

First Class First Year: First Aid – Basics I



First Aid: Basics I

Learning Objectives

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

Complete advancement requirements T11, T12a, T12B, S7b.

Assemble a personal first aid kit to take on a hike.

Treat for minor first aid (simple cuts, minor burns, nosebleed, bites and stings).

Do the Heimlich maneuver.

Materials Required

Example first aid kit and personal first aid kit.

Bandages suitable for simple cuts, burns, etc.

Discovery

Display the first aid kit and example first aid kit. Answer any questions the scouts may have about the first aid kit.

Get a feeling for how much each one already knows about first aid.

First Aid: Basics I

Teaching-Learning

- I. What is in a first aid kit?
- II. Simple First Aid
 - A. Simple cuts and scratches.
 - B. Blisters on hand and foot.
 - C. First degree burns.
 - D. Bites or Stings of insects and ticks
 - E. Venomous snakes.
 - F. Nosebleed
 - G. Sunburn & Frostbite
 - H. Poisonous Plants
- III. The Heimlich maneuver.
- IV. Test the scout's knowledge at this month's event.

Application:

Allow scouts to practice their first aid and talk about preparing their personal first aid kits. Tell them to bring their kits to the next meeting and on the outing for the month.

2nd Class 7b First Aid Kit



Suggested First-Aid Kit Contents

- 6 adhesive bandages
- 2 sterile, 3x3 in gauze pads
- Small roll of adhesive tape
- 3x6 in piece of moleskin
- Small bar of soap or small bottle of alcohol-based hand sanitizing gel
- Small tube of triple antibiotic ointment
- Scissors
- Disposable nonlatex gloves
- CPR breathing barrier
- Pencil and paper

Blood borne Pathogens

Use disposable nonlatex gloves from your first aid kit to protect yourself whenever first aid emergencies involve blood or other body fluids. Nonlatex gloves are best, because some people are allergic to latex. Touching latex can cause them to experience mild to sever allergic reactions..

Tenderfoot 12b – Cuts & Scratches



Cuts and Scratches

- Remove as much loose debris from the wound as possible, rinsing with clean water, if available.
- Gently clean wound with an antiseptic wipe.
- If the wound gapes open slightly, it can be pulled closed with a butterfly closure.
- Apply a thin layer of antibiotic ointment.
- Cover the wound with an adhesive bandage. For larger wounds, use gauze pads and adhesive tape.
- Watch for signs of infection, such as:
 - swelling, redness or warmth around the wound.
 - discharge of pus.
 - red streaks around the wound
- If infection develops, consult a physician.

Tenderfoot 12b – Blisters/Burns



Blisters

- Use shears to cut a donut-shaped piece of moleskin. Be sure the hole in the middle is slightly larger than the blister.
- Place over the blister.

Note: The same technique can also be used when a "hot spot" develops to prevent the formation of a blister, or to ease pressure on corns and calluses.

Minor Burns & Scalds

- Treatment is only for First degree burns (skin is reddened) only covering up to about 1% (like the size of a hand) body surface
- Wash/soak burned portions in cold water
- Wash burned area in soapy water
- Place sterile gauze over burned area
- Bandage burned area snugly

Note: Do not touch the burned area with fingers, Breathe on the burn, Break or drain blisters
Change any dressings that have been applied. Only advanced medical support should change or remove any dressings applied as first aid.

Tenderfoot 12b - Stings



GENERAL INSECT STINGS

- If a stinger is present, remove it by scraping away or gently pulling it out with forceps.
- Apply paste of baking soda and cold cream or use a commercially available sting aid for topical relief of mosquito and other insect bites. Calamine lotion will also relieve itching.
- If multiple stings, or unusual reaction (i.e. excessive reddish skin or breathing issues), or a history of severe reactions, take victim immediately to advanced medical support.

Bee & Wasp Stings

- Scrape the stinger away with the edge of a credit card, knife blade, or thumbnail. Do not try and squeeze the stinger out, as this will cause more bee/wasp venom into the skin.
- After removing the stinger, wash the area with soap and water.
- Apply a cool washcloth or ice pack.
- Some people have symptoms of severe allergic reactions are:
shortness of breath, thickening of the tongue
sweating, anaphylactic shock. Seek medical help immediately if you have an allergic reaction.



Tenderfoot 12b – Ticks/Chiggers



Chiggers

- Wash area with soap and water.
- Apply local topical hydrocortisone cream; antihistamine, or local anesthetic cream should be applied to reduce the itching. Calamine lotion can also be used. The wounds must not be scratched

Ticks

Note: Examine body and clothes after any exposure to tick infested areas, and always remove ticks immediately. Have a partner inspect your backside. Before entering tick infested area, cover neck, legs, back of neck and arms with an insecticide containing Deet.

- Grasp the tick with forceps as close to the skin surface as possible and pull slowly and firmly. Do not twist or crush the tick.
- After tick removal, swab the area with iodine solution, If you cannot remove the tick, or if its mouthparts remain embedded, get medical care.
- If rash or flu-like symptoms appear, get medical help immediately: Chills and fever, sweating, Pains in bones, muscles and joints, back and head aches, Coughing, vomiting and weakness, Rash appears in 2 to 4 days



Tenderfoot 12b – Snake Bites

Snake Bites

- Keep the person calm, reassuring them.
- Wash the bite with soap and water.
- Apply antiseptic cleanser to the entire area.
- Restrict the movement of the bite part.
- Cover the bitten area with cool compress.
- Apply the bandage above and below the bitten area.
- Affected area should be below the heart level.
- Remove any rings or other constricting items.
- Monitor vital signs like pulse, blood pressure, temperature.
- Look for signs of shock such as paleness, if present lay the person flat, raise the feet about a foot, and cover the person with a blanket.
- If a victim is unable to reach medical care within 30 minutes, a bandage, wrapped two to four inches above the bite, may help slow venom. The bandage should not cut off blood flow from a vein or artery. A good rule of thumb is to make the band loose enough that a finger can slip under it.
- A Sawyer Extractor may be placed over the bite to help draw venom out of the wound without making cuts.

Note: Do not allow victim to over-exert, apply tourniquet, apply cold compress, cut wound, suck poison with mouth, give stimulant or pain meds, give anything orally, raise bite above heart.



Tenderfoot 12b – Nose Bleed



Nosebleed

- Pinch all the soft parts of the nose together between your thumb and index finger.
- Press firmly toward the face - compressing the pinched parts of the nose against the bones of the face.
- Lean forward slightly with the head tilted forward. Leaning back or tilting the head back allows the blood to run back into your sinuses and throat and can cause gagging or inhaling the blood.
- Hold the nose for at least five minutes. Repeat as necessary until the nose has stopped bleeding.
- Sit quietly, keeping the head higher than the level of the heart. Do not lay flat or put your head between your legs.
- Apply ice (wrapped in a towel) to nose and cheeks.

Tenderfoot 12b - Frostbite



Frost Bite

Damage to the skin resulting from exposure to low temperatures (cold) and/or wind. Often affects parts of the body that have the poorest circulation of blood and the greatest exposure to the cold. Hands, feet, face, and ears are the most commonly affected body parts.

Symptoms:

- Considerable pain and redness in fingers, toes, cheeks, ears or nose.
- Grayish white color due to frozen tissues
- Much like burns, the degree of severity is described as first degree, second and third degree.
 - **First Degree:** Skin is white or slightly yellow, there is a burning or itching feeling.
 - **Second Degree:** Skin is reddened or swollen and there is no feeling.
 - **Third Degree:** If the skin is waxy or hard, the skin tissue has died. There may be blistering. Severe cases may result in damage to the muscles, tendons and nerves. Blood clots may form and inhibit circulation causing gangrene.



Treatment:

- Until victim can be brought indoors, cover exposed parts of the body
- In all cases, go indoors, thaw affected area by immersion in water slightly warmer (NOT HOT) than bath water. After immersion, pat the affected area dry. Do not rub or chafe frozen members. Apply warm, not hot cloths. Give warm liquids. Handle patient gently and don't expose him to excessive heat. Do not have patient drink alcoholic beverages or smoke as this constricts the blood vessels.
- Get advanced medical assistance as soon as possible



Tenderfoot 12b - Sunburn



Sunburn

- If area is not blistered, apply thin layer of soothing ointment.
- If skin is blistered, follow burn treatment:
- Wash/soak burned portions in cold water
- Wash burned area in soapy water
- Place sterile gauze over burned area
- Bandage burned area snugly

Note: Do not touch the burned area with fingers, Breathe on the burn, break or drain blisters Change any dressings that have been applied.



Tenderfoot 11 – Poisonous Plants

Identify local poisonous plants; tell how to treat for exposure to them.



Pokeweed

This plant contains an oxalic acid and a saponin called phytolaccotoxin, and alkaloids. The root is most toxic, but all of the plant contains a smaller amount of toxins. Poisoning occurs with consumption. Symptoms are severe gastroenteritis with cramping, diarrhea, & convulsions. Treatment is diluted vinegar & intestinal protectants.



Great Laurel

There are many species of laurels and most are considered poisonous. The toxic principle is called andromedotoxin, which is a white carbohydrate material. Some of the laurels also contain a glycoside of hydroquinone. Deaths have also been recorded in humans and in sheep. Symptoms include vomiting, bloating, abdominal pain, & salivation. Pneumonia. Treatment mineral oil & milk of magnesia. Medical Treatment.

Tenderfoot 11 – Poisonous Plants



Poison Oak/Poison Ivy

This plant contains a phenolic compound called urushiol. It is a skin and mucous membrane irritant and is found in all parts of the plant. Symptoms include intense itching with inflammation and the formation of blisters at the areas of contact. Urushiol oil stays active on any surface, including dead plants, for up to 5 years. Treatment is avoidance, wash with soap & water at first exposure (within 10 mins), calamine lotion or a drying agent, in severe cases medical treatment.



Tenderfoot 11 – Poisonous Plants

The best way to treat poison ivy & poison oak is to prevent exposure. Learn to identify and then avoid it.

- Wear long pants and a shirt with long sleeves
- Boots and gloves should be used in areas exposure is likely
- Apply Ivy-Block to exposed areas
- Stay away from it.

Tenderfoot 12a - Choking

- Identifying someone who is choking
 - Coughing or gagging
 - Hand signals and panic
 - Sudden inability to talk
 - Clutching the throat. (Universal sign of choking)
 - Wheezing
 - Passing out
 - Turning blue. Cyanosis, a blue coloring of the skin caused by lack of oxygen, can be earliest detected around the face, lips, and fingernails.

Tenderfoot 12a - Choking

Heimlich Maneuver



1. Lean the person forward slightly and stand behind him or her.



2. Make a fist with one hand.



3. Put your arms around the person and grasp your fist with your other hand near the top of the stomach, just below the center of the rib cage.



4. Make a quick, hard movement, inward and upward.

Choking because of an obstructed airway is A leading cause of accidental death. If a Choking person is not coughing or is unable to speak, that's your cue to perform the Heimlich maneuver immediately.

- Ask the person to stand if they are sitting.
- Reassure the victim that you know the Heimlich Maneuver and are going to help
- Place your arms around the victim's waist
- Make a fist with one hand and place your thumb toward the victim, just above his or her belly button.
- Grab your fist with your other hand.
- Deliver five upward squeeze-thrusts into the abdomen Make each thrust strong enough to dislodge a foreign body.
- Keep a firm grip on the victim
- Repeat the Heimlich maneuver until the foreign body is expelled.