

# First Class First Year: First Aid - Bandages



# ***First Aid: Bandages***

## **Learning Objectives**

As a result of this experience, each participant should be able to:

Complete advancement requirement F8b

Construct and use the bandages for the head, upper arm, sprained ankle and collarbone.

## **Materials Required**

Bandages for above (One set for each injury) Two "victims" for game.

## **Discovery**

Fix up a scout (or better an Assistant Scoutmaster) with all the bandages above. Allow the scouts to laugh and ask questions. Ask each if they have seen bandages like this before, and if they know how to tie them.

## **Teaching-Learning**

- I. Go over, with a victim, the following bandages:
  - A. Head
  - B. Upper arm
  - C. Sprained ankle
  - D. Collar Bone.

Allow scouts to practice for a few minutes.

Tell scouts that they will use these skills on this month's outing.

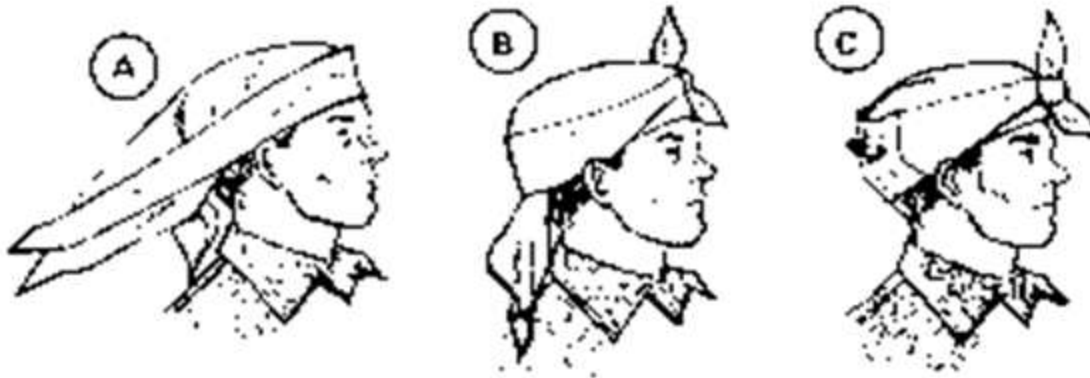
## **Application: Bandage Relay**

Divide the patrol into two teams. Provide patrols with a list of bandages. At the signal ("Go") one member of each team will run forward and apply the first bandage to the 'victim.' It must be certified correct. Then the next member does the second one and so on. The first team finished wins.

# 1<sup>st</sup> Class 8b – Head Bandage

## Apply a Triangular Bandage to the Head.

- Turn the base (longest side) of the bandage up and center its base on center of the forehead, letting the point (apex) fall on the back of the neck.
- Take the ends behind the head and cross the ends over the apex.
- Take them over the forehead and tie them (Figure 3-10 B).
- Tuck the apex behind the crossed part of the bandage and/or secure it with a safety pin, if available (Figure 3-10 C).



# 1<sup>st</sup> Class 8b – Broken Bones

A broken limb can be identified by one or more of the following

- Pain
- A feeling of no power in a limb
- Great tenderness
- Swelling
- Deformity
- shortening

If there are any of these signs, assume there is a fracture and act as described below. Don't start testing the limb to see if its is broken: you may make matters worse. You are only asked at this stage to deal with 2 fractures:

- Collarbone
- Upper Arm

# 1<sup>st</sup> Class 8b – Broken Bones

Broken bones are serious injuries and your job is not to cure the patient. If you suspect a fracture, call 911 AT ONCE; if you are alone with the patient, or in the wilderness you will have to use your common-sense, but in any case two things are necessary:

1. Treat for Shock
2. Prevent further movement of the limb

# 1<sup>st</sup> Class 8b – Shock

## **Symptoms:**

Rapid, weak pulse (in early shock pulse may be normal when lying down.) Rapid breathing. Weak pulse. Pale or bluish skin, nail beds, & lips. Damp, clammy skin. Restlessness, anxiety, weakness. Nausea & vomiting. Altered state of responsiveness.

# 1<sup>st</sup> Class 8b – Shock

**Treatment:** Note: Shock requires immediate Medical attention!

- Check the ABCs. (Airway, Breathing, Circulation)  
Examine victim for bleeding.
- Control all bleeding and treat any major injuries.
- Lay the victim on his back with feet elevated 8 to 12 inches.
- Keep victim sheltered and warm.
- Do not give food to victim. If able to swallow, give clear liquids.
- Evacuate as quickly as possible.

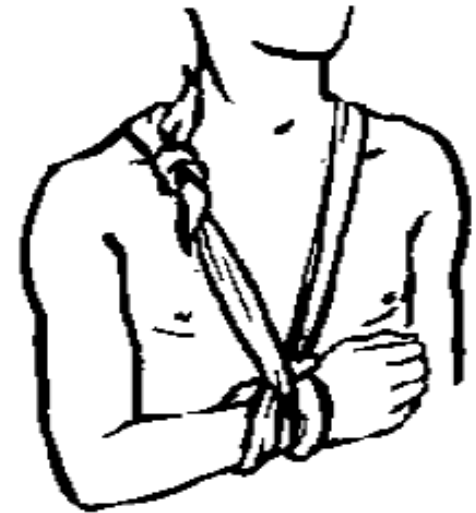
# 1<sup>st</sup> Class 8b – Splinting Upper Arm



Splinting an Upper-Arm Fracture – If the fracture is not near the shoulder or near the elbow, tie a splint to the outside of the upper arm. You can use any suitable bits of wood like sticks or rolled up cardboard or newspaper. If you use sticks, pad them well to make them comfortable. Before you put on the splints, place the arm in a sling with the hand raised about 3 inches above level. Put one bandage above the fracture and one below. Then use a bandage to hold the upper arm against the side of the chest. The body will act as a splint to help the elbow and shoulder from moving.

# 1<sup>st</sup> Class 8b – Splinting Upper Arm

If the injury is near the shoulder, don't put on splints. Put the center of a broad bandage over the shoulder and tie under the opposite armpit. Support the arm in a small sling. If the injury is near the elbow, gently bend the arm, palm of hand upwards, and support it with a collar and cuff sling, this is made by using a length of roller bandage or length of robe and tie a clove hitch around the wrist as in the figure and fasten it around the neck.



# 1<sup>st</sup> Class 8b – Collarbone Bandage

Fracture of the collarbone frequently is caused by a fall with the hand outstretched or by a blow to the shoulder.

*The symptoms of a fractured collarbone are as follows:*

- Pain in the area of the shoulder
- Partial or total disability of the arm on the injured side
- The injured shoulder tends to droop forward
- The victim frequently supports the arm on the injured side at the elbow or wrist with the other hand.

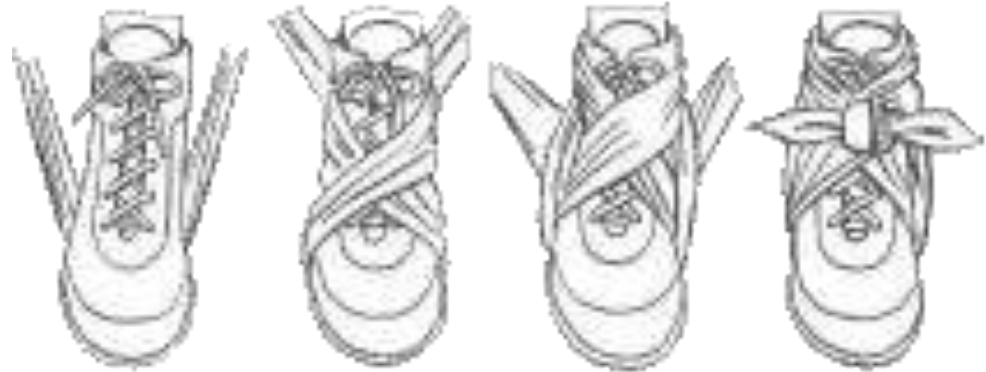
*Support the fracture until the following dressings have been applied:*

- Place padding between the arm and the victim's side.
- Put the arm on the injured side in a triangular sling with the hand elevated about four to five inches.
- Secure the arm on the injured side to the body with a medium cravat. Center the bandage on the outside of the arm. Carry the bandage across the chest and back. Tie over a pad on the uninjured side of the body.



# 1<sup>st</sup> Class 8b – Sprained Ankle

If someone suffers a mild ankle sprain during a hike and can walk without much discomfort, he can continue the hike. If walking causes pain, however, the person shouldn't walk any further. Other Scouts can help with a walking assist or a two-person carry. Don't try to move or straighten an injured limb if doing so causes pain. Seek medical treatment whenever pain is constant or severe. You can give support to a sprained ankle by wrapping it, boot and all, with a bandage, neckerchief, or some other strip of cloth. When you arrive at your destination take off the boot and treat the injury with RICE. (Rest, Ice, Compression, Elevation)



Place the middle of the cloth under the arch of the injured foot. Cross the ends of the cloth above and behind the heel. Continue wrapping around the ankle, cross ends again in front of ankle on top of foot and tuck ends through the original lengths coming up from the arch, fold up and over so ends are on top of foot. Tie ends into square knot.

