

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
 I L A E P R E S S U R E A
 S U I G I A I D M D A R Y
 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







If someone has a minor burn...

CHECK: Verify the seriousness of the burn.

CALL: Notify an adult to decide if it is necessary to contact EMS or a doctor for this injury. If the skin is charred, the victim should see a doctor immediately.

CARE: Keep the burn under cold water for at least ten minutes. Do not apply creams or ointments. Dress the wound with loose bandages.



If someone has a nosebleed...

CHECK: Check the status of the victim. If the nosebleed lasts longer than 20 minutes or is the result of an accident, they might have a more serious injury.

CALL: Seek medical help if the nosebleed lasts for more than 20 minutes or if it is the result of an accident or a blow to the head.

CARE: Have the person lean forward, have them pinch the soft part of their nose, and breathe through their mouth.



If someone is unresponsive...

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?"

CALL: Call 911. Call out for help, or send someone for help.

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...

CHECK: If they are coughing, encourage them to keep coughing. If they stop coughing, ask if they want your help.

CALL: Call 911 if they stop breathing and become unresponsive.

CARE: If they need help, hit them firmly on 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...

CHECK:

CALL: Call for help or send someone for help.

CARE: 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.



If someone has a broken bone...

CHECK: Check to make sure the area is safe for you and the victim. If there is no other danger, do not move them.

CALL: Call out for help or send someone to go get help or call 911.

CARE: Tell the person to keep the injury still. Support the brake to stop it from moving using their hand, clothes or cushions.



If someone has a sunburn...

CHECK: Check for redness or possible swelling of the sunburned skin.

CALL: If the skin has blisters and they break open, call a doctor.

CARE: Cool the area by using cold water. Apply moisturizer or Aloe Vera lotion to the affected area and 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...

CHECK: Check to see if the blister “bubble” has formed.

CALL: There is no need to contact EMS, if a blister

pops or tears it may require medical attention.

CARE: To prevent a blister, wear liner socks when hiking or place a bandage over an area that feels tender or warm from rubbing. To treat a blister that has formed, 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...

CHECK: Watch for signs of frostbite when outdoors in the wintertime. The skin may look yellowish or gray and feel hard or wax-like.

CALL: Consulting with EMS is important, especially if numbness or pain remains

after thawing or if blisters form.

CARE: Gradually warm the affected area by putting the area in warm water. If the frozen body part might refreeze after thawing, do not thaw, because this could cause tissue damage. NEVER RUB FROSTBITTEN FLESH! Get the victim to a doctor as soon as possible.



If someone has a tick...

CHECK: Check to see if the tick has attached itself into the person, but do not pull on the tick.

CALL: Get an adult to help remove the tick. If a rash or “ring” around the bite develops after the tick is removed or if they feel ill they should see a doctor.

CARE: 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 someone is bitten by a venomous snake...

CHECK: Check for markings on the snake if this can be done without endangering yourself; this will help in identifying the snake.

CALL: Call EMS.

CARE: Remove rings from fingers before swelling can take place. Treat for shock and keep the part of the body that received the bite below the level of the heart. Keep the victim from moving excessively, and don’t give them any caffeinated beverages.



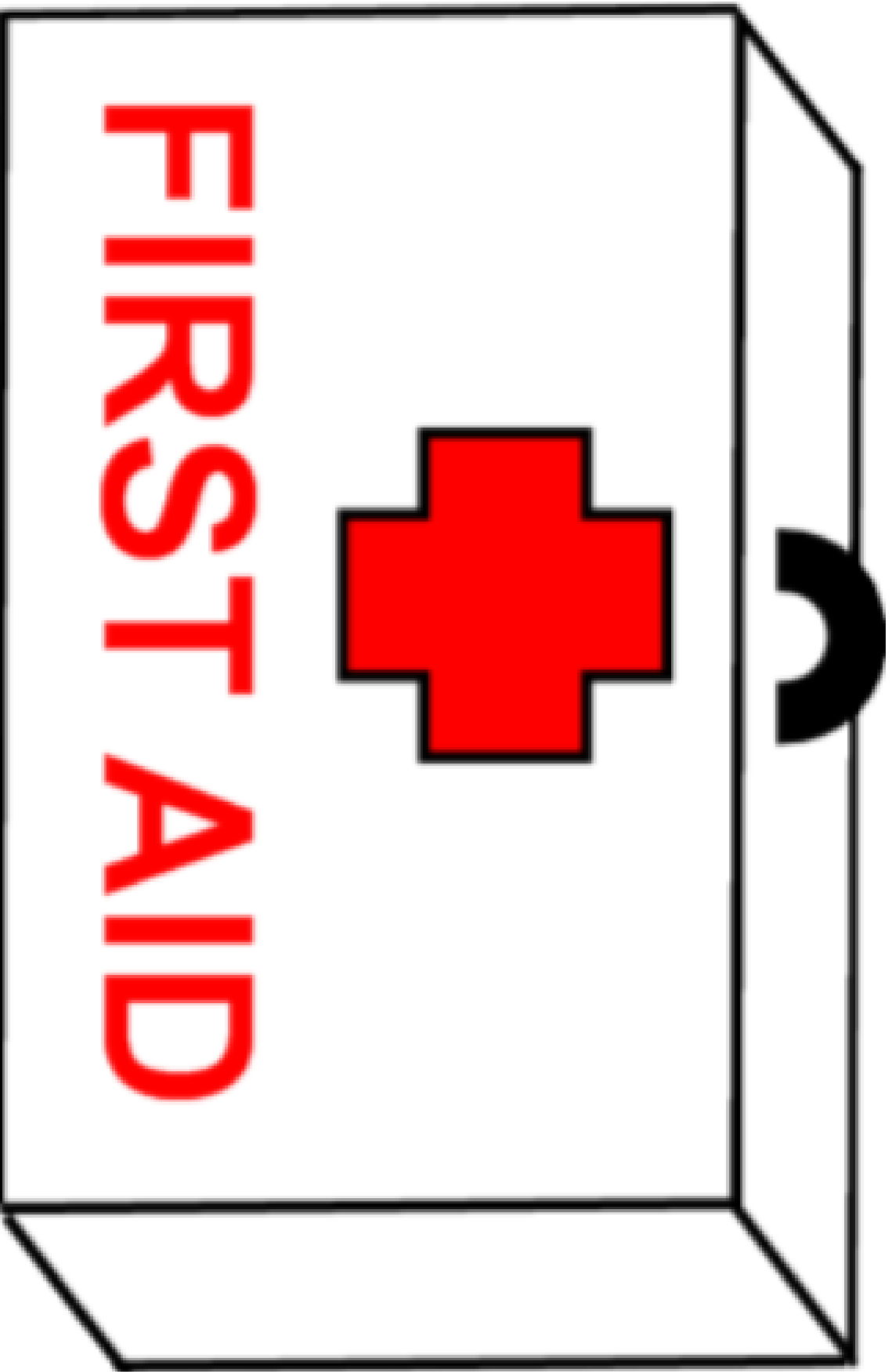
Bites and stings from insects...

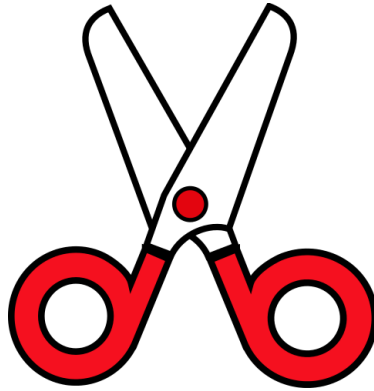
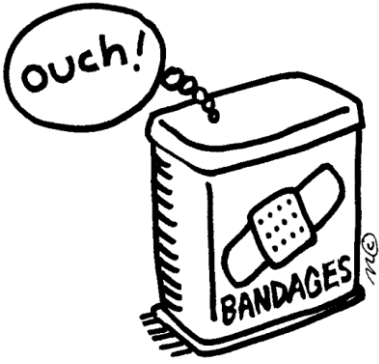
CHECK: Be sure that you and the victim is safe from further stings.

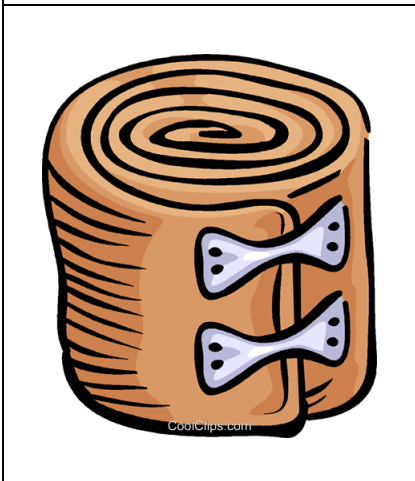
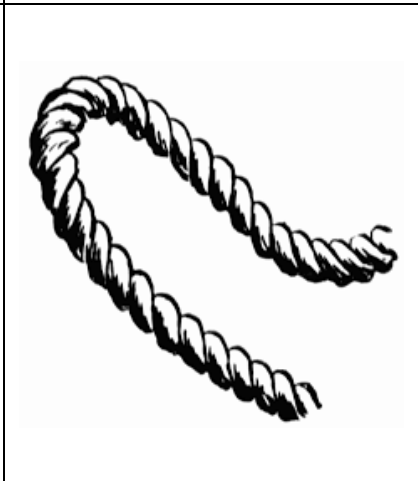
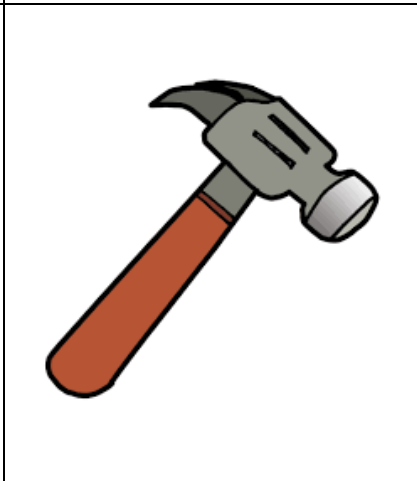
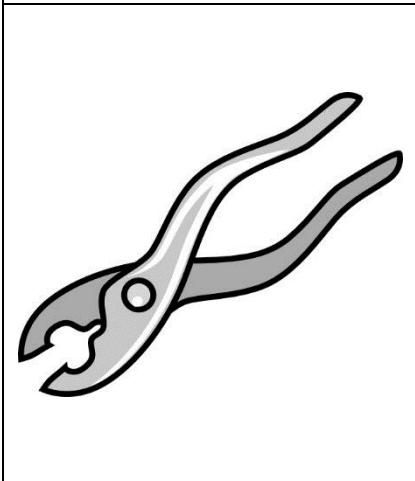
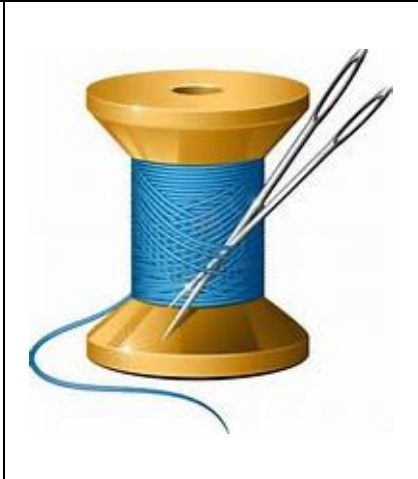
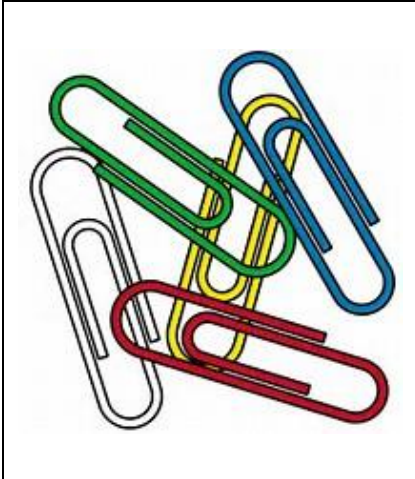
CALL: If the victim has an allergy to venom, it is

important to immediately alert EMS.

CARE: Move the victim away from the source of the stings. Use a plastic card to scrapw away the stinger to prevent the release of additional venom. Wash the area and apply a bandage. A cold compress with ice may help reduce swelling and discomfort.







First Aid Baseball Cards

<p>Name the things you should tell emergency services when calling for help</p> <ul style="list-style-type: none"> • Location of victim • Description of injuries or illness • What time did the injury occur • Any treatment which has already been administered • Number of people with the victim and their first aid skill level • Any special equipment or assistance which might be needed <p>Home Run – advance four bases</p>	<p>What is first aid? First aid is the first help given to the victim of an accident or other health emergency</p> <p>Single – advance one base</p>	<p>What are the three things first aid should do?</p> <ul style="list-style-type: none"> • Stop life threatening dangers • Protect the victim from further harm • Get proper medical help for the victim <p>Triple – advance three bases</p>
<p>What are the four situations known as “hurry cases” which pose an immediate threat to the victim’s life?</p> <ul style="list-style-type: none"> • No heartbeat • Severe bleeding • Stopped breathing • Ingested poison <p>Home Run – advance four bases</p>	<p>If the victim is not breathing, what should you check first? Is his airway obstructed</p> <p>Single – advance one base</p>	<p>If the victim is not breathing and his airway is open, what should you begin to do? Rescue breathing</p> <p>Single – advance one base</p>
<p>During rescue breathing, what indicates that the air is reaching the victim’s lungs? His chest rises and falls</p> <p>Single – advance one base</p>	<p>When doing rescue breathing, you should continue until one of two things happens. What are those two things? A medic tells you to stop It becomes physically impossible for you to continue</p> <p>Double – advance two bases</p>	<p>You should only interfere with a conscience choking victim if he cannot do three things. What the these? He cannot speak, cough, or breathe.</p> <p>Triple – advance three bases</p>
<p>What is the first type of physical aid you should give to a conscience choking victim? Five back blows</p> <p>Single – advance one base</p>	<p>What is the universal sign for choking? Clutch your throat with your hand</p> <p>Single – advance one base</p>	<p>What are the five common signs of a heart attack?</p> <ul style="list-style-type: none"> • Uncomfortable pressure, squeezing, fullness, or pain in the center of the chest • Unusual sweating • Nausea • Shortness of breath • A feeling of weakness <p>Home run – advance four bases</p>

<p>Blood can be contaminated with blood borne viruses. What two precautions should you take when helping a bleeding victim?</p> <ul style="list-style-type: none"> • Use a protective barrier, such as gloves • Wash exposed skin with hot water and soap immediately after treating the victim <p>Double – advance two bases</p>	<p>What four items should be included in all first aid kits to protect the person providing first aid?</p> <ul style="list-style-type: none"> • Nonlatex gloves • A mouth barrier device for rescue breathing • Plastic goggles or safety glasses • Antiseptic for sterilizing exposed skin <p>Home run – advance four bases</p>	<p>What item which every scout owns can be used to make a bandage?</p> <p>A neckerchief</p> <p>Single – advance one base</p>
<p>What is the most common cause of accidental death among children?</p> <p>Poisoning</p> <p>Single – advance one base</p>	<p>What three steps should you take when giving first aid to a poisoning victim?</p> <ul style="list-style-type: none"> • Call a poison control center • Treat the victim for shock • Save any vomit <p>Triple – advance three bases</p>	<p>Name four of the signs of shock</p> <ul style="list-style-type: none"> • Restlessness or irritability • A feeling of weakness • Confusion, fear, or dizziness • Moist, clammy, pale skin • Quick weak pulse • Shallow, rapid, irregular breathing • Nausea and vomiting • Extreme thirst <p>(Name any four)</p> <p>Home run – advance four bases</p>
<p>What five things should you do for a victim of shock?</p> <ul style="list-style-type: none"> • Try to eliminate the cause of the shock • Call for emergency help • Monitor the victim’s breathing and keep the airway open • Have the victim lie down, raising the feet about 12 inches above the head • Keep the victim warm with blankets or coats <p>Home run – advance four bases</p>	<p>What should you do if you feel like you might faint?</p> <p>Sit down</p> <p>Single – advance one base</p>	<p>If a person who has fainted does not improve, what should you treat him for?</p> <p>Treat him for shock</p> <p>Single – advance one base</p>
<p>What three steps should you take for small wounds such as cuts and scrapes?</p> <ul style="list-style-type: none"> • Wash with soap and water • Apply antiseptic • Cover with a bandage <p>Triple – advance three bases</p>	<p>What four steps should you take for a victim with a large cut or wound</p> <ul style="list-style-type: none"> • Apply pressure to stop the bleeding • Keep the wound clean • Cover with a sterile pad or a clean cloth • Seek medical attention <p>Home run – advance four bases</p>	<p>What first aid should you provide for a splinter or puncture wound?</p> <ul style="list-style-type: none"> • Remove anything inside the wound with sterilized tweezers • Wash with soap and water • Apply a sterile bandage • Seek medical attention <p>Home run – advance four bases</p>

<p>Name two ways to sterilize a pair of tweezers</p> <ul style="list-style-type: none"> • Hold over a flame • Hold in boiling water <p>Double – advance two bases</p>	<p>What is the best thing to do if the victim has a fishhook snagged in him?</p> <p>Go to a doctor to have it removed.</p> <p>Single – advance one base</p>	<p>If you are in the backcountry and a victim has a fishhook snagged in him and you are unable to get to a doctor, what should you do?</p> <ul style="list-style-type: none"> • Push the hook further in so that the barb comes out of the skin. • Snip off the barb with a pliers or wire cutter. • Carefully pull the shank back out through the point of entry. • Wash and bandage the wound <p>Home run – advance four bases.</p>
<p>What first aid should you provide for a superficial (first degree) burn?</p> <p>Hold the burn under cold water or apply cool wet compresses until the pain goes away</p> <p>Single – advance one base</p>	<p>Should you apply butter, creams, or ointments to a partial thickness (second degree) burn?</p> <p>No!</p> <p>Single – advance one base</p>	<p>What are the signs of a partial thickness (second degree) burn?</p> <p>Blisters</p> <p>Single – advance one base</p>
<p>What is the treatment for a partial thickness (second degree) burn?</p> <ul style="list-style-type: none"> • Place the burn in cool water • Let the burn dry • Apply a sterile gauze pad to protect the blister <p>Triple – advance three bases</p>	<p>Should you break the blisters of a partial thickness (second degree) burn?</p> <p>No!</p> <p>Single – advance one base</p>	<p>What are the two signs of a full thickness (third degree) burn?</p> <ul style="list-style-type: none"> • Skin might be burned away or charred • Victim might not feel pain <p>Double – advance two bases</p> <p>What is the treatment for a full thickness (third degree) burn?</p> <ul style="list-style-type: none"> • Do not disturb the burned area. Wrap the victim in a clean sheet • Seek medical attention immediately <p>Triple – advance three bases</p>
<p>Name two ways to prevent sunburn</p> <ul style="list-style-type: none"> • Wear a sunscreen with SPF 15 or higher • Cover exposed skin with a hat, long sleeved shirt, and long pants <p>Double – advance two bases</p>	<p>How can you prevent blisters?</p> <ul style="list-style-type: none"> • Wear shoes or boots that fit • Avoid wearing damp or wet socks • Pay attention to how your feet feel <p>Triple – advance three bases</p>	<p>What is the treatment for blisters?</p> <ul style="list-style-type: none"> • Cut moleskin patches and fit them around the blister • Apply a gel pad <p>Double – advance two bases</p>

<p>What is the treatment for hypothermia?</p> <ul style="list-style-type: none"> • Have the victim drink warm liquids • Get the victim to shelter • Have the victim change into warm dry clothes • Apply bottles filled with warm fluid to the armpits and groin • Monitor the victim, but do not move him <p>Home run – advance four bases</p>	<p>When approaching an accident victim, what is the first thing you should check about the scene? Assess the area for safety so you don't get injured yourself.</p> <p>Single – advance one base</p>	<p>What is the first aid for frostbite?</p> <ul style="list-style-type: none"> • Get to shelter • Warm the area with the palm of the hand or in an armpit • Hold the area under warm water • Cover the area with a warm, dry blanket • Seek medical attention <p>Home run – advance four bases</p>
<p>What is the treatment for a sprained ankle?</p> <p>Wrap a bandage or neckerchief around it to provide support</p> <p>Single – advance one base</p>	<p>What first aid should you provide for a bee or wasp sting?</p> <ul style="list-style-type: none"> • Scrape the stinger away with the edge of a knife • Apply an ice pack to reduce pain and swelling <p>Double –advance two bases</p>	<p>Why shouldn't you squeeze a bee or wasp stinger out?</p> <p>It will force venom into the wound</p> <p>Single – advance one base</p>
<p>How should a tick be removed?</p> <ul style="list-style-type: none"> • Grasp the tick with a pair of tweezers • Gently pull it until it comes loose <p>Double – advance two bases</p>	<p>How should chigger bites be treated?</p> <p>Calamine lotion or apply a small dab of clear fingernail polish</p> <p>Single – advance one base</p>	<p>How should a spider bite be treated?</p> <ul style="list-style-type: none"> • Wash with soap and water • Apply a cold pack • Seek medical attention <p>Single –advance one base</p>
<p>What first aid should be provided for an animal bite?</p> <ul style="list-style-type: none"> • Scrub the area with soap and water • Cove the wound with a sterile pad • Seek medical attention <p>Triple – advance three bases</p>	<p>Should you try to catch the animal which caused an animal bite?</p> <p>No! Don't put yourself at risk by trying to catch the animal.</p> <p>Single – advance one base</p>	<p>What first aid should be provided for a nonvenomous snakebite?</p> <ul style="list-style-type: none"> • Wash with soap and water • Apply an antiseptic <p>Double –advance two bases</p>
<p>What first aid should be provided for a venomous snakebite?</p> <ul style="list-style-type: none"> • Seek medical attention as soon as possible • Remove rings which might cause problems if swelling occurs • Have the victim sit down and position the bitten part lower than the rest of his body. • Treat for shock. <p>Home run – advance four bases</p>	<p>Should you try to suck the venom out of a snakebite?</p> <p>No!</p> <p>Single –advance one base</p> <p>Should you apply ice to a snakebite?</p> <p>No!</p> <p>Single – advance one base</p>	<p>What should be done for a person with something in their eye?</p> <ul style="list-style-type: none"> • Have the person blink • Try to flush out the particle with clean, running water <p>Double – advance two bases</p>

<p>What should be done for somebody who is hyperventilating?</p> <ul style="list-style-type: none"> • Try to get them to stay calm and breath slowly • Have them breath into and out of a paper bag • Seek medical attention <p>Triple – advance three bases</p>	<p>What should you do if you suspect a neck or spinal injury?</p> <p>Support the victim’s head and neck in the position found.</p> <p>Single – advance one base</p> <p>Should you move a victim if you suspect a broken bone?</p> <p>No!</p> <p>Single – advance one base</p>	<p>What should you do if you come into contact with poison ivy, poison oak, or poison sumac?</p> <ul style="list-style-type: none"> • Change your clothes • Wash the exposed area with soap and water • Apply calamine lotion <p>Triple – advance three bases</p>
<p>What are the five symptoms of heat exhaustion?</p> <ul style="list-style-type: none"> • Pale, clammy skin • Nausea and fatigue • Dizziness and faintness • Headache and muscle cramps • Rapid pulse <p>Home run – advance four bases</p>	<p>How should heat exhaustion be treated?</p> <ul style="list-style-type: none"> • Have the victim lie down • Remove excess clothing • Apply wet, cool cloths • Fan the victim • Give the victim water to drink • If he doesn’t improve immediately, seek medical attention <p>Home run – advance four bases</p>	<p>What are seven the signs of hypothermia?</p> <ul style="list-style-type: none"> • Feeling cold and numb • Fatigue and anxiety • Uncontrollable shivering • Slurred speech • Confusion or irritability • Stumbling and falling down • Loss of consciousness <p>Home run – advance four bases</p>