity	Activity 1: First Aid Baseball Activity 2: The Five Hurry Cases
Closing	<ul style="list-style-type: none"> ✓ Point out positive behaviors and activities shown during this session. ✓ Tell the scouts what next session will be. ✓ Have the scouts clean up the room
After the meeting	<ul style="list-style-type: none"> ✓ Enter the advancements per rank. <ul style="list-style-type: none"> • Lion – Animal Kingdom 1-2 • Tiger – none • Wolf – none • Bear – none • Webelos – First Responder 1-6 • Arrow of Light – none ✓ Enter attendance ✓ Turn in any needed documents into the district/council ✓ 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.

Gathering:

Set up all the first aid kit items for the scouts to walk from item to item and collect them into their own personal first aid kit. As the scouts enter the room give them a sandwich bag and walk the route of the supplies.

Remind the scouts that the first aid kit supplies are NOT a toy. These are for emergencies and should be in their back pack all the time for when they need it.

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: First Aid Baseball

Materials:

- First aid baseball question cards
- Something to put on the floor to represent home plate and three bases – could be as simple as pieces of paper labeled “Home”, “1st”, “2nd”, and “3rd”

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- Pencil and a piece of paper to keep score

Instructions:

1. Line up one team behind the home plate. The first person in line is the batter.
2. Have the batter randomly choose one of the cards.
3. The umpire (Leader) asks the question on the card.
4. The batter answers the question, without help from his teammates.
5. The umpire reads the answer on the card so both teams know what the correct answer is.
6. The umpire decides if the question has been answered correctly or not. They can ask for clarification if they want to. All decisions of the umpire are final. Some of the questions have multiple part answers. The umpire can decide to let the runner advance a base or two if he gets part of the answer.
7. If the batter answered correctly, he advances the number of bases indicated by the umpire. If he answered incorrectly, the scorekeeper records an out for his team and the batter returns to the end of the line.
8. The next person in line is the batter and steps 2 to 6 are repeated. If the batter answers correctly and there is somebody on base ahead of him, everyone on base advances the number of bases indicated on the card.
9. When a base runner gets to home plate, the scorekeeper records a run for that team and the base runner returns to the end of his team's line.
10. When a team has three outs, then the other team "bats".
11. Play two or three innings, making sure each team bats during each inning played.
12. The team with the most runs at the end wins.

Activity 2: 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 clothe. 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

FIRST AID

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)

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:

Face drooping

Arm weakness

Speech difficulty

Time 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.

Closing:

Take a moment to remind the scouts how serious First Aid 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.