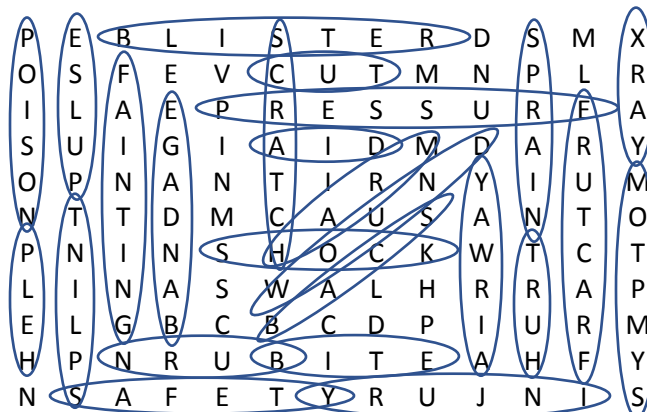


Session 1

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.

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:

- 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.

FIRST AID

- 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