

First Aid



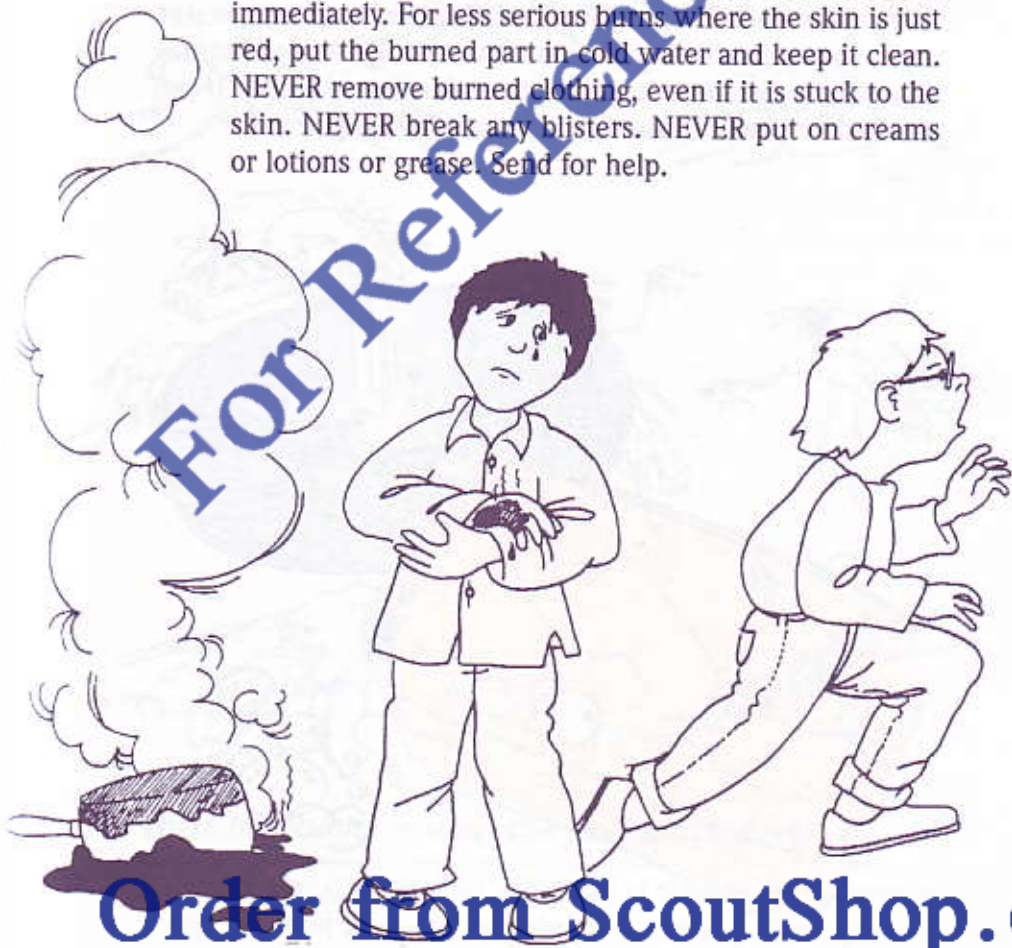
One good way to keep our world well organized is to help each other when we have problems. You can help in a very special way if you learn how to give first aid. First aid is quick help to ease an injured person before he or she can get to a doctor. Here are some important things you can do to give first aid to an injured person.

1. Get help. This part is the most important! If there is an accident, get a doctor, nurse, leader, or other adult as quickly as you can. If at all possible, stay with the injured person and send someone else for help.
2. Check to see if the injured person is breathing. If not, perform CPR (cardiopulmonary resuscitation). Most cubs will find CPR very difficult to do, you will need to ask an older youth or an adult to perform this technique.
3. Stop bleeding. If blood is pumping out of a wound, it can be very dangerous. Press hard and keep on pressing or quickly tie a bandage or cloth tightly around the wound. Keep pressing until the bleeding stops. If there is a piece of glass or metal deep in the wound, do not take it out because that could cause more damage. Just press hard as close as possible around the wound. Lay the person down. If the wound is on an arm or a leg, try to lift up the arm or leg and keep pressing at the same time to help slow the bleeding. Send for a doctor or another adult.



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4. Control shock. Lay the person on their stomach, with their head turned to the side and cover with a blanket or coat. Don't move them though, if you think they might have hurt their neck or back.
5. Fracture (broken bones). If you think a bone is broken, do not move the injured person. Send for adult help.
6. Burn or scald. A burn is caused by flame or something hot like a stove. A scald is caused by hot water or steam. To ease the pain and keep the burn from spreading, treat burns and scalds with cold water. For serious burns where the skin is broken or blistered, send for help immediately. For less serious burns where the skin is just red, put the burned part in cold water and keep it clean. NEVER remove burned clothing, even if it is stuck to the skin. NEVER break any blisters. NEVER put on creams or lotions or grease. Send for help.



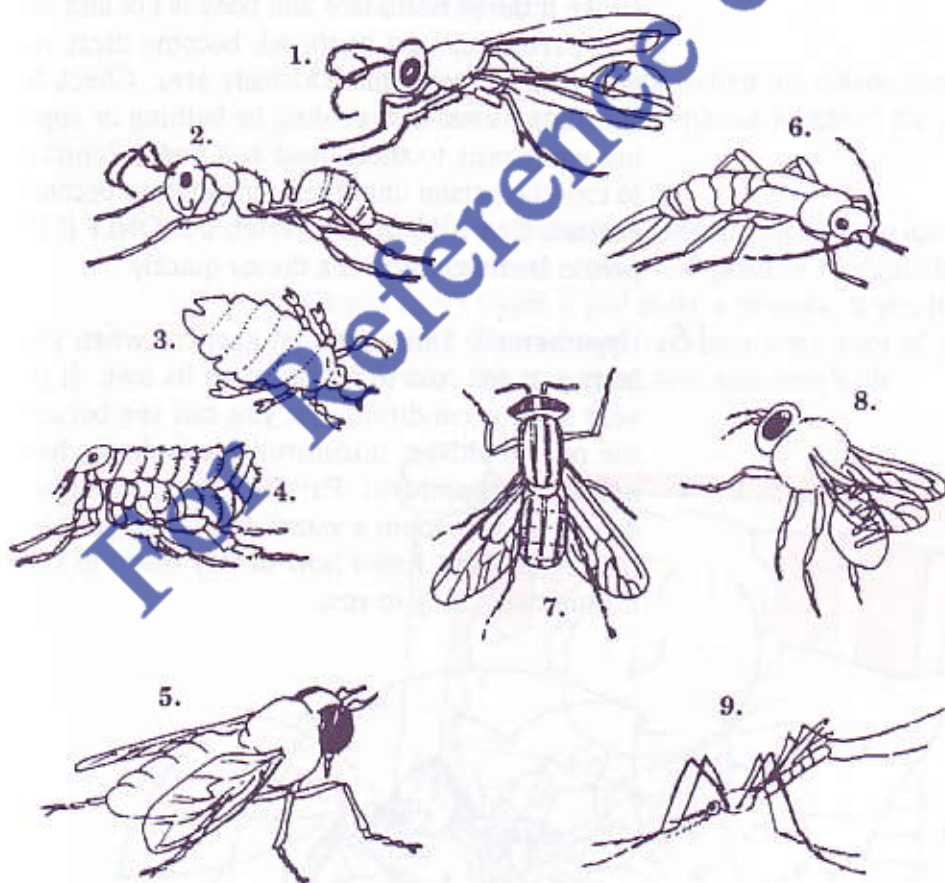
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7. Animal Bite. Stay away from the animal because it might bite you. Tell an adult what kind of animal made the bite and point it out if you can do so safely. Get the injured person to a doctor.
8. Something in the eye. Do not let the person rub the eye. Cover both eyes with clean material and get the person to a doctor. It is important to cover both eyes because, if someone can see with one eye, he or she moves the eyeball. That causes the other eyeball to move and scrape against whatever is in it. And that can cause more injury.
9. Cuts and Scrapes. Wash with plain soap and water. If there is dirt in the wound, wash it out under running tap water (don't use water on bleeding wounds). If you must cover it, use the cleanest material possible.



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10. Bruises. Hold the bruise in very cold water or place a cold wet towel or piece of ice on it. This often will ease the pain and may reduce the swelling.
11. Nose Bleed. Pinch the nostrils with head slightly forward. If bleeding doesn't stop in 10 minutes, see a doctor.
12. Insect Sting. Look for a stinger in the skin, swelling or difficulty in breathing. If you spot any of these, get adult help quickly.



These insects bite or sting. Can you identify them?

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13. Heat Exhaustion. Caused by not drinking enough fluids while active in hot weather. Someone with heat exhaustion will have a pale face, clammy skin and feel tired or sick to their stomach. Lay the person down in the shade with their feet higher than their head. Give sips of cool water, but **ONLY** if the person is conscious. Let the person rest and continue to drink until they feel better. Get adult help.

14. Heatstroke. You can tell that someone has heatstroke if the person's face and body is hot and red. The person may act confused, become dizzy and pass out. Move them to a shady area. Check for breathing, then start cooling by bathing or applying wet cloths to their head and body. Continue to cool the person until their temperature becomes normal. Give sips of cool water, but **ONLY** if the person is conscious. Get a doctor quickly.

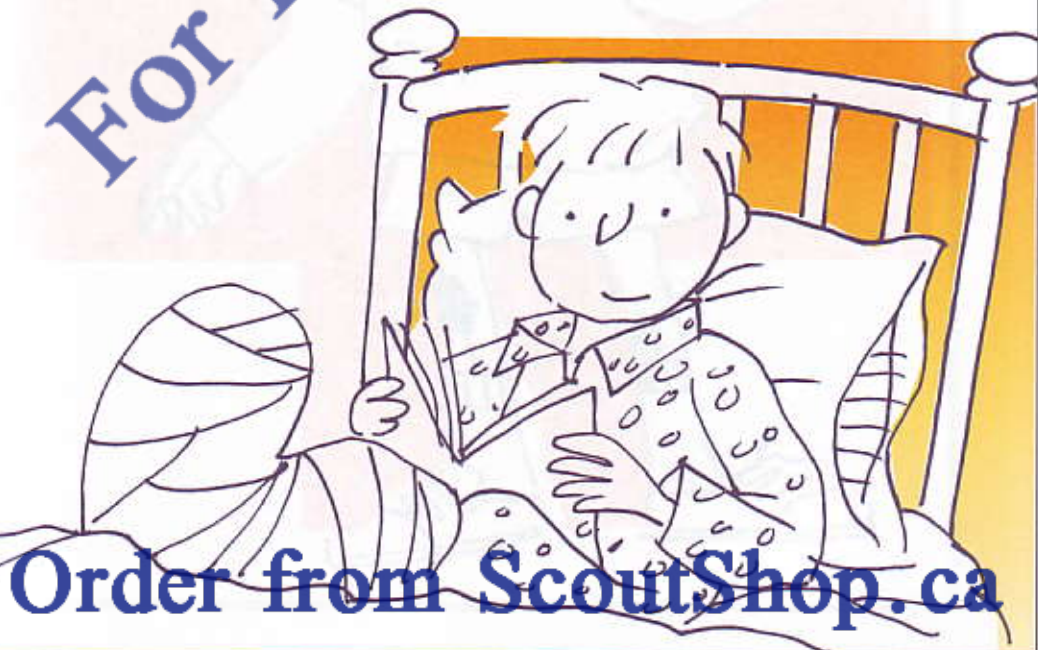
15. Hypothermia. This condition happens when your body gets too cold to warm up on its own. It is a very serious condition that you can see because the person shivers uncontrollably and may have numb hands and feet. Put the person in a warm dry place, give them a warm drink, and get adult help right away. Know how to stay warm to keep it from happening to you.



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16. Frost-bite. This happens when part of your skin surface is frozen. Often the skin will turn white. The face, toes and fingers are the easiest places to get frost-bite. Warm a frostbitten area slowly with the palms of your hand or under your armpit. NEVER rub, put snow on the area, or warm the part too fast. Always get adult help.
17. Medical Alert. Know how to check for and what to do about a medical alert bracelet worn by an injured person.
18. Emergencies. Know how to find the poison control and other emergency telephone numbers for your area.

First aid is a serious business. If you want to learn it at all, you must learn it well and practise it regularly so that you won't forget it and make a mistake. If you learn it well, some day you may save someone a lot of pain and suffering. You may even save someone's life.



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Practising first aid can be fun. Ask Akela or another leader to help you and some of the other Cubs practise it. Maybe a parent of one of the Cubs in your pack is a doctor or nurse who will come to a meeting to help you learn. Try to get some red poster paint or actor's makeup and paint gruesome wounds on yourselves, then practise treating those wounds. Perhaps, when you are good at first aid, you and the others can do a skit that shows one or two Cubs having an accident and the others treating them and getting help. See what you can dream up to put on for the rest of the pack.



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The St. John Ambulance of Canada has a fun activity booklet called *"We Can Help"* that tells a lot about first aid. Ask Akela or an adult friend to help you get a copy.

This is what I did at a meeting where we practised first aid:

This is what we looked like when we practised.

For Reference only

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