

## Required For



### Preparation for:

Tenderfoot Req 4a & 4d  
2nd Class Reqs 6a, 6b, 6d & 6e.  
First Class rank Requirement 7c.  
First Aid, Emergency  
Preparedness, Safety, and  
Swimming Merit Badges



## First Responder

## 3 Den Meetings to complete

### Takeaways

- Essential first-aid skills
- Essential personal safety skills
- Understanding of the role of the first responder in the local community
- A Scout is brave, courteous.

---

### Do all of these:

1. Explain what first aid is. Tell what you should do after an accident.
2. Show what to do for the hurry cases of first aid:
  - a. Serious bleeding
  - b. Heart attack or sudden cardiac arrest
  - c. Stopped breathing
  - d. Stroke
  - e. Poisoning
3. Show how to help a choking victim.
4. Show how to treat for shock.
5. Demonstrate that you know how to treat the following:
  - a. Cuts and scratches
  - b. Burns and scalds
  - c. Sunburn
  - d. Blisters on the hand and foot
  - e. Tick bites
  - f. Bites and stings of other insects
  - g. Venomous snakebite
  - h. Nosebleed
  - i. Frostbite
6. Put together a simple home first-aid kit. Explain what you included and how to use each item correctly.
7. Create and practice an emergency readiness plan for your home or den meeting place.
8. Visit with a first responder.

## NOTES:

The den outing should take place first in this adventure. Plan at least one month in advance for a den visit to an EMS station, fire department, emergency room, or other emergency first-aid service agency (requirement 8). Make sure to share with the service you are working with the requirements of the adventure and discuss how they can support them. Often the first responders are happy to give a basic class on first aid, and could help the boys complete requirements 2-5.

It is important that you, as a leader, keep current with first aid techniques, or have the boys trained by someone recently certified in first aid and CPR. Techniques change as we gain more medical knowledge, and what was commonly practiced a couple of years ago is sometimes considered obsolete and even dangerous by today's standards.

## Requirement 1: Explain what First Aid is. Tell what you should do after an accident



"First Aid is the first help or immediate care given someone who has suddenly sickened or been hurt in an accident. First-aid training continues through the program of the Boy Scouts of America as concrete evidence that we are prepared to help others in need.

"It is important that one person in each touring group be trained in the principles of first aid, know how and when to put this knowledge to the best use, and thoroughly understand the limitations of this knowledge.

"It is strongly recommended that adult leaders in Scouting avail themselves of CPR and first-aid training by the American Red Cross or any recognized agency to be aware of the latest techniques and procedures. However, some of the first-aid techniques found in BSA

literature are not the same as those professed by the American Red Cross. Frequently, modifications depend on the Scout's age—this could be a factor in the Scout's judgment and physical dexterity."

- Guide to Safe Scouting, VI. First Aid

### When you come upon an accident scene...

### Do the 3 Cs!

1. **Check the surroundings.** Evaluate the situation. Are there things that might put you at risk of harm? Are you or the victim threatened by fire, toxic smoke or gasses, an unstable building, live electrical wires or other dangerous scenario? Do not rush into a situation where you could end up as a victim yourself.

If approaching the victim will endanger your life, seek professional help immediately; they have higher levels of training and know how to handle these situations. First aid becomes useless if you can't safely perform it without hurting yourself.

**Check responsiveness.** Is the accident victim conscious? Breathing? Able to communicate? Discovering this will help you decide what aid you need to give.

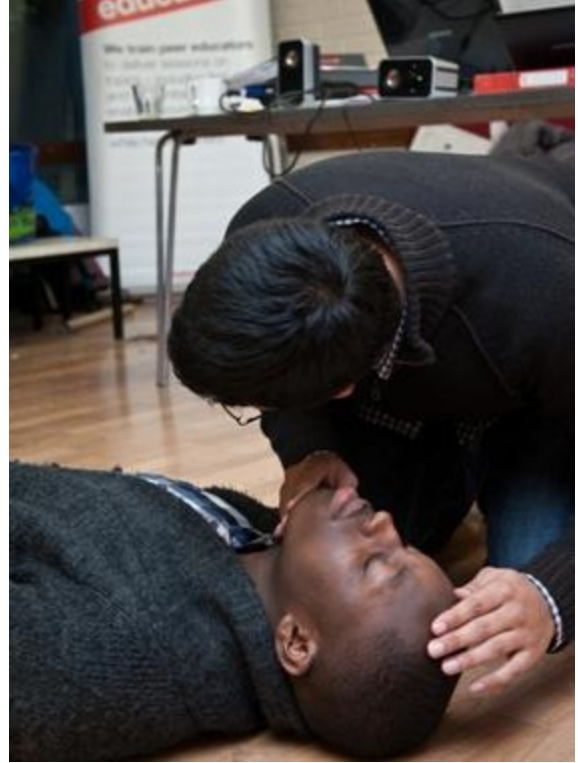
2. **Call for help.** Call authorities or emergency services immediately if you believe someone to be seriously injured. If you are the only person on the scene, try to establish breathing in the patient before calling for help. Do not leave the victim alone for an extensive amount of time.
3. **Care for the person.** Caring for someone who has just gone through serious trauma includes both physical treatment and emotional support. Remember to stay calm and try to be reassuring; let the person know that help is on its way and that everything will be alright.

If a person is unconscious, try to rouse them by gently tickling their bare hands and feet or by speaking to them. If they do not respond to activity, sound, touch, or other stimulation, determine whether they are breathing.

## Roleplay Scenarios

What can be the best teaching method (and the most fun) for the boys is to place them in scenarios where they have to help a victim. In these cases they can demonstrate the 4 Bs of Courage and the 3 Cs of first aid, and can demonstrate what to do in Requirements #4, #5 and #6.

1. Select an eager volunteer to be the victim.
2. Tell the boys where they are and what they've come across.
3. Have them check for danger in the area before proceeding.
4. Remind them to call 911.



**DO NOT have the boys demonstrate chest compression on another boy. This can result in broken ribs and internal injuries for the victim. Rather have them pretend to chest compress by placing their hands on the floor next to the victim.**

## Requirement 2: Show what to do for the hurry cases of first aid

### Serious bleeding



#### PRESS IT

Apply direct pressure over the wound with your hand using a clean dressing. If you don't have a dressing, ask them to apply pressure themselves

Maintain direct pressure on the wound to control bleeding



#### RAISE IT



Help them lie down



Raise and support the injured limb above the level of their heart to reduce blood loss



Raise legs to ease shock

#### 911



Call 911 and monitor them while waiting for help to arrive

## Heart attack or sudden cardiac arrest

### SIT THEM DOWN



Make them as comfortable as possible – a half sitting position with their knees bent and head and shoulders supported is best.

### 911



Call 911 and tell the dispatcher you suspect a heart attack

### ASPIRIN

If available and not allergic, give them one dose of an aspirin tablet and tell them to chew it slowly. Monitor and reassure them while help arrives

## Stopped breathing

### OPEN AIRWAY



If they are unconscious, check that their airway is open and clear.

### TILT HEAD



Tilt the head and lift the chin to open the airway.

## CHECK FOR BREATHING



Look along the chest, and listen and feel for breaths. If they are not breathing, their heart will stop. CPR must be started immediately.

911



Call for help.

## Begin CPR



Place one hand on the center of their chest. Place the heel of your other hand on top of the first and interlock your fingers, but keep your fingers off the ribs.



Lean directly over their chest and press down vertically about 4-5 cm (1 ½ -2 inches). Release the pressure, but don't remove your hands. Give 30 compressions at a rate of 100 per minute.



Tilt their head back with one hand and lift the chin with two fingers of your other hand to ensure the airway is open.



Pinch their nose to close the nostrils. Take a breath and seal your lips over their mouth until the chest rises.



Maintaining the head tilt and chin lift, take your mouth away from theirs. Look along the chest and watch it fall. Repeat to give two rescue breaths. Repeat 30 chest compressions followed by two rescue breaths.



Continue CPR until emergency help arrives, they start to breathe normally or you're too exhausted to continue.

## Stroke

**STROKE**  
There's treatment if you act **FAST**

**F**ace  
Face Look Uneven  
Ask the person to smile.  
Does one side of the face drop?

**A**rm  
One Arm Hanging Down  
Ask the person to raise both arms.  
Does one side drift downward?

**S**peech  
Slurred Speech  
Ask the person to repeat a simple phrase.  
Is the speech slurred or strange?

**T**ime  
If you observe any of the signs,  
Call Emergency Assistant Immediately!

Time is critical when a stroke occurs. Getting help fast could reduce disability and death from stroke.

© 2014 American Stroke Association

## Internal poisoning



For a poison emergency in the U.S. call 1-800-222-1222



## Requirement 3: Show how to help a choking victim

When someone is choking:

1. Encourage them to cough. If this doesn't clear the obstruction, support their upper body with one hand and help them lean forward.
2. Give up to five sharp back blows between their shoulder blades with the heel of your hand.
3. If the obstruction has not cleared, stand behind them and put both arms around the upper part of the abdomen.
4. Clench your fist and place it between the navel and the bottom of their breastbone.
5. Grasp your fist firmly with your other hand.
6. Pull sharply inwards and upwards up to five times.
7. If this doesn't clear the obstruction repeat backslaps and abdominal thrusts up to three times.
8. If it still hasn't cleared, call 911 for emergency help. Continue until help arrives.



## Requirement 4: Show how to treat for shock

Shock is a life threatening condition that occurs when the vital organs, such as the brain and heart, are deprived of oxygen due to a problem affecting the circulatory system.

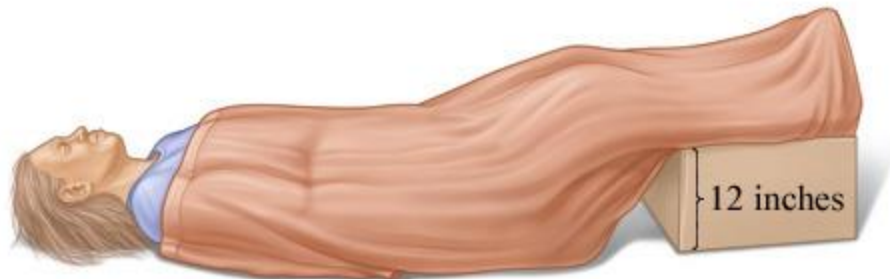
### Identifying Shock

#### Look For:

- Pale face
- Cold, clammy skin
- Fast, shallow breathing
- Rapid, weak pulse
- Shivering
- Yawning
- Sighing
- In extreme cases, unconsciousness

### Treating Shock

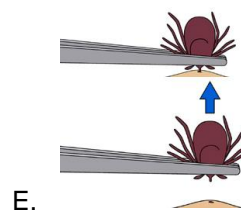
- Treat any possible causes of shock
- Help them to lie down
- Raise and support their legs
- Loosen tight clothing
- Keep them warm.
- Call 911



## Requirement 5: Demonstrate that you know how to treat the following

Match the injury to its first aid treatment

1. Cuts and scratches
2. Burns and scalds
3. Sunburn
4. Blisters on the hand and foot
5. Tick bites
6. Bites and stings of other insects
7. Venomous snakebite
8. Nosebleed
9. Frostbite



Key: 1A, 2H, 3G, 4D, 5E, 6F, 7C, 8I, 9B

## Requirement 6: Put together a simple home first-aid kit

A more comprehensive first aid kit, suitable for home use or use by your patrol or troop can help you treat a wide range of injuries. After assembling your home kit, be sure everyone in your family knows where the kit is being stored. It also is a good idea to carry a first aid kit in the car in case of roadside emergencies.

At a minimum, the kit should include the following:

- Roller bandage, 2-inch (1)
- Roller bandage, 1-inch (2)
- Adhesive tape, 1-inch (1 roll)
- Alcohol swabs (24)
- Assorted adhesive bandages (1 box)
- Elastic bandages, 3-inch-wide (2)
- Sterile gauze pads, 3-by-3-inch (12)
- Moleskin, 3-by-6-inch (4)
- Gel pads for blisters and burns (2 packets)
- Triple antibiotic ointment (1 tube)
- Triangular bandages (4)
- Soap (1 small bar) or alcohol-based hand sanitizing gel (1 travel size bottle)
- Scissors (1 pair)
- Tweezers (1 pair)
- Safety pins (12)
- Nonlatex disposable gloves (6 pairs)
- Protective goggles/safety glasses (1 pair)
- CPR breathing barrier (1)
- Pencil and paper



## Personal First Aid Kits

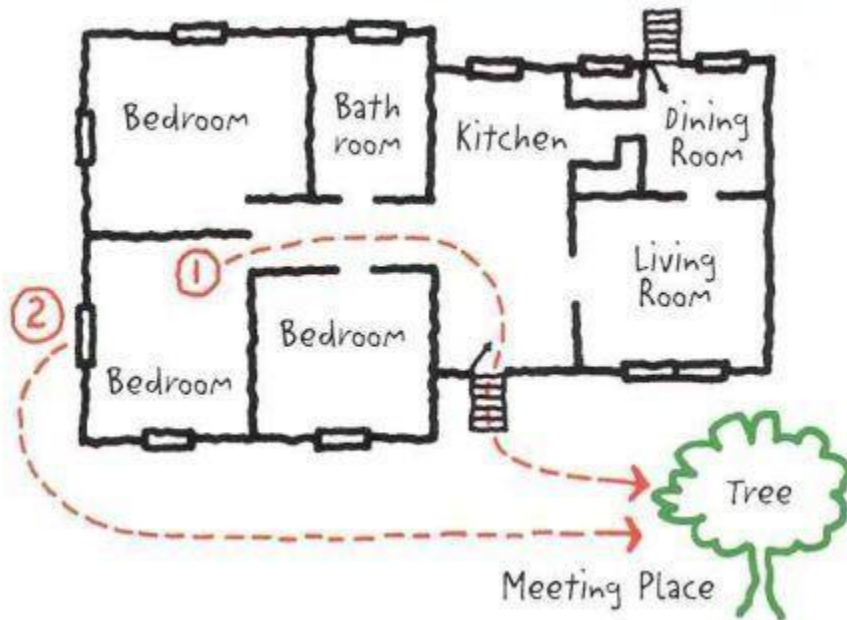
As Webelos venture into the outdoors on hikes and overnight campouts, they need to carry a personal first aid kit. Often the boys misunderstand what they need in a personal kit and often carry more than they need.

### Make a Personal First Aid Kit

1. Pass out 3 band aids, 3 antiseptic pads or 1 medicated ointment packet and 1 cleansing pad (moist towlette).
2. For a container you can use film canisters, Airborne tablet canisters or Altoids or gum tins.
3. Using white label stickers, have the boys draw a red cross on the label (the universal symbol for first aid) and stick the label on the canister or tin.
4. If using canisters, you can glue a ring on the back to make it a neckerchief slide.



## Requirement 7: Create and practice an emergency readiness plan for your home or den meeting place



## Requirement 8: Visit with a first responder

Identify an EMS station, fire department, emergency room, or other emergency first-aid service agency in your community to visit with the Webelos Scouts. You should plan on contacting the service at least a month ahead of time to schedule the visit.

An alternative may be to have an emergency first responder visit the den meeting. Provide the guest or host with a copy of the First Responder adventure requirements to prepare them for their visit.

Review any questions the Webelos want to ask to make sure all are appropriate. Consider having these questions on hand, too:

- What types of first aid do the first responders provide?
- What is the most important thing a first responder should do when he or she arrives on the scene?
- What are their greatest challenges?
- What can the community do to help them?
- In what ways is a first responder brave?
- How can a person train to become a first responder? Will being a Scout help to prepare me?
- What are some ways we can keep ourselves and others safe?
- How can we apply what we are learning here to emergencies at home?

In Utah, many of the first responder units are required to have a few hours of teaching time every year, so having them teach basic first aid to the boys, completing requirements 2-5 could be a fun and exciting meeting for the boys.