

First Class First Year: First Aid - CPR



First Aid: CPR

Learning Objectives

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

Complete advancement requirement F8d.

Describe the five signs of a heart attack.

Tell the steps in CPR.

Discovery

Have one of the adults exhibit clearly the five signs of a heart attack. See if scouts react. If they do not, have the leader 'fall' to the floor and pretend to be unconscious. See if the scouts can determine what is wrong.

Teaching-Learning

I. Five Signs of a Heart Attack see *Boy Scout Handbook* page 164 s- 166 (298 old handbook)

RECOMMENDATIONS FOR CPR PROCEDURES HAVE BEEN REVISED. Some “authorities” have removed breaths altogether and others have gone to 30 compressions and 2 breaths. Scoutmasters should decide which approach to use so teaching is uniform throughout the troop.

II. CPR

Application:

Scouts should discuss CPR. If possible have a trained instructor on hand. They will know the current recommended procedure and may be able to provide materials for certification. (Note, however, that scouts do not have to be certified to complete requirement F8d.)

1st Class Review – Heart Attack

Top 5 Heart Attack Symptoms

- **Intense Anxiety and/or Cold Sweat:** Does your anxiety seem entirely irrational? Is this the first time you're experiencing this type of anxiety? Does it feel like a sense of impending doom -- like something bad is about to happen, but you don't know what that is? Are you also feeling dizzy, nauseous, sweaty or clammy? Do you also have one or more of the other symptoms on this list?
- **Racing Heart:** When your pulse rate increases, it means your heart is pumping faster. It can also mean it's having trouble pumping and is working harder and faster to get enough blood to your body parts. A good way to tell if your heartbeat is speedy because you're running or because you're having a heart attack is to sit down and see if it slows down. If it doesn't, and you smoke or have high blood pressure or high cholesterol, and especially if you also have pain in your left shoulder or arms, it could be a heart attack.
- **Shortness of Breath:** can mean several things in terms of how it feels -- it could mean you find yourself struggling to breathe. It could mean you suddenly feel the need to take deep, long breaths -- and maybe (but not always) you have trouble doing so. It could also mean your breathing speeds up and/or your breaths are shallow.
- **Upper Body Discomfort:** You could also experience pain in the jaw, left shoulder, back or neck. And as with the chest pain, it may feel very mild -- like a tightness, pressure or general discomfort.
- **Chest Pain and/or Pressure:** You experience severe, debilitating chest pain. You feel any level of pain or pressure in the center of your chest for more than a minute or two, and sitting down or resting doesn't make it go away instantly. It may also go away and then come back. This feeling in the chest may also be experienced as tightness, aching, a burning sensation, fullness or squeezing.

1st Class Review – CPR

CPR Basics: Cardiopulmonary resuscitation (CPR) is a first-aid technique used to keep victims of cardiopulmonary arrest alive and to prevent brain damage while more advanced medical help is on the way. CPR has two goals: keep blood flowing throughout the body & keep air flowing in and out of the lungs. While the modern emergency room has high-tech equipment and an arsenal of drugs to help treat victims of cardiopulmonary arrest, CPR is a simple technique that requires little or no equipment. What you do is pretty basic:

- Tilt the head back and listen for breathing. If not breathing normally, pinch nose and cover the mouth with yours and blow until you see the chest rise. Give 2 breaths. Each breath should take 1 second. This allows oxygen to diffuse through the lining of the lungs into the bloodstream.
- If the victim is still not breathing normally, coughing or moving, begin chest compressions. Push down on the chest 1 1/2 to 2 inches 30 times right between the nipples. Pump at the rate of 100/minute, faster than once per second. This allows recirculation of the blood supply.
- CONTINUE WITH 2 BREATHS AND 30 PUMPS UNTIL HELP ARRIVES
- **NOTE:** This ratio is the same for one-person & two-person CPR. In two-person CPR the person pumping the chest stops while the other gives mouth-to-mouth breathing.

CALL



CALL 911

BLOW



**TILT HEAD,
LIFT CHIN,
CHECK
BREATHING**



**GIVE TWO
BREATHS**

PUMP



**POSITION HANDS
IN THE CENTER OF
THE CHEST**



**FIRMLY
PUSH DOWN
TWO INCHES
ON THE CHEST
30 TIMES**

**CONTINUE WITH TWO BREATHS
AND 30 PUMPS UNTIL HELP ARRIVES**