







### First Aid Baseball Cards

<p>Name the things you should tell emergency services when calling for help</p> <ul style="list-style-type: none"> <li>• Location of victim</li> <li>• Description of injuries or illness</li> <li>• What time did the injury occur</li> <li>• Any treatment which has already been administered</li> <li>• Number of people with the victim and their first aid skill level</li> <li>• Any special equipment or assistance which might be needed</li> </ul> <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"> <li>• Stop life threatening dangers</li> <li>• Protect the victim from further harm</li> <li>• Get proper medical help for the victim</li> </ul> <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"> <li>• No heartbeat</li> <li>• Severe bleeding</li> <li>• Stopped breathing</li> <li>• Ingested poison</li> </ul> <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"> <li>• Uncomfortable pressure, squeezing, fullness, or pain in the center of the chest</li> <li>• Unusual sweating</li> <li>• Nausea</li> <li>• Shortness of breath</li> <li>• A feeling of weakness</li> </ul> <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"> <li>• Use a protective barrier, such as gloves</li> <li>• Wash exposed skin with hot water and soap immediately after treating the victim</li> </ul> <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"> <li>• Nonlatex gloves</li> <li>• A mouth barrier device for rescue breathing</li> <li>• Plastic goggles or safety glasses</li> <li>• Antiseptic for sterilizing exposed skin</li> </ul> <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"> <li>• Call a poison control center</li> <li>• Treat the victim for shock</li> <li>• Save any vomit</li> </ul> <p>Triple – advance three bases</p>	<p>Name four of the signs of shock</p> <ul style="list-style-type: none"> <li>• Restlessness or irritability</li> <li>• A feeling of weakness</li> <li>• Confusion, fear, or dizziness</li> <li>• Moist, clammy, pale skin</li> <li>• Quick weak pulse</li> <li>• Shallow, rapid, irregular breathing</li> <li>• Nausea and vomiting</li> <li>• Extreme thirst</li> </ul> <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"> <li>• Try to eliminate the cause of the shock</li> <li>• Call for emergency help</li> <li>• Monitor the victim’s breathing and keep the airway open</li> <li>• Have the victim lie down, raising the feet about 12 inches above the head</li> <li>• Keep the victim warm with blankets or coats</li> </ul> <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"> <li>• Wash with soap and water</li> <li>• Apply antiseptic</li> <li>• Cover with a bandage</li> </ul> <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"> <li>• Apply pressure to stop the bleeding</li> <li>• Keep the wound clean</li> <li>• Cover with a sterile pad or a clean cloth</li> <li>• Seek medical attention</li> </ul> <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"> <li>• Remove anything inside the wound with sterilized tweezers</li> <li>• Wash with soap and water</li> <li>• Apply a sterile bandage</li> <li>• Seek medical attention</li> </ul> <p>Home run – advance four bases</p>

<p>Name two ways to sterilize a pair of tweezers</p> <ul style="list-style-type: none"> <li>• Hold over a flame</li> <li>• Hold in boiling water</li> </ul> <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"> <li>• Push the hook further in so that the barb comes out of the skin.</li> <li>• Snip off the barb with a pliers or wire cutter.</li> <li>• Carefully pull the shank back out through the point of entry.</li> <li>• Wash and bandage the wound</li> </ul> <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"> <li>• Place the burn in cool water</li> <li>• Let the burn dry</li> <li>• Apply a sterile gauze pad to protect the blister</li> </ul> <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"> <li>• Skin might be burned away or charred</li> <li>• Victim might not feel pain</li> </ul> <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"> <li>• Do not disturb the burned area. Wrap the victim in a clean sheet</li> <li>• Seek medical attention immediately</li> </ul> <p>Triple – advance three bases</p>
<p>Name two ways to prevent sunburn</p> <ul style="list-style-type: none"> <li>• Wear a sunscreen with SPF 15 or higher</li> <li>• Cover exposed skin with a hat, long sleeved shirt, and long pants</li> </ul> <p>Double – advance two bases</p>	<p>How can you prevent blisters?</p> <ul style="list-style-type: none"> <li>• Wear shoes or boots that fit</li> <li>• Avoid wearing damp or wet socks</li> <li>• Pay attention to how your feet feel</li> </ul> <p>Triple – advance three bases</p>	<p>What is the treatment for blisters?</p> <ul style="list-style-type: none"> <li>• Cut moleskin patches and fit them around the blister</li> <li>• Apply a gel pad</li> </ul> <p>Double – advance two bases</p>

<p>What is the treatment for hypothermia?</p> <ul style="list-style-type: none"> <li>• Have the victim drink warm liquids</li> <li>• Get the victim to shelter</li> <li>• Have the victim change into warm dry clothes</li> <li>• Apply bottles filled with warm fluid to the armpits and groin</li> <li>• Monitor the victim, but do not move him</li> </ul> <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"> <li>• Get to shelter</li> <li>• Warm the area with the palm of the hand or in an armpit</li> <li>• Hold the area under warm water</li> <li>• Cover the area with a warm, dry blanket</li> <li>• Seek medical attention</li> </ul> <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"> <li>• Scrape the stinger away with the edge of a knife</li> <li>• Apply an ice pack to reduce pain and swelling</li> </ul> <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"> <li>• Grasp the tick with a pair of tweezers</li> <li>• Gently pull it until it comes loose</li> </ul> <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"> <li>• Wash with soap and water</li> <li>• Apply a cold pack</li> <li>• Seek medical attention</li> </ul> <p>Single –advance one base</p>
<p>What first aid should be provided for an animal bite?</p> <ul style="list-style-type: none"> <li>• Scrub the area with soap and water</li> <li>• Cove the wound with a sterile pad</li> <li>• Seek medical attention</li> </ul> <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"> <li>• Wash with soap and water</li> <li>• Apply an antiseptic</li> </ul> <p>Double –advance two bases</p>
<p>What first aid should be provided for a venomous snakebite?</p> <ul style="list-style-type: none"> <li>• Seek medical attention as soon as possible</li> <li>• Remove rings which might cause problems if swelling occurs</li> <li>• Have the victim sit down and position the bitten part lower than the rest of his body.</li> <li>• Treat for shock.</li> </ul> <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"> <li>• Have the person blink</li> <li>• Try to flush out the particle with clean, running water</li> </ul> <p>Double – advance two bases</p>

<p>What should be done for somebody who is hyperventilating?</p> <ul style="list-style-type: none"> <li>• Try to get them to stay calm and breath slowly</li> <li>• Have them breath into and out of a paper bag</li> <li>• Seek medical attention</li> </ul> <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"> <li>• Change your clothes</li> <li>• Wash the exposed area with soap and water</li> <li>• Apply calamine lotion</li> </ul> <p>Triple – advance three bases</p>
<p>What are the five symptoms of heat exhaustion?</p> <ul style="list-style-type: none"> <li>• Pale, clammy skin</li> <li>• Nausea and fatigue</li> <li>• Dizziness and faintness</li> <li>• Headache and muscle cramps</li> <li>• Rapid pulse</li> </ul> <p>Home run – advance four bases</p>	<p>How should heat exhaustion be treated?</p> <ul style="list-style-type: none"> <li>• Have the victim lie down</li> <li>• Remove excess clothing</li> <li>• Apply wet, cool cloths</li> <li>• Fan the victim</li> <li>• Give the victim water to drink</li> <li>• If he doesn’t improve immediately, seek medical attention</li> </ul> <p>Home run – advance four bases</p>	<p>What are seven the signs of hypothermia?</p> <ul style="list-style-type: none"> <li>• Feeling cold and numb</li> <li>• Fatigue and anxiety</li> <li>• Uncontrollable shivering</li> <li>• Slurred speech</li> <li>• Confusion or irritability</li> <li>• Stumbling and falling down</li> <li>• Loss of consciousness</li> </ul> <p>Home run – advance four bases</p>